Section 1 Alcohol is a Drug

Key Ideas
- In slowing the body’s normal reactions, alcohol may cause confusion, decreased alertness, poor coordination, blurred vision, and drowsiness.
- The attitudes of peers, family, and the media strongly influence underage drinking.

Vocabulary
- drug (374)
- depressant (374)
- fermentation (374)
- zero-tolerance policy (375)

Section 2 Alcohol’s Effects on the Body

Key Ideas
- Many negative effects on a drinker’s body and behavior accompany intoxication by alcohol.
- The rate of alcohol consumption, the gender and size of the drinker, and how much food is in the stomach all affect blood alcohol concentration.
- Intoxication increases the risk of death from motor vehicle crashes, alcohol overdose, and the interactions of alcohol with other drugs.

Vocabulary
- intoxication (380)
- blackout (381)
- blood alcohol concentration (BAC) (382)
- hangover (383)
- driving under the influence (DUI) (384)
- overdose (385)
- binge drinking (385)

Section 3 Long-Term Risks of Alcohol

Key Ideas
- Long-term alcohol abuse may harm the brain, liver, heart, and digestive system. Furthermore, drinking any amount of alcohol during pregnancy may permanently harm the developing baby.
- As alcoholism progresses, what begins as problem drinking becomes absolute dependence, and finally, late-stage alcoholism.
- There are three stages in an alcoholic’s recovery: acknowledging the problem, detoxification, and rehabilitation.

Vocabulary
- fetal alcohol syndrome (387)
- cirrhosis (387)
- alcoholism (388)
- tolerance (388)
- dependence (388)
- addiction (388)
- reverse tolerance (389)
- detoxification (391)
- withdrawal (391)
- rehabilitation (391)

Section 4 Choosing Not to Drink

Key Ideas
- Sticking to your decision not to drink means being able to say no with confidence in situations where other people are drinking.
- Avoiding situations in which alcohol is present will help you stay alcohol free.

Vocabulary
- refusal skills (392)
Reviewing Key Ideas

Section 1
1. a
2. c
3. being injured or killed in a motor vehicle crash, committing or being the victim of sexual assault or other violence, and long-term brain damage
4. Sample answer: Teens may decide to drink in order to fit in with their peers. They may decide not to drink because they have a friend with an alcohol problem and don’t want to turn out that way.

Section 2
5. d
6. The liver breaks down alcohol. It works at a fairly constant rate no matter how much alcohol is consumed.
7. When a person drinks alcohol and takes another depressant drug, the effects are more than doubled and can lead to death.
8. Intoxication depends on the amount of alcohol in a person's blood, which is measured by blood alcohol concentration. The amount of alcohol in the blood depends not only on the number of drinks consumed, but also on factors such as rate of consumption.

Section 3
9. b
10. The drinker's body requires alcohol to function, and the drinker considers alcohol an essential part of coping with daily life.
11. Sample answer: Drinking to avoid facing problems, preferring to drink alone, trying but failing to stop drinking, or lying about drinking.
12. because he or she might suffer dangerous withdrawal symptoms
13. Sample answer: because they might not be able to stop drinking if they start again

Section 4
14. d
15. Sample answer: risk of becoming an alcoholic (“I don’t want to ruin my future.”); fear of doing something illegal (“I don’t want to end up in jail.”); danger of drinking and driving (“I don’t want to crash my car and die.”)
16. Sample answer: playing basketball, going to movies, shopping