

Chapter 15

At a Glance



TEENS Talk

Drinking Dangers List three things that you learned from the video about refusing alcohol.

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)

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Drinking Dangers Ask for volunteers to share their answers. Use examples from the video to review refusal skills.

Key Ideas Review

- L1** Have students rewrite each of the key ideas in their own words. Make sure their rewritten ideas have the same meanings as the original key ideas. Have students work with partners to revise any ideas that do not have the same meanings.
- L2** Ask students to write responses to the section objectives throughout the chapter. They should look up the correct responses to any objectives they are unsure of.

Vocabulary Review

- EL** Have pairs of students make flashcards for each of the chapter vocabulary terms. Ask them to use the flashcards to quiz each other on the definitions.
- L3** Tell students to write a meaningful paragraph using at least ten of the chapter vocabulary terms. Ask students to exchange paragraphs with a classmate and identify any terms they think have been used incorrectly. Help settle any cases in which partners disagree over the correct use of a term.



Students can go online to take a self test on Chapter 15.

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

Reviewing Key Ideas

1. Alcohol is classified as a depressant drug because it
 - a. slows brain and body reactions.
 - b. reduces blood flow to skin.
 - c. causes liver failure.
 - d. increases heart rate.
2. The percentage of alcohol in 80-proof liquor is
 - a. 4 percent.
 - b. 8 percent.
 - c. 40 percent.
 - d. 80 percent.
3. Identify three ways that teens who drink put themselves at risks for physical harm.
4. **Critical Thinking** What are some ways peers influence teens' decision to drink? Their decision not to drink?

Section 2

5. Blood alcohol concentration measures
 - a. the number of drinks consumed in one hour.
 - b. the rate at which a person drinks alcohol.
 - c. a person's risk of a car crash.
 - d. the amount of alcohol in a person's blood.
6. Which organ breaks down alcohol? Does it work faster as more alcohol is consumed? Explain.
7. How can alcohol's interaction with other drugs be fatal?
8. **Critical Thinking** Why is blood alcohol concentration a more reliable indicator of intoxication than number of drinks consumed?

Section 3

9. A condition in which less and less alcohol causes intoxication is called
 - a. tolerance.
 - b. reverse tolerance.
 - c. dependence.
 - d. problem drinking.
10. What are the physical and psychological signs of alcohol addiction?
11. What are some signs that a person may be a problem drinker?
12. During detoxification, why might an alcoholic need to be in a hospital?
13. **Critical Thinking** Doctors recommend that former alcoholics should avoid drinking even one drink. Why do you think so?

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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

Section 4

14. The skills you need to say no to alcohol are called
 - a. denial skills.
 - b. problem-solving skills.
 - c. tolerance skills.
 - d. refusal skills.
15. List three reasons why teens should abstain from alcohol. Then, turn each reason into a way to say no to alcohol.
16. **Critical Thinking** What activities do you enjoy that take place in alcohol-free settings?



Building Health Skills

17. **Decision Making** Your 18-year-old sister has a date with her boyfriend. He is driving. When he arrives you smell alcohol on his breath. What do you do?
18. **Accessing Information** What are the laws that regulate alcohol purchases in your community? Do you think they are effective at preventing underage drinking? What more could be done? Explain. **WRITING**
19. **Advocacy** What advice would you give someone who has an alcoholic parent? Be specific.
20. **Communicating** Three members of the football team were suspended from playing for the rest of the season because they were caught drinking at a private party. Write a letter to the editor of the school newspaper giving your opinion about the situation. **WRITING**
21. **Setting Goals** Develop a list of strategies you can use to refuse alcohol. Review your list over the course of the school year. Refine your strategies as necessary to make them more effective.

Health and Community

Public Service Announcement Choose one of the risks associated with alcohol abuse. Working with a group of your classmates, design a public service announcement to educate the public about the risk you selected. **WRITING**



Building Health Skills

17. *Sample answer:* I would tell my parents immediately.
18. All communities have laws prohibiting minors from purchasing alcohol. Students may or may not think that the laws are effective. They might say that more could be done to detect minors who use fake IDs or to curb alcohol advertising to teens.