“Think Before You Drink...
...You Have A Choice”
The three leading causes of death for 15- to 24-year-olds are automobile crashes, homicides and suicides -- Alcohol is a leading factor in all three.
Teens who begin drinking before age 15 are five times more likely to develop alcohol dependence than those who begin drinking at age 21.

An early age of drinking onset is also associated with alcohol-related violence not only among persons under age 21 but among adults as well.

It has been estimated that over three million teenagers are out-and-out alcoholics. Several million more have a serious drinking problem that they cannot manage on their own.

Annually, more than 5,000 deaths of people under age 21 are linked to underage drinking.

Possible Factors That Lead to Drinking

① **Risk-Taking**- Thrill seeking might include experimenting with alcohol. Feeling the invincibility that naturally occurs during adolescents allows decisions without the repercussions being taken into account.

② **Expectancies**- Views of alcohol and its effects influence their drinking behavior. Exposure to alcohol consumption and its apparent benefits that occur may encourage many teens to experiment.

③ **Sensitivity and Tolerance to Alcohol**- They appear to be particularly sensitive to the positive effects of drinking before experiencing the negative consequences of drinking, such as drowsiness, lack of coordination, and withdrawal/hangover effects.
Possible Factors That Lead to Drinking. Cont.

**Personality Characteristics and Psychiatric Comorbidity** - Young people who are disruptive, hyperactive, and aggressive—often referred to as having conduct problems or being antisocial—as well as those who are depressed, withdrawn, or anxious, may be at greatest risk for alcohol problems.

**Hereditary factors** - Children of alcoholics are between 4 and 10 times more likely to become alcoholics themselves than are children who have no close relatives with alcoholism.

**Environmental Aspects** - Exposure and promotion in society and the media glamorize the consumption of alcohol. Peer pressure may be of the most compelling reasons that adolescents experiment with alcohol.
What Are The Health Risks?

The brain of adolescents are affected by alcohol.

The brain goes through rapid development and "wiring" changes during the ages of 12-21. Teen alcohol use can damage this development that is essential to brain growth.

Alcohol can damage two key brain areas:

1. The prefrontal area is responsible for thinking, planning, good judgment, decision-making, and impulse control. Damage from alcohol during teen years can be long-term and irreversible.

2. The hippocampus is involved in learning and memory. Frequent drinkers may never be able to catch up in adulthood since alcohol inhibits systems crucial for storing new information.
Alcoholic
Darker Colouring indicates depressed brain activity

Normal
Healthy levels of brain activity
Elevated liver enzymes, indicating some degree of liver damage, have been found in some adolescents who drink alcohol. Young drinkers who are overweight or obese showed elevated liver enzymes even with only moderate levels of drinking.
Drinking alcohol during this period of rapid growth and development (i.e., prior to or during puberty) may upset the critical hormonal balance necessary for normal development of organs, muscles, and bones. Studies in animals also show that consuming alcohol during puberty adversely affects the maturation of the reproductive system.
Alcohol is a depressant it slows down the way you think, speak, move, and act.

Only time can sober somebody up. Nothing else can speed up the process.

Excessive drinking can lead to alcohol poisoning which can cause death, additionally when unconscious, a person can inhale their vomit resulting in asphyxiation.

Both drugs and alcohol are a serious issue among teens. Alcohol kills just like all other drugs.

Large amount of alcohol causes disturbed sleep, nausea and vomiting. Heavy drinking can inhibit the firing of nerve cells that control breathing, a condition that can be fatal.

Using alcohol during this important time as your brain develops may have negative long term affects on brain functions.

Drinking impairs your judgment which increases the likelihood that you will do something that you will later regret.
Research shows the longer you postpone drinking the less likely you are to experience alcohol related problems later in life.

“Learning to hold your liquor” means your developing a tolerance which increases your vulnerability to alcoholism.

A 12 ounces bottle of beer has the same amount of alcohol as a standard shot of 80 proof liquor, or 5 ounces of wine.

Alcohol consumption can cause disturbed sleep.

Research has shown that when there is a group drinking alcohol, even those who are not drinking will behave in the same uninhibited manner. This is referred to as “getting high on other peoples alcohol”

Sources

www.niaaa.nih.gov/
aspe.hhs.gov/hsp/06/catalog-ai-an-na/nesarc.html
www.thecoolspot.gov
If any of these are occurring or if others are commenting on these, you may have a problem.

**Physical:** Fatigue, repeated health complaints, red and glazed eyes, and a lasting cough.

**Emotional:** Personality change, sudden mood changes, irritability, irresponsible behavior, low self-esteem, poor judgment, depression, and a general lack of interest.

**Family:** Starting arguments, breaking rules, or withdrawing from the family.

**School:** Decreased interest, negative attitude, drop in grades, many absences, truancy, and discipline problems.

**Social problems:** New friends who are less interested in standard home and school activities, problems with the law, and changes to less conventional styles in dress and music.
ONLY ONE A DAY, MY DEAR, THAT'S MY SECRET!
12 fl oz of regular beer = 8–9 fl oz of malt liquor (shown in a 12 oz glass) = 5 fl oz of table wine = 1.5 fl oz shot of 80-proof spirits (“hard liquor”—whiskey, gin, rum, vodka, tequila, etc.)

- about 5% alcohol
- about 7% alcohol
- about 12% alcohol
- about 40% alcohol

The percent of “pure” alcohol, expressed here as alcohol by volume (alc/vol), varies by beverage.
## BAC Chart for Men

**Approximate Blood Alcohol Percentage**

<table>
<thead>
<tr>
<th>Drinks</th>
<th>Body Weight in Pounds</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>100</td>
</tr>
<tr>
<td>0</td>
<td>.00</td>
</tr>
<tr>
<td>1</td>
<td>.04</td>
</tr>
<tr>
<td>2</td>
<td>.08</td>
</tr>
<tr>
<td>3</td>
<td>.11</td>
</tr>
<tr>
<td>4</td>
<td>.15</td>
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<td>5</td>
<td>.19</td>
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<td>6</td>
<td>.23</td>
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<td>7</td>
<td>.26</td>
</tr>
<tr>
<td>9</td>
<td>.34</td>
</tr>
<tr>
<td>10</td>
<td>.38</td>
</tr>
</tbody>
</table>

*Only Safe Driving Limit*

**Driving Skills Significantly Affected**

**Possible Criminal Penalties**

**Legally Intoxicated**

**Criminal Penalties**

**Death Possible**

Subtract .01% for each 40 minutes of drinking.
One drink is 1.25 oz. of 80 proof liquor, 12 oz. of beer, or 5 oz. of table wine.
<table>
<thead>
<tr>
<th>Drinks</th>
<th>Body Weight in Pounds</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>90</td>
</tr>
<tr>
<td>0</td>
<td>.00</td>
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<tr>
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<td>.05</td>
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<td>.20</td>
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<td>.40</td>
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<tr>
<td>9</td>
<td>.45</td>
</tr>
<tr>
<td>10</td>
<td>.51</td>
</tr>
</tbody>
</table>

**Only Safe Driving Limit**

**Driving Skills Significantly Affected**

**Possible Criminal Penalties**

**Legally Intoxicated**

**Criminal Penalties**

**Death Possible**

This information is taken from [Virginia Tech Alcohol Abuse Prevention website](http://example.com).
## Effects of Blood Alcohol Levels on the Body

<table>
<thead>
<tr>
<th># of Drinks</th>
<th>Blood Alcohol Level</th>
<th>Effect On Body</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>0.02</td>
<td>Slight mood changes</td>
</tr>
<tr>
<td>2</td>
<td>0.06</td>
<td>Lowered inhibition, impaired judgement, decreased rational decision-making abilities.</td>
</tr>
<tr>
<td>3</td>
<td>0.08</td>
<td>Legally drunk, deterioration of reaction time and control.</td>
</tr>
<tr>
<td>4-5</td>
<td>0.15</td>
<td>Falling down, problems with movement and coordination. Difficulty walking or talking, slurred speech.</td>
</tr>
<tr>
<td>6-8</td>
<td>0.20</td>
<td>Decreased pain and sensation. Uncontrolled crying, laughing, or violent outbursts.</td>
</tr>
<tr>
<td>9-11</td>
<td>0.30</td>
<td>Slowed reflexes. Semi-consciousness.</td>
</tr>
<tr>
<td>12</td>
<td>0.40</td>
<td>Loss of consciousness. Very limited reflexes. Numbness.</td>
</tr>
<tr>
<td></td>
<td>0.50</td>
<td>Possible Death</td>
</tr>
</tbody>
</table>
Psychological Aspects of Alcohol Use

- Distorted Perception
- Decreased ability to think clearly
- Making excuses and blaming
Emotional Aspects of Alcohol Use

- Numb or exaggerated feelings
- Inability to identify feelings
- Impaired coping skills
Drinking and Judaism

Havdalah ??
L'Chaim
Purim ??
Pesach

Kiddush
Shabbos

Simchat Torah

?? SHALOM ZACHOR
WHAT ARE YOUR FEELINGS ABOUT ALCOHOL & JUDAISM?
It is easy to forget that alcohol is a drug. It is legal, inexpensive, and sanctioned by all. Drinking has a role in nearly every simchah…

[However,] when alcohol is used for any mind-altering effect, it is being abused. This includes "Kiddush clubs" which essentially promote and legitimize excessive drinking in the name of kedushah. It is also against halachah to reach the state of intoxication, and Purim and Simchas Torah are not exceptions.
Alcohol Use as a Coping Tool

- Alcohol use has negative effects

BUT - for the person who is using, Alcohol

- It is “always there”
- Deliver a reliable effect
- Doesn’t talk back
- Temporarily take away the pain
Underlying Factors leading to Alcohol Use

- Depression
  - Using Alcohol to self-medicate
  - Using Alcohol to manage symptoms and feelings

- Family Issues
  - Alcohol use by parent(s)
  - Abuse
  - Conflict/Stress

- Pressure
  - School
  - Friends
  - Family
The Progression from

Use
To Abuse
To Addiction
Using at parties or on weekends

Because of peer pressure

Hasn't interfered with lifestyle yet

Experimentation

“Aleinu Drug & Alcohol Presentation 2008”
Experimentation

Actively seeking mood change from substances

Social use

Some slight problems, such as hangovers

Planning use

Develops self-imposed "using rules"

Social use

Experimentation

“Aleinu Drug & Alcohol Presentation 2008”
Preoccupied with the mood change
Consequences increase
Often uses alone
Loss of control

Harmful Dependency
Social use
Experimentation

“Aleinu Drug & Alcohol Presentation 2008”
Experimentation

Social use

Harmful Dependency

ADDICTED!

Using to feel normal
Complete loss of control

Severe life consequences

“Aleinu Drug & Alcohol Presentation 2008”
“Think before you drink”

Examine potential consequences

You Have A Choice

Will I be embarrassed by my behavior tomorrow?

You Have A Choice