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APA
PRE-EMERGENCY
TRAINING
CURRICULUM
PACKAGE

63924

THE DANGERS OF
ALCOHOL ABUSE

✓
ACA
✓ COMPREHENSIVE WORK
ENTRY PROGRAM

UNIT 15
✓ THE DANGERS OF ALCOHOL ABUSE



DO NOT WRITE IN THIS BOOKLET!

NCJRS

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UNIT GOALS

After completing this unit, you will be able to:

Recognize some basic information about alcohol and alcohol abuse

Recognize that about two-thirds of the adult population in the U.S. drinks at least occasionally

Recognize that most people drink as part of some other activity

Identify meals as part of some other activity

Identify family and religious feasts as part of some other activity

Identify an evening with friends as part of some other activity

Recognize that some people use alcohol for other reasons

Forget their problems

Gather courage to face life

Recognize that those people are in danger of becoming dependent on alcohol

Recognize that alcohol is a drug

Recognize that alcohol contains calories

Recognize that alcohol has no health value

Recognize how alcohol works on the body

Recognize that alcohol does not have to be digested

Recognize that alcohol enters the bloodstream almost immediately

Recognize that alcohol eventually acts on the brain's control areas to slow down brain activity

Recognize that alcohol is a depressant, not a stimulant

Recognize that alcohol slows down your reflexes

Recognize that alcohol causes you to have poor judgment

Recognize that alcohol may increase your sexual drive, but it decreases your sexual performance

Recognize that if enough alcohol is taken into the bloodstream, it can cause serious problems or death by affecting heart functions and breathing

Identify the factors which can determine how fast alcohol will take effect

How fast you drink

Whether you have eaten

What you drink

Recognize that mixing alcohol with water helps to slow down the effect

Recognize that mixing alcohol with carbonated beverages can speed up the effect

How much you weigh

Recognize that the same amount of alcohol will take effect quicker on a lighter person

Sitting

Recognize that if you are sitting, relaxed, alcohol won't affect you as much as when you're standing at a party

Your mood

Recognize that if you are upset, under stress or tired, alcohol may have a stronger effect

Your expectations

Recognize that if you think you are going to get drunk, you will probably do so a lot quicker

Recognize that the usual tricks for sobering up do not work

Drinking black coffee

Taking a cold shower

Breathing pure oxygen

Recognize that the only way to get sober is to wait until the effect of alcohol wears off through natural body processes

Identify a hangover as your body's natural reaction to drinking too much

Recognize that the only way to avoid a hangover is to avoid getting drunk

Sip slowly

Drink with food in your stomach

Drink while you are relaxed

Pay attention to your responses so you do not drink too much

Recognize that in most states, the legal definition of "driving under the influence" (DUI) is a blood alcohol level of 0.10%

Recognize that tests have proven that even professional drivers' abilities decrease sharply at levels even as low as 0.03% to 0.05%

Recognize that it only takes three or four drinks to get to that level

Recognize that one drink (1 1/2 ounces of 86 proof liquor) will have the same effect on your body as one twelve ounce can of beer or one six ounce glass of wine

Recognize that the best policy is: If you have to drive, don't drink; and if you drink, don't drive.

DIRECTIONS

Before you begin this unit, complete the test items on the Unit Test. Use a blank sheet of paper to write down your answers, or an answer sheet provided by your instructor. DO NOT WRITE IN THIS BOOKLET! When you have finished, check your answers using the Unit Test Key which you will find in the back of the booklet. Count the number of items you answered wrong and mark your score on your answer sheet (for example, -6). After you have finished reading the text, take the Unit Test again. When you have finished, check your answers using the Unit Test Key. Count the number of items you answered wrong and mark your score on your answer sheet (for example, -1). By comparing the two scores, you can see how much you have learned.

In the unit you will find review questions to check your progress. Answer the review questions on a separate sheet of paper. Then, check your answers using the Review Question Key. You will find the answers printed upside down. If you answer any of the questions wrong, read over the section right before the questions. If you answer all of them right, keep reading.

At the back of the booklet, you will find a list of words and their meanings. If you come across a word you do not understand, look it up in the word list. Words which appear in the list are underlined in the text.

Unit Test

For each of the following test items, circle on your response sheet the letter which most correctly completes the statement.

DO NOT WRITE IN THIS BOOKLET!

1. Most of the people who drink do so as part of some other activity like:
 - a. meals
 - b. family and religious feasts
 - c. an evening with friends
 - d. all of the above

2. People are in danger of becoming dependent on alcohol when they use it:
 - a. to forget their problems
 - b. to gather courage to face life
 - c. both a and b
 - d. neither a nor b

3. Alcohol:
 - a. is a drug
 - b. contains no calories
 - c. has some health value
 - d. all of the above

4. Alcohol works negatively on the body in that it:
 - a. must first be digested
 - b. takes a long time to enter the bloodstream
 - c. eventually acts on the brain's central control areas to slow down brain activity
 - d. all of the above

5. When you drink alcohol, it acts as a depressant to:
 - a. slow down your reflexes
 - b. improve your judgement
 - c. increase your sexual performance
 - d. none of the above

6. If enough alcohol is taken into the bloodstream it can cause serious problems or death by affecting:
- a. *heart functions*
 - b. *breathing*
 - c. *both a and b*
 - d. *neither a nor b*
7. On your response sheet place a check mark (✓) to the left of the factors which can determine how fast alcohol will take effect:
- | | |
|--|--------------------------------------|
| <u> </u> a. <i>how fast you drink</i> | <u> </u> e. <i>weight</i> |
| <u> </u> b. <i>whether you've eaten</i> | <u> </u> f. <i>setting</i> |
| <u> </u> c. <i>what you drink</i> | <u> </u> g. <i>mood</i> |
| <u> </u> d. <i>age</i> | <u> </u> h. <i>expectations</i> |
8. You can slow down the effect of alcohol by mixing it with:
- a. *carbonated beverages*
 - b. *water*
 - c. *both a and b*
 - d. *neither a nor b*
9. Alcohol will affect you less if you are:
- a. *sitting, relaxed*
 - b. *standing at a party*
 - c. *both a and b*
 - d. *neither a nor b*
10. Alcohol will have a stronger effect on you if you:
- a. *are upset*
 - b. *think you are going to get drunk*
 - c. *are tired*
 - d. *all of the above*
11. The best way to sober up is by:
- a. *drinking black coffee*
 - b. *taking a cold shower*
 - c. *breathing pure oxygen*
 - d. *waiting for alcohol to wear off through natural body processes*

12. The best way to avoid a hangover is to:
- a. *take aspirin before going to bed*
 - b. *don't mix beer, wine and hard liquor*
 - c. *avoid getting drunk*
 - d. *none of the above*
13. A good way to avoid getting drunk is to:
- a. *sip slowly*
 - b. *drink with food in your stomach*
 - c. *drink while you are relaxed*
 - d. *all of the above*
14. In most states, the legal definition of "driving under the influence" (DUI) is a blood alcohol level of:
- a. *0.03%*
 - b. *0.05%*
 - c. *0.10%*
 - d. *none of the above*
15. Tests have proven that even professional drivers' abilities decrease sharply at levels even as low as 0.03% to 0.05%. To get to that level, it takes about:
- a. *one or two drinks*
 - b. *three or four drinks*
 - c. *five or six drinks*
 - d. *none of the above*
16. One drink (1 1/2 ounces of 86 proof liquor) will have the same effect on your body as:
- a. *one 12 ounce can of beer*
 - b. *one six ounce glass of wine*
 - c. *both a and b*
 - d. *neither a nor b*

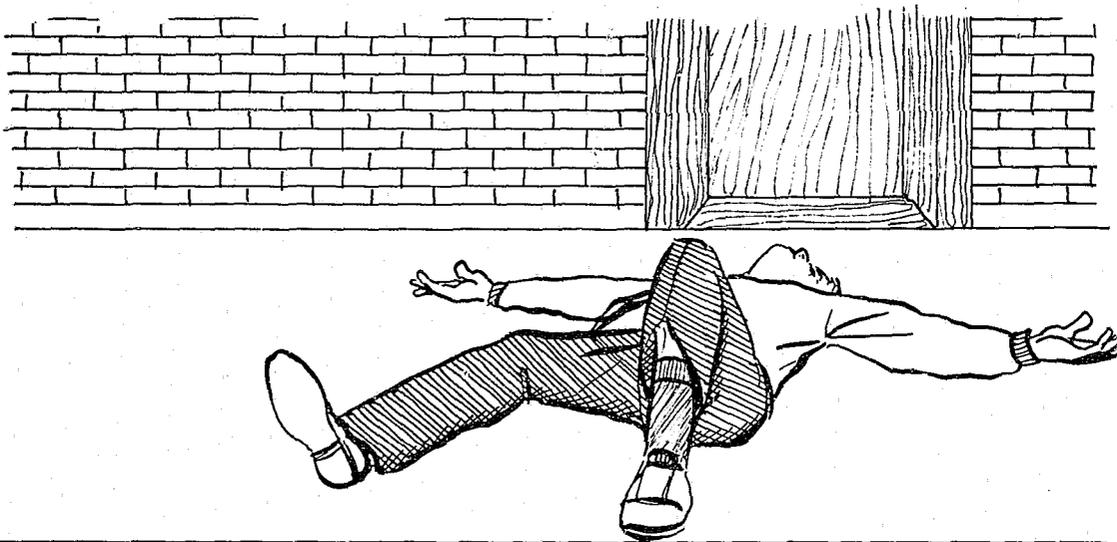


About two-thirds of the adult population in the U.S. drinks, at least occasionally. Most people drink as part of some other activity such as meals, family and religious feasts or an evening with friends.

Some people use alcohol for other reasons: to forget their problems or to gather enough courage to face life. These people are in danger of becoming dependent on alcohol. Alcohol is a drug. And although it contains calories, it has no health values.



How does alcohol work on the body? Very quickly. You see, alcohol does not have to be digested. It enters your bloodstream almost immediately, and eventually acts on your brain's central control areas to slow down brain activity.



Some people think that alcohol is a stimulant. But alcohol is actually a depressant. That means that alcohol slows down your reflexes and causes you to have poor judgement. It may increase your sexual desire, but it decreases your sexual performance.

As a matter of fact, if enough alcohol is taken into your bloodstream, it can cause serious problems or death by affecting your heart functions and breathing.



How fast you drink, whether you've eaten and what you drink can all determine how fast alcohol will take effect. Mixing alcohol with water helps to slow down the effect, while mixing with carbonated beverages (sodas) can speed up the effect.

Check your progress by answering the following review questions.

DIRECTIONS:

On your response sheet write the letter of the phrase which most correctly completes the statement.

1. Most people who drink, do so as part of some other activity. Some people:
 - a. use alcohol to forget their problems
 - b. are in danger of becoming dependent on alcohol
 - c. both a and b
 - d. neither a nor b

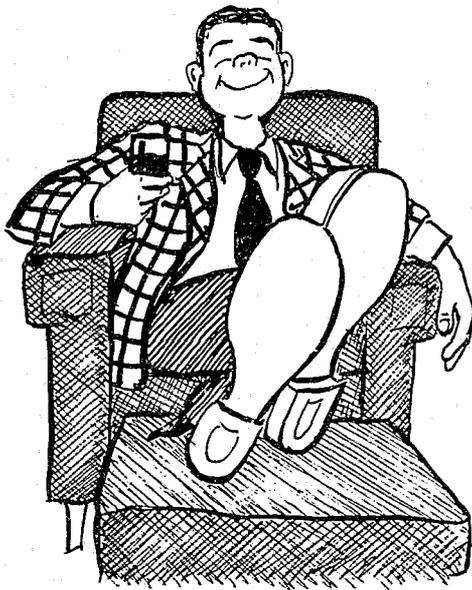
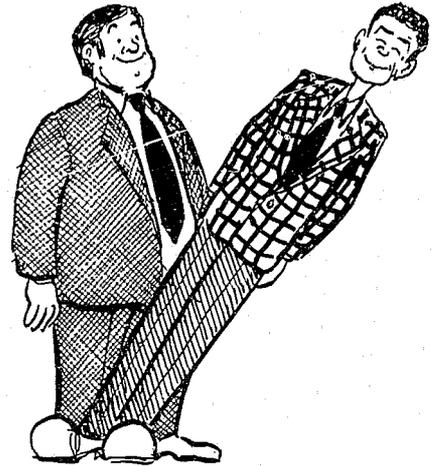
2. Alcohol:
 - a. is a stimulant
 - b. slows down brain activity
 - c. increases your sexual performance
 - d. always has the same effect

Check your answers using the key below. If you get the answers right, keep reading. If you get either of them wrong, go back over what you have already read.

1. c
2. b

REVIEW QUESTION KEY

How much you weigh can also determine the effect of alcohol. For example, the same amount of alcohol will take effect quicker on a lighter person.



Another thing which can determine the effect of alcohol are the setting and your mood. If you're sitting, relaxed, alcohol won't affect you as much as when you're standing at a party. If you're upset or tired, or if you think you're going to get drunk, the effect of alcohol will probably be stronger and you'll probably get drunk a lot quicker.

If you do get drunk, what's the best way to sober up? Drink black coffee? Take a cold shower? Breathe pure oxygen? Unfortunately, none of these "tricks" work. The ONLY way to get sober is to wait until the effect of alcohol wears off through natural body processes. REMEMBER, Alcohol is a drug.



Does that mean that none of the usual tricks for avoiding a hangover work either? That's right! The ONLY way to avoid a hangover is to AVOID GETTING DRUNK!!!

So how do you avoid getting drunk? Easy -- don't drink. But if you do drink, to avoid getting drunk, sip slowly, drink with food in your stomach, drink while you are relaxed, and DON'T DRINK TOO MUCH.

Check your progress by answering the following review questions.

DIRECTIONS:

On your response sheet write the letter of the phrase which most correctly completes the statement.

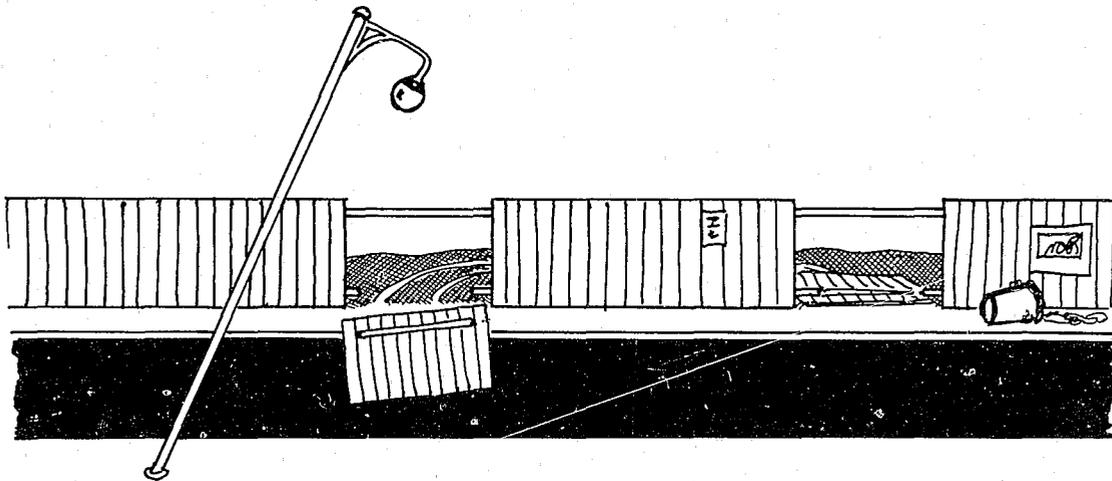
1. The effect of alcohol can be determined by:
 - a. the setting
 - b. your mood
 - c. your expectations
 - d. all of the above

2. Drinking black coffee or taking a cold shower can help you avoid:
 - a. getting drunk
 - b. getting a hangover
 - c. becoming an alcoholic
 - d. none of the above

Check your answers using the key below. If you get the answers right, keep reading. If you get either of them wrong, go back over what you have already read.

1. d
2. d
REVIEW QUESTION KEY

In most states, the legal definition of "driving under the influence" (DUI), or "driving while intoxicated" (DWI), is a blood alcohol level of 0.10%. Tests have proven that even professional drivers' abilities decrease sharply at levels even as low as 0.03% to 0.05%. It only takes THREE or FOUR drinks to get to that level.



A few beers or a little wine won't hurt. Right?....
WRONG! ONE 12 ounce can of beer or ONE six ounce glass of wine will have the same effect on your body as one drink (1½ ounces of 86 proof liquor -- whiskey, gin, vodka, etc.). So the best policy is: If you have to drive, don't drink; and if you drink, DON'T DRIVE.

Check your progress by answering the following review questions.

DIRECTIONS:

On your response sheet write the letter of the phrase which most correctly completes the statement.

1. Although in most states the legal definition of "driving under the influence" is a blood alcohol level of 0.10%, tests have proven that even professional drivers' abilities decrease sharply at levels even as low as:
 - a. 0.03% to 0.05%
 - b. three or four drinks
 - c. both a and b
 - d. neither a nor b

2. If you have to drive you should:
 - a. drink beer
 - b. drink wine
 - c. not drink at all
 - d. none of the above

Check your answers using the key below. If you get the answers right take the Unit Test. If you get either of them wrong, go back over what you have already read.

1. c 2. c

REVIEW QUESTION KEY

Now that you have completed the text, take the Unit Test again. When you have finished, check your answers using the Unit Test Key. Count the number of items you answered wrong and mark your score on your answer sheet (for example, -1). By comparing the two scores, you can see how much you have learned.

Unit Test Key

- | | |
|------------------|-------|
| 1. d | 9. a |
| 2. c | 10. d |
| 3. a | 11. d |
| 4. c | 12. c |
| 5. a | 13. d |
| 6. c | 14. c |
| 7. a b c e f g h | 15. b |
| 8. b | 16. c |

* * * * *

WORD LIST

1. calories - measurement of the amount of energy produced by food
2. dependent - having a physical need for something (like alcohol)
3. depressent - gets you "down"; slows down your reflexes
4. digested - broken down by the body
5. reflexes - your ability to react to things
6. stimulant - gets you "up"; makes you more alert

Teacher's Notes

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