***CHOOSING TO LIVE ALCOHOL FREE***

***Chapter 21, Section 2***

***GLENCOE HEALTH (2011)***

**BIG IDEA:**

Choosing not to use alcohol protects a person from dangerous health .

**NEW VOCAB:**

* psychological dependence
* physiological dependence
* alcohol abuse
* alcoholism

**Alcohol Use**

Several factors teen alcohol use

Anyone who drinks alcohol, however, the risk of the negative consequences.

One consequence of alcohol use is psychological dependence.

A condition in which a person believes that a drug is needed in order to feel good or to function normally

Overuse of alcohol can lead to a physiological dependence.

A condition in which the user has a chemical need for a drug

**Factors that Influence Alcohol Use**

A teen’s choices about alcohol use are influenced by:

1.

2.

3.

**Advertising Techniques**

Companies that produce alcohol spend of dollars each year on advertising.

  Manufacturers and advertisers show consumers the negative side of alcohol use.

**Health Risks of Alcohol Use**

Alcohol can more than just your health.

Alcohol use is linked to from traffic collisions, drowning, fire, suicide, and homicide.

**Alcohol and the Law**

It is for anyone under the age of 21 to buy, possess, or consume alcohol.

 An can limit college and employment options, damage a teen’s reputation, and cause that teen to lose the trust of friends and family members.

**Alcohol and Violence**

Teens can protect their health by situations where alcohol is present.

Teens who drink are also more likely to be of perpetrators of violent crimes.

**Alcohol and Sexual Activity**

Teens who use alcohol are more likely to

* + become sexually active at an earlier age,
  + engage in unprotected sexual activity, and
  + contract an STD.

**Alcohol and the Family**

It is estimated that of all youth are exposed to alcohol abuse within their families.

The excessive use of alcohol

Young people who live in a household in which a family member abuses alcohol are at a high risk for:

1. neglect, abuse, or social isolation
2. economic hardship
3. personal use of alcohol themselves
4. mental illness or physical problems

Studies show that a person who begins drinking alcohol as a teen is four times more likely to develop alcoholism than someone who waits until adulthood to use alcohol.

A disease in which a person has a physical or psychological dependence on drinks that contain alcohol

**Alcohol and School**

Most schools have adopted a policy for students found using alcohol on school property.

who use alcohol may become ineligible for or be suspended from school activities or graduation, or expelled from school.

**Avoiding Alcohol**

You will experience many if you choose to live alcohol-free.

Alcohol is addictive, and once you start drinking, it may be difficult to



**Benefits of Living Alcohol-Free**

* Maintaining a healthy body.
* Establishing healthy relationships.
* Making healthy decisions.
* Avoiding risky behaviors
* Avoiding illegal activities
* Avoiding violence.
* Achieving your goals.

**Refusing Alcohol**

Tips for Alcohol

* + - Be assertive and use refusal skills.
    - Call your parents or another trusted adult for a ride home, if needed.
    - Plan alcohol-free activities with friends.
    - Avoid parties or social gatherings where alcohol is served.

Your to avoid alcohol is influenced by the people around you.