

# Get the Facts...Alcohol

## Slang Terms:

Booze, Beer, Liquor, Moonshine, Shots, Sauce, Brewskis, Hard Stuff

## Method of Use:

Alcohol quickly absorbs into the bloodstream after drinking it. Alcohol may be served in a glass, out of a bottle or can (such as beer, wine, or mixed drinks) or in a shot glass (such as straight hard liquor). Some teens use a plastic tube with a funnel (called a bong) or they may play drinking games as a way to consume large amounts of alcohol quickly. Alcohol may also be mixed with Jell-O and consumed in a gelatin form called "Jell-O shots."

## The Stats:

- In 2004, just over 42% of 12<sup>th</sup> graders and almost 10% of 6<sup>th</sup> graders in Indiana reported drinking alcohol in the past month.
- Just over 13% of Indiana 8<sup>th</sup> graders reported participating in binge drinking (at least five alcoholic drinks in one sitting) in 2004.
- In 2001, almost 26% of 12<sup>th</sup> grade Hoosiers reported driving while under the influence of alcohol during the past year.

## Additional Resources:

[www.saddonline.com](http://www.saddonline.com)  
[www.madd.org](http://www.madd.org)  
[www.thecoolspot.gov](http://www.thecoolspot.gov)  
[www.alcoholfreechildren.org](http://www.alcoholfreechildren.org)  
[www.4girls.gov](http://www.4girls.gov)  
[www.freevibe.com](http://www.freevibe.com)  
[www.theantidrug.com](http://www.theantidrug.com)  
[www.drugfree.org](http://www.drugfree.org)

## Warning Signs:

- Loss or gain of weight
- Less interested in appearance
- Bloodshot eyes
- Slurred or rapid speech
- Smell of alcohol on breath, or sudden, frequent use of breath mints
- Abrupt mood changes
- Decline in school attendance and grades
- Rebelling against family
- Associating with a new group of friends
- Poor concentration

PLEASE NOTE: Each child is an individual, therefore, some of the signs of alcohol abuse presented may also be "normal" adolescent behavior or signs of a mental health or physical condition.

## Effects on the body:

- Alcohol is a depressant.
- It can impair judgment and decrease reaction time.
- There is no way to "sober up" quickly, including drinking coffee.
- After consuming alcohol, usually the next morning, some people experience "hangovers", which can include headaches, high sensitivity to noises and odors, and a bad taste in the mouth.
- Alcohol often plays a role in car crashes and other accidents involving teens.
- Alcohol use among teens can result in decreased inhibitions and poor decision making, which could lead to unwanted pregnancies, rape, and sexually transmitted diseases.
- Long-term alcohol abuse can lead to cirrhosis (scarring of the liver) or liver cancer.

## Sources:

Alcohol, Tobacco, and Other Drug Use by Indiana Children and Adolescents, Indiana Prevention Resource Center, 2004  
Berkson, E. & Samenow, C. "Adolescent Substance Abuse Prevention: Curriculum Manual, 3<sup>rd</sup> Edition." University of Chicago: 1999.  
Kids Count in Indiana, Indiana Youth Institute, 2001, 38.  
Prevention Newslines, Indiana Prevention Resource Center, vol. 15, 2002.  
<http://www.theantidrug.com/advice/21tips.html>.