

# Alcohol Use and Society

## Guide to Reading

### ● Building Vocabulary

In your notebook, use the term below in a sentence that shows its meaning.

- violence (p. 284)

### ● Focusing on the Main Ideas

In this lesson, you will be able to

- **describe** how alcohol may affect the user's decisions.
- **explain** how using alcohol can affect a person's relationships.
- **describe** how using alcohol can lead to violence.
- **apply** decision-making skills to help someone get help for alcohol abuse.

### ● Reading Strategy

**Predicting** Look over the headings in this lesson. Write a question that you think the lesson will answer. After reading, check to see if your question was answered.

### Quick Write

Write a few sentences describing how alcohol can affect a person's behavior.

## Other Risks of Alcohol Use

By now, you know how damaging alcohol use can be to your body and mind. However, alcohol can also harm other parts of your life, such as your schoolwork, your decision making, and your relationships.

Using alcohol is a behavior that is bad for your mental/emotional and social health. Teens who use alcohol are more likely to do poorly in school. They can be late or even miss school. Since they may have trouble paying attention in class, they may get failing grades. They may get suspended or expelled. Teens who use alcohol often may let their classmates or teammates down because of poor performance.



### Alcohol Use Affects Decisions

Have you ever made a really poor decision, perhaps because you were tired or sad? When you're not in a good state

◀ This vehicle was involved in an alcohol-related crash. A drunk driver is not the only one who may be injured. **Who else might be injured as a result of a car crash?**

of mind, you can make a bad choice. That's how it is with alcohol: it can cause people to make some really bad decisions. A person under the influence of alcohol might take risks that he or she would not normally take. For example, a normally well-behaved teen under the influence of alcohol may decide to commit a crime. Another may choose to try other drugs. A person may engage in sexual activity, which can lead to unplanned pregnancy or infection with a sexually transmitted disease. Teens may make poor choices like this when they use alcohol.

Fortunately, many schools have programs to help students to be alcohol, drug, and tobacco free. Students Against Destructive Decisions (SADD) promotes good decision making among teens. If you get involved with groups such as SADD, you can improve your decision-making skills.

### Driving Drunk

One of the most dangerous problems with alcohol is drunk driving. It is very important for your safety that you not ride in a vehicle with a driver who has been using alcohol. A person who uses alcohol experiences a loss of coordination, concentration, and visual awareness. A driver, however, often thinks that his or her abilities have not been affected. In short, the person will not be able to drive safely, and the chances that he or she will be in an accident are very high. Driving drunk is extremely dangerous for both the driver and the passengers. It can end with a crash, which could result in serious injury or even death.

### Alcohol Use Affects Relationships

Dave had been a dependable, happy, outgoing person, but after meeting a new student at school, he decided to try some alcohol. It was a bad choice. He started to drink more, and his personality began to change. He became irritable and moody. He argued more with his family. Most of his old friends no longer wanted to be around him because of his behavior. In time, almost all of Dave's relationships were harmed by his drinking.

Teens who use alcohol often find that they lose friends. Their interest in alcohol causes them to lose



### Connect To... Math

#### Drunk Driving

Gather data about the number of deaths in your state caused by drunk driving over the past five years. Then make a graph showing how many deaths happened per year.

**Has the number of alcohol-related car crashes risen or fallen over the years?**

▼ Using alcohol may lead to violence. **How can violence be avoided?**

# Health Skills Activity

## Decision Making

### Helping a Friend

Katelyn and Lisa have been best friends for a long time. Lisa recently told Katelyn that her mom drinks alcohol nearly every day and sometimes becomes violent. She also told Katelyn that sometimes she gets very scared. Katelyn wonders what she should do to help Lisa.

### What Would You Do?

Apply the six steps of the decision-making process to Katelyn's situation. With a partner, role-play what Katelyn would say to Lisa and how Lisa might respond.

1. State the situation.
2. List the options
3. Weigh the possible outcomes.
4. Consider values.
5. Make a decision, and act on it.
6. Evaluate the decision.

interest in activities they used to enjoy, such as sports. These teens may end friendships or lie to cover up the alcohol abuse. Because they push away the people in their lives, people who abuse alcohol may become very lonely.

### Alcohol Use and the Family

Family relationships can really be hurt by alcohol. Take Mara, for example. She lives with her parents and brothers, and she abuses alcohol. Can Mara be counted on to give emotional support to family members who need it? No. Does she keep her promises? Most of the time, she doesn't. Unfortunately, Mara's actions sometimes hurt other family members. She can be moody and unpredictable. Her whole family has suffered because of her alcohol abuse.

### Alcohol Use and Violence

When a person uses alcohol to deal with emotions, he or she may suffer from mood swings. Often, these lead to **violence**, an act of physical force resulting in injury or abuse. People who become violent when they're using alcohol are often covering up difficult



◀ Teens who choose not to use alcohol usually have healthy family relationships. **Explain why a teen who abuses alcohol may have difficult relationships with family members.**

emotions, such as anger or extreme sadness. Professional health services or a support group can help these people deal with their anger or sadness. After getting this type of help, most people can deal with their feelings without using alcohol.

### Reading Check

**Describe** How can people who use alcohol to deal with their emotions get help?

## Health Online

Visit [health.glencoe.com](http://health.glencoe.com) and complete the Interactive Study Guide for Lesson 4.

## Lesson 4 Review

### After You Read

Review this lesson for new terms, major headings, and Reading Checks.

### What I Learned

1. **Describe** How can using alcohol affect a person's decisions?
2. **Explain** Describe why people who abuse alcohol often lose friends.
3. **Vocabulary** Define *violence*.
4. **Describe** How can alcohol use result in violence?

### Thinking Critically

5. **Apply** Tracy is worried that her aunt might be abusing alcohol. What are two actions that Tracy could take?

6. **Evaluate** How might a teen's decision to use alcohol have negative long-term effects on his or her life?

### Applying Health Skills

7. **Decision Making** Your friend Drew has been irritable and moody lately. One day, Drew asks you to help him get some alcohol. He tells you that he really needs it because he has been feeling upset and that only alcohol will make him feel better. Use the decision-making steps to help you make a responsible choice in this situation.

## DEVELOPING

## Good Character

### Citizenship

Students Against Destructive Decisions (SADD) helps people understand the harmful effects of alcohol on teens.

Do some research on SADD. Find out how you and your classmates can get involved with this organization. Then discuss your findings with your class.