

ALCOHOL

PROBLEM PUNCH

**Alcohol –
The Hidden Drug**

TV Gets Drunk
How Favorite Shows
Can Lead To Drinking

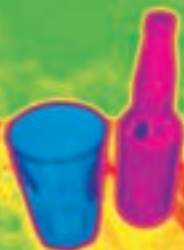
**World wide
Resources On
Alcohol Abuse**

**Amazing Things
You Can Do
Without Alcohol**

**6 Ways Getting
Drunk Hurts
People's
Health**



WARNING ALCOHOL AHEAD



**ALCOHOL is
nothing for
kids to mess
around with.**

If a kid drinks alcohol, he probably won't get as tall as he would have. Even worse, alcohol can limit a kid's brain development and can harm other major organs. That's a lot of damage!

Alcohol hurts people in other ways, too. Drinkers do crazy things and end up getting hurt. They throw up, have terrible headaches, and can't see normally.

Someone who is drinking may fight over silly things, skip school, or worse. Alcohol kills the ability to make good choices.

Staying away from alcohol is the safest and healthiest choice. Read on to learn more.

Alcohol in Disguise



Some companies make drinks that are so sweet and fruity that the alcohol in them is covered up. It can be confusing to try to avoid alcohol if you're not sure where it's hiding!

Make your way through the maze and avoid the disguised alcohol along the way. Your choice of safe drinks waits at the end!

Start



Finish

Bottoms up! Healthy, delicious choices like milk, juice, and water help your body grow. Soda is a fun, safe drink for a treat.



Alcoholic drinks contain a toxic ingredient, ethanol.

If you take a drink of alcohol, you start cooking up a real mess!

Short-term Effects

Nausea and vomiting
Slow, poor thinking • Low heart rate
Poor reactions and coordination
Blurry or double vision

RECIPE F



Long-term Effects

Liver disease
Heart disease • Brain cell death
Cancer of the mouth or stomach
Weak bones • Death

FOR RUIN

Alcohol Word Search

The words below that are underlined are found in the word search.

LIVER—Major organ hurt by alcohol

BRAIN—Alcohol kills brain cells

BONES—Alcohol keeps bones from growing

CRAVING—A strong wish to drink alcohol

TOLERANCE—The need to drink more and more alcohol to feel the same effects

DIZZINESS—Drunk people can't walk straight

HANGOVER—Headache, vomiting, the shakes, the day after drinking

VOMITING—Common effect of drinking

DEPENDENCE—Feeling sick when not drinking

Poor **CONTROL**—Unable to limit amount of drinking

M S E V N O M I B O N E S L E
Z Q R O E L R E N C L D I M A
V I N M G T C R D I S I N G O
B A I I B O N T M D A Z V T R
I L L T A L A N C E E Z D E O
H X F I C E S C F P E I N T R
B C K N S R O J T E S N E R M
F R J G G A U F Q N S E T O C
V W A Y T N T F C D U S H L R
H D U I O C Y R D E Y S A I A
J F L W N E E S O N V P N N V
O G J D E P E M R C O Z G G I
E H A N G O V E R E M Z P S N
H R P N C I A Z Z I N O C D G
C O N T R O L E I R L I E C N

Prime Time Lies

Prime time TV is overflowing with alcohol!

Beer, wine, and liquor companies make funny or exciting commercials to get people to buy their products. They wouldn't sell very much alcohol if they showed how sick it makes people.

Prime time TV shows are just as bad as the commercials. A group of researchers counted the number of times that

alcohol was used in prime time TV on the four major networks.

Alcohol was drunk 555 times in 224 hours of prime time TV. That's $2\frac{1}{2}$ times per hour! The really scary part is that a lot of the alcohol was being drunk by teenagers.

Just in case you didn't know:

Alcohol use is illegal for people under age 21.

Starting to drink by age 15 makes it four times as likely a person will become an alcoholic!

The Alcohol

How does alcohol affect a person?

First it has to get to the brain.

Here's how:

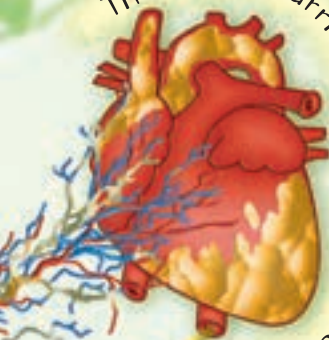
Alcohol enters the mouth and travels through the stomach. Alcohol soaks through the small intestine and into the blood.

Questions:

1. What are two reasons that drinking alcohol could cause someone to have an accident?
2. Alcohol slows down the heart and the breathing. What could happen if someone drank too much?

1 Trap

The blood carries alcohol to the heart, which pumps it right to the brain.



When the brain slows down:

- Vision is blurry.
- Speaking is difficult.
- Walking and balancing are harder.
- Thinking quickly or well is impossible.
- Even the heart and breathing get slowed down!

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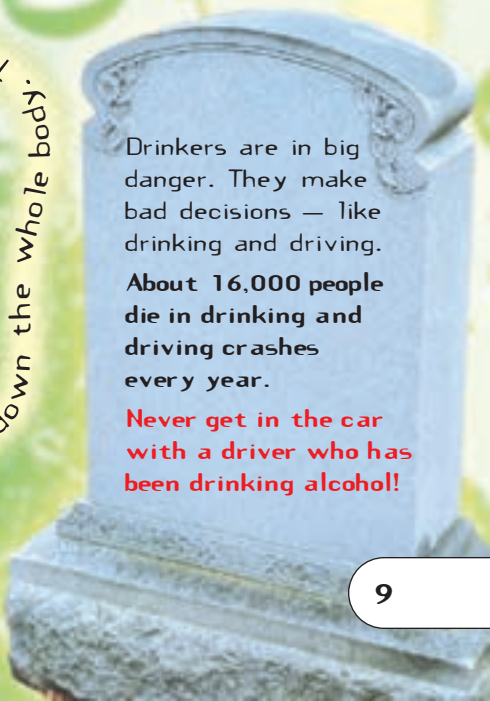
because it is a depressant.

In the brain, alcohol slows down the whole body.

Drinkers are in big danger. They make bad decisions — like drinking and driving.

About 16,000 people die in drinking and driving crashes every year.

Never get in the car with a driver who has been drinking alcohol!



lungs until someone dies.

2. Drinking too much alcohol can slow down the heart and

Answers:

1. Possible reasons: Blurry vision, weak balance, poor thinking

Sobering Sums

You have seen how alcohol is advertised on TV. You also know how much it hurts drinkers' health.

Sharpen your pencil and see some sad sums. Pushing alcohol onto people costs money and it costs lives.

- A. If the average kid sees alcohol being used on TV 7 times per day and he watches TV 7 days a week ...

How many alcohol references does that kid see in one week?

7 alcohol uses x 7 days = ____ ($7 \times 7 =$ ____)

- B. Drunk driving kills about 16,000 people in this country every year. Many of those people never had a drink. Someone else's drinking caused their deaths. A lot of the dead are kids.

Here are the numbers of kids who died last year because someone chose to drink and drive:

520 kids under age 15

2,210 kids between age 15 and 20


How many kids under age 20 died last year in alcohol-related accidents?

$520 + 2,210 =$ ____




Any Blanks in Your Knowledge?

How carefully have you read this mini magazine on alcohol? Fill in the blanks below to test yourself. Use the word bank at the bottom of the page to help you.

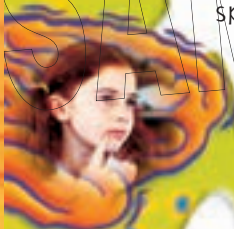


When we say “alcohol,” we mean _____,
wine, liquor (like whiskey or vodka), or wine coolers.


Kids who drink can have slowed _____.
Alcohol can limit _____ development.



In the brain, alcohol slows down the body.
Drinkers have _____ vision and weird-sounding
speech. They make bad _____ because they can't
think quickly. Alcohol even slows down the breathing
and the _____, which can kill a person.



Some people can't stop drinking.
These drinkers never stop thinking about alcohol,
and they drink more and more over time. These
people are called _____.



word bank

| | | | |
|------------|-------|-----------|--------|
| alcoholics | beer | heart | blurry |
| | brain | decisions | growth |

Your Health Online

Want to read more about alcohol and your health? Are you concerned about a friend's or family member's alcohol use?

Check these Internet resources for support.



National Association for Children of Alcoholics

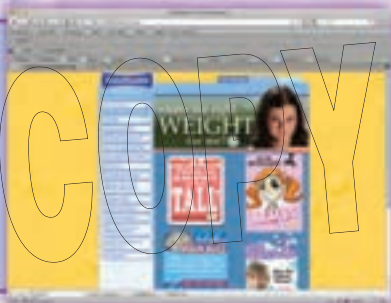
www.nacoa.net/kidspage.htm

This site has readings, news, and support for children of alcoholics.

KidsHealth

www.kidshealth.org/kid

Info on alcohol use, plus tons of health and safety tips.



Above the Influence

www.abovetheinfluence.com

Packed full of information on alcohol and other abuse. Includes real stories from real kids.


The Cool Spot

www.thecoolspot.org

See new TV and radio ads about alcohol use. Find more important alcohol facts.



Say NO to Alcohol



The easiest way to protect yourself from alcohol is

Never Start Drinking!

Here are a few tips to help you say NO:

Do one of your favorite things instead...

Ride your bike, read a book, draw a picture, or play your favorite game.

Get in touch with someone else...

Go to another friend's house or call them on the phone.

Imagine all the amazing things you can do without drinking...

Draw a picture of yourself in the future, having a great time without drinking alcohol.

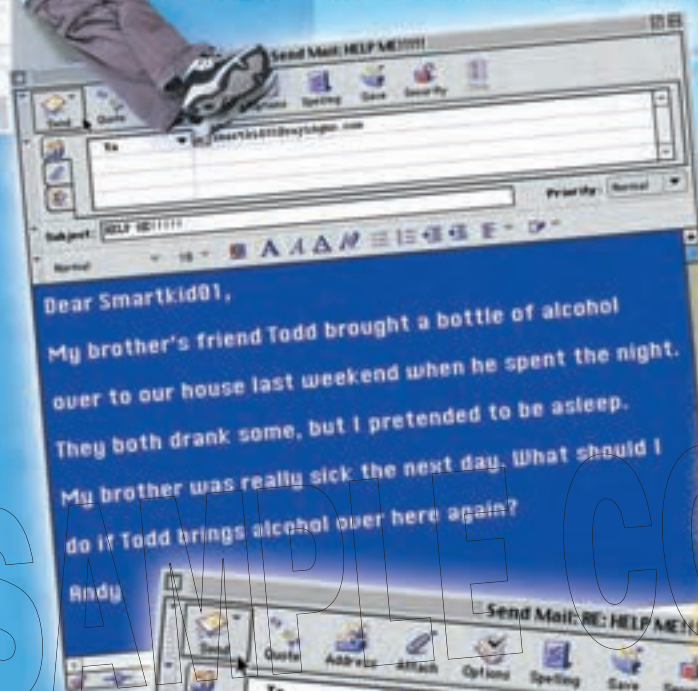


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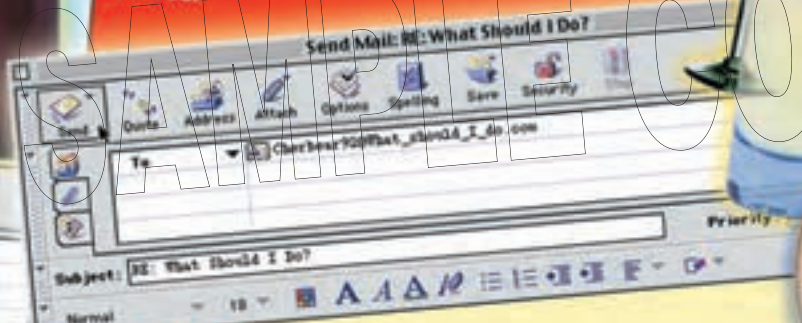
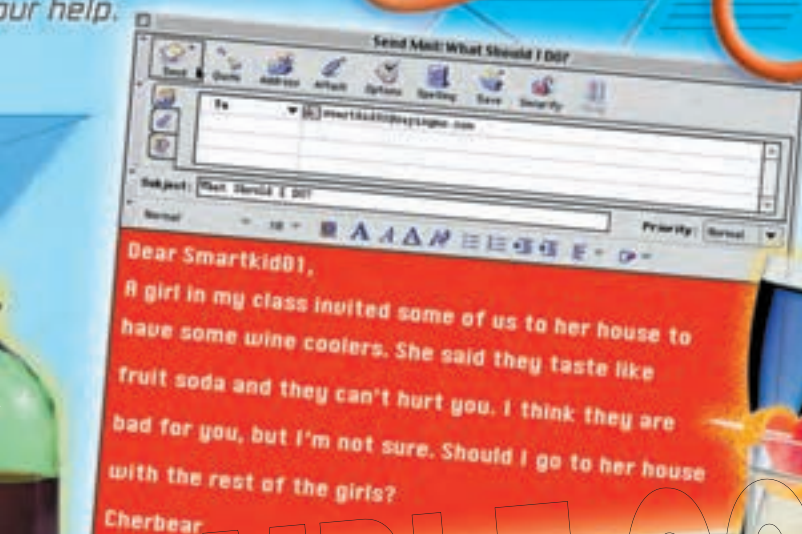
You've Got

Reply to Andy and Cherise right away. They need your



Mail

our help.



Dear Cherbear,





Why Should Kids Avoid Alcohol?



Alcohol keeps kids from growing!

Alcohol damages the brain!

Drunk people make BAD choices!

Alcohol-related diseases and crashes kill!

Alcohol is against the law for kids!



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