



# SUBSTANCE ABUSE PREVENTION



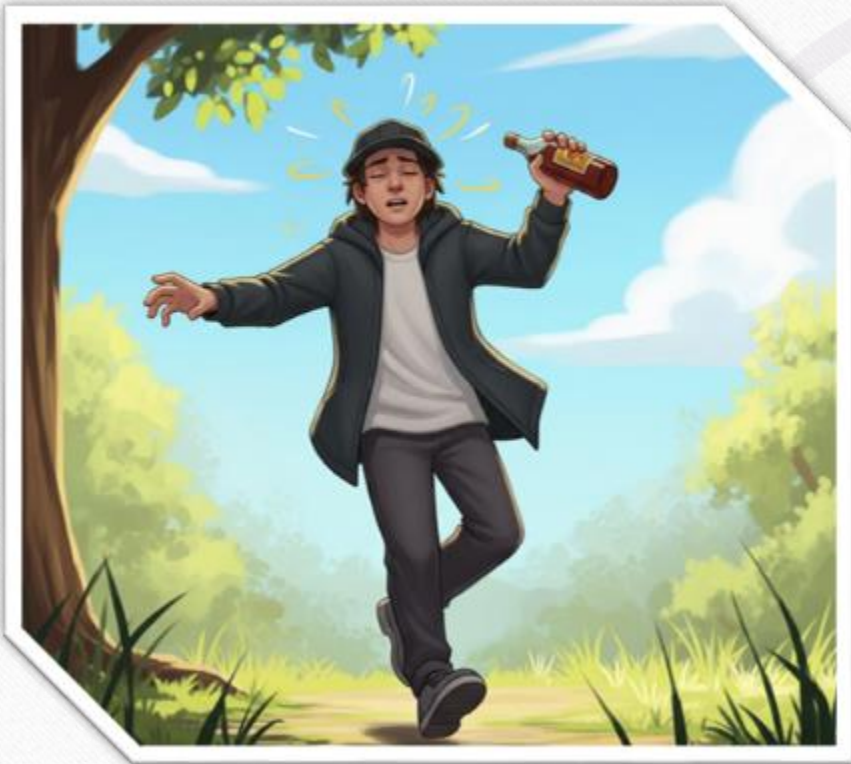
The Dangers of Alcohol

# Lesson's learning outcomes

- Explain how alcohol affects the brain and impairs judgment.
- Describe the immediate dangers of drinking too much alcohol.
- Identify the long-term damage alcohol can cause to the body.



# How Alcohol Affects Your Brain



- Alcohol is a **depressant**, which means it slows down your central nervous system.
- Immediate Effects:**
- **Poor Judgment:** You might make risky decisions you would not make when sober.
  - **Slowed Reaction Time:** Makes activities like driving or playing sports dangerous.
  - **Loss of Coordination:** Difficulty walking or balancing.
  - **Slurred Speech**

# Immediate Dangers of Drinking Too Much

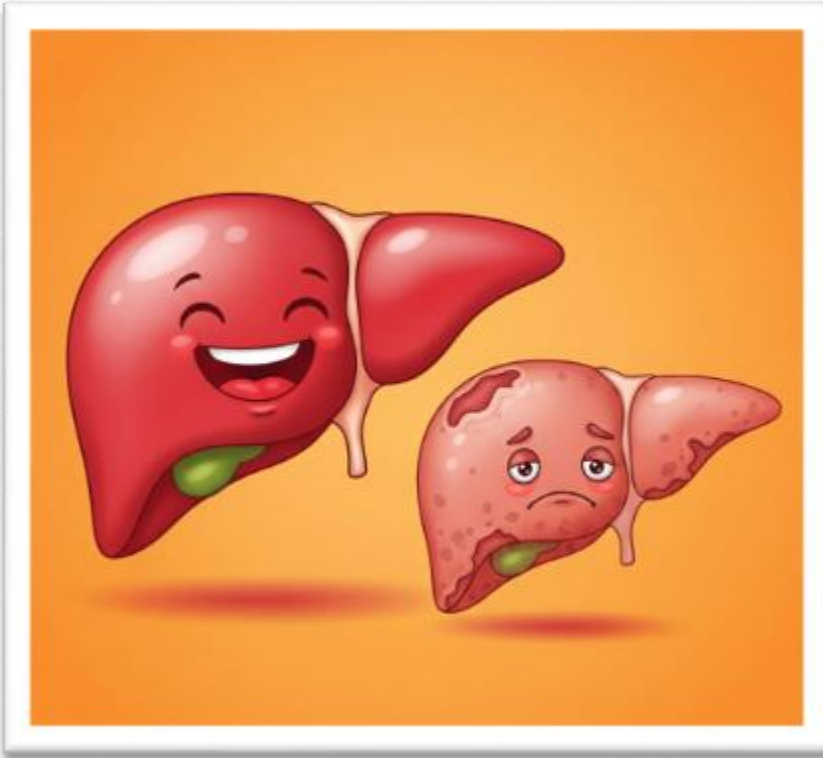
- Drinking a lot of alcohol in a short period (binge drinking) is extremely dangerous.

## Risks include:

- **Accidents:** Car crashes, falls, and drowning.
- **Alcohol Poisoning:** A medical emergency that happens when you drink so much your body starts to shut down. It can lead to coma or death.
- **Violence and Fights:** Alcohol can make people more aggressive.



# Long-Term Damage to Your Body



- Over time, heavy alcohol use can cause serious and permanent damage.

## Major Health Problems:

- **Liver Disease:** The liver works hard to remove alcohol (a poison) from the body. Too much can destroy it.
- **Heart Problems:** High blood pressure and an irregular heartbeat.
- **Brain Damage:** Can affect memory and learning.
- **Addiction (Alcoholism):** A disease where a person cannot control their drinking.

# Summary



- Alcohol slows your nervous system, causing poor judgment, slow reactions, and impaired coordination and speech. Smoking and vaping damage most body organs, causing serious health problems.
- Addiction is a disease where your body and brain become dependent on a drug.

# Key Concept Check



**How does alcohol affect your ability to make decisions?**

- Answer: It impairs your judgment, leading you to make risky choices.

# Key Concept Check



**What is one immediate danger of binge drinking?**

- Answer: Accidents, alcohol poisoning, or getting into fights.

# Key Concept Check



**Which organ in the body is most damaged by long-term alcohol abuse?**

- Answer: The liver.



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Well Done!