

# EFFECTS OF ALCOHOL

## Key Points

1. The following contain the same amount of alcohol:
  - A. A shot of liquor (1 ½ ounces)
  - B. A can/bottle of beer (12 ounces)
  - C. A glass of wine (5 ounces)
2. Alcohol is a drug and it is the most widely used drug in the U.S.
3. Even just 1 or 2 servings of alcohol can make it hard to make good decisions.
4. Drinking alcohol does not make a person more popular.
5. It is always wrong for young people to drink alcohol because:
  - A. It is illegal for anyone under the age of 21 to drink alcohol.
  - B. Their bodies have not fully developed and the harmful effects will be magnified.
  - C. Young people become addicted more quickly than adults.
  - D. It may change their behavior in negative ways.
  - E. It causes many diseases and health problems.
  - F. It may interfere with social and intellectual development.
  - G. It may lead to accidents and death.
  - H. It is a depressant; it slows down both the brain and our body (heart rate, breathing, etc.)
6. If you take medicine, drinking alcohol at the same time is very dangerous because you don't know how your body will react to the combination.
7. Using alcohol can impact every member of the family, as well as others outside the family.

