

Chapter 21 Lesson 1: The Health Risks of Alcohol Use

Introduction:

In this lesson, you learned about some of the dangers of teen alcohol use. Using alcohol puts teens at risk for violent crime, problems with the law, and dangerous sexual behaviors. Many teens are aware of these risks, but choose to drink anyway. At this Web site, you can learn more about why some teens drink, the health risks of underage drinking, and what society can do to reduce rates of alcohol use among teens.

Links to Explore:

Underage Drinking

<http://pubs.niaaa.nih.gov/publications/AA67/AA67.htm>

Directions:

- Click on the link and read the report on underage drinking.
 - Then answer the following questions:
1. How many teens have consumed alcohol by the time they reach their senior year of high school?
 2. How much does starting to drink before the age of 15 increase a person's chances of becoming dependent on alcohol?
 3. List three factors that may influence a teen's decision to use alcohol.
 4. How can alcohol use affect growth and development during adolescence?
 5. How many teens met the criteria for alcohol abuse or dependence in 2002?
 6. Describe the two main types of interventions for preventing underage drinking.

Answers:

1. Three out of four
2. People who begin drinking before age 15 are four times more likely to become dependent on alcohol at some point in their lives.
3. Any three of the following:
 - A desire to take risks
 - Viewing drinking as a positive and enjoyable experience
 - Being highly sensitive to the pleasant effects of drinking and less sensitive to its unpleasant effects
 - Personality traits such as aggressiveness, shyness, or rebelliousness
 - A family history of alcoholism
 - Environmental factors such as the influence of parents, peers, or the media
4. It can disrupt the hormone balance necessary for normal development of organs, muscles, and bones.
5. 1.4 million

6. Environmental-level interventions seek to reduce opportunities for underage drinking, increase penalties for violating alcohol use laws, and reduce community tolerance for teen alcohol use. Individual-level interventions seek to change teens' knowledge, expectancies, attitudes, intentions, motivation, and skills so that they can resist pro-drinking influences and opportunities.

Additional Links to Explore:

Use the links below to gather additional information on the activity topic. When appropriate, have students extend their research to include important concepts contained in these Web sites.

Al-Anon/Alateen

<http://www.al-anon.alateen.org/>

Students Against Destructive Decisions

<http://www.sadd.org/>

The Cool Spot: Alcohol, Peer Pressure and Underage Drinking Info for Teens

<http://www.thecoolspot.gov/>