

WJUSD
Teen **BE SMART** Fact Sheet

Knowing the Facts = **SMART CHOICES**

Binge Drinking

In the US, drinking alcoholic beverages is commonly associated with celebrations and other social events and activities. Because alcohol use is so widely accepted, it is easy for us to forget that alcohol is actually a drug which, if used irresponsibly, can lead to injury, illness and even death.

Teens frequently have a lot of pressure from their friends to drink. Just as frequently, there is pressure to drink large amounts of alcohol in short amounts of time. This type of drinking called *Binge Drinking*, is the most dangerous. Before you drink **BE SMART** and get the facts. Remember it is up to you to make smart choices. Your health is truly in your hands.

Think About It:

Your body can only eliminate alcohol from the system at a rate of about one drink per hour, so when large amounts of alcohol are consumed over a short period of time, your body cannot cope. That's when *alcohol poisoning* can occur.



**THE DEFINITION OF BINGE DRINKING IS CONSUMING
5 OR MORE DRINKS FOR MALES AND
4 OR MORE DRINKS FOR FEMALES
IN 2 HOURS OR LESS**

What is a Drink?? A Drink is considered to be one 12 ounce beer, one 4 ounce glass of wine or one 1-1/2 ounce shot of hard liquor. The alcohol content of each of these is about the same.

MYTH: Alcohol is not a drug. It's not that bad for you.

FACT: Alcohol is a powerful, mood altering, addictive drug and like any drug-overdosing can lead to sickness and even death.

MYTH: Cold showers, coffee (or other sources of caffeine) or fresh air will help you to get sober.

FACT: Only time will help you to get sober. Your body takes about an hour per drink to eliminate the alcohol from your system.

What is Alcohol Poisoning?? Alcohol Poisoning is a serious and sometimes fatal condition that occurs when too much alcohol is consumed too fast and the level of alcohol in your blood becomes too high. A person with alcohol poisoning needs medical help **immediately**.

Symptoms of alcohol poisoning: *confusion, stupor

*vomiting

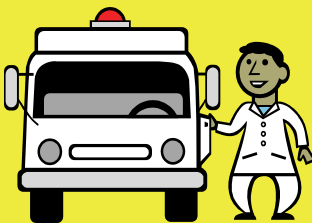
*unconsciousness (passing out)

*slow or irregular breathing

*pale skin or blue-tinged skin

*seizures

*low body temperature



If someone has been drinking and has these symptoms, call **911** right away!!

MYTH: Eating a big meal before you drink will keep you sober.

FACT: Drinking when you have a full stomach may delay alcohol absorption into the bloodstream, but it does not prevent it.

It's okay **NOT** to drink!

Studies show that in the U.S., more teens do NOT drink than do.

Also, in recent years, the incident of under-age drinking has declined.

You are in charge of your life and binge drinking is a road to disaster.