Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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**Alcohol**

**Alcohol**

* Alcohol is produced by fermenting or distilling various \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
* In beverages, pure ethyl alcohol, which is clear and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, is mixed with other ingredients that affect the colour and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ the alcohol content.
* Aside from \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ found in coffee, tea, and sodas, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ is the most used substance in Canada and around the world.
* Because it is widely available and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ available, alcohol often in not viewed as a harmful drug.
* Alcohol may seem low risk, but alcohol problems are a major public health issue in Canada, and alcohol related accidents and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ among young people are a big reason of concern.

 **Just How Alcoholic Is It?**

* The effects of any alcoholic drink depends on the amount of pure ethyl alcohol consumed.
	+ Gin/Whiskey \_\_\_\_\_\_\_\_\_\_\_ or 80-proof pure alcohol
	+ Wine \_\_\_\_\_\_\_\_\_
	+ Regular Beer\_\_\_\_\_\_\_\_\_
	+ Spirit or Wine Coolers \_\_\_\_\_\_\_\_\_
* A standard drink contains the same amount of alcohol, 17ml (0.6oz) regardless of the type of beverage.

**The Short Term Effects**

* The effects of using alcohol depend on how it is used-the amount \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, the mood and expectations of the person, and the situation.
* Alcohol is categorized as a \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ because it has the effect of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ or slowing down the central nervous system.

**Blood Alcohol Content**

* The amount of alcohol in the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ is called the \_\_\_\_\_\_\_\_\_\_\_\_\_ and is a measure of how much a person will be affected by the alcohol consumed.
* BAC depends on mostly on the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ of alcohol consumed in a given time period, but also on size, gender, and metabolism.
* The amount of alcohol in the breath is directly related to the amount of alcohol in the blood, so BAC can be measured with a breath test using a “\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.”
* A number of factors will affect the levels of intoxication:
	+ - **\_\_\_\_\_\_\_\_\_\_\_\_\_\_ –** people with little or no experience with alcohol may not be able to predict its effects. They may make bad decisions while intoxicated, or drink to the point of alcohol poisoning.
		- **\_\_\_\_\_\_\_\_\_\_\_\_\_\_**- people who drink when they are angry or depressed often do not pay attention to the signs of intoxication.
		- **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**- signs of intoxication can be missed if other substances affect a users self-perception.
		- **\_\_\_\_\_\_\_\_\_\_\_\_\_\_**-a hungry person will metabolize alcohol more quickly.



**How a High BAC Affect the Body**

* A single drink will result in a BAC of about 0.02 gram percent.
* Drinking small amounts can cause the drinker to feel:
	+ Drowsiness, dizziness and reddening in the face
	+ More confident, feel more sociable
	+ Angry, depressed and withdrawn
* When a BAC of \_\_\_\_\_\_\_\_\_\_\_\_\_\_ percent (legal limit) the drinking will:
	+ Lose judgment, ability to judge distances, decrease in reaction time.
* When a BAC above \_\_\_\_\_\_\_\_\_\_\_\_\_:
	+ 7 times more likely to cause a crash because both hand and eye coordination and judgment are impaired.
* When a BAC is over \_\_\_\_\_\_\_\_\_\_\_\_:
	+ A normal person is very intoxicated.
	+ Stumble when they walk / slur speech.
* When a BAC is in the range \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_:
	+ It is usually fatal, typically because that much alcohol blocks the brain’s control over breathing
	+ Alcohol poisoning

**Long Term Effects**

* Heavy, long term drinking (avg: more than 2 a day) leads to a number of serious health problems including: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ damage, heart disease, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, certain types of cancer, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, memory loss, brain damage and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ problems.
* *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_* – a person’s tolerance for alcohol increases. The person’s body becomes used to the alcohol it dosen’t respond right away. These drinkers become physically and psychologically dependent. When person stops drinking after becoming dependent, withdrawal symptoms include: sleeplessness, sweating, vomiting, tremors, seizures, and hallucinations. If symptoms are severe enough withdrawal can lead to death.

**Alcohol and Violence:**

* + the relationship between alcohol and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ is complex.
	+ Alcohol lowers inhibitions, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, can feed anger, and is linked to violent situations.
	+ A large number of people who have committed serious violent crimes, such as domestic assault, rape, murder, and suicide have been \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
	+ A 2004 study found that \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ of Canadians aged 15 years and older have been pushed or shoved by someone who has been drinking, while 3% were more physically assaulted.

**Alcohol and Driving**

* 2001 – \_\_\_\_\_\_\_\_\_\_\_\_\_\_ of all Canadian drivers killed in road accidents had been drinking, and each year close to 1000 people a year die in alcohol related road crashes.
* 2004 – teenage drivers account for only \_\_\_\_\_\_\_\_\_\_\_ of impaired driving trips, which is far less than any other age group.

**Alcohol and the Law**

* In Canada, all provinces and territories have liquor control regulations that govern the sale and advertisement of alcohol. (set age limits of people allowed to drink)
* These laws also prohibit selling alcohol to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, intoxicated and disruptive persons.
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_\_\_ must obey these regulations because courts have sent a message to licensed establishments that they must not serve a guest to the point of intoxication.

**Alcohol Abuse and Dependence**

* Alcohol abuse is using alcohol in a way that causes problems for the individual or for others around that person.
* A person may abuse alcohol with actually being alcohol dependent, for example, when driving, during pregnancy, or when taking other medication.
* Some problems linked to alcohol abuse include:
	+ Inability to meet work, school, or family \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
	+ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ for drunk driving and car crashes.
	+ Drinking-related \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ conditions.
	+ Loss of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ friends.
	+ Loss of interest in \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ that do not involve alcohol.

**Alcohol Abuse and Dependence**

* Alcohol dependence – also know as alcoholism, sign include:
	+ Drinking in \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ or over large periods than intended.
	+ Attempting to \_\_\_\_\_\_\_\_\_\_\_\_\_ drinking without success.
	+ Spending a great deal of time \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ or obtaining alcohol.
	+ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ daily activities.
	+ The dependent person deals with the many problems that result from drinking by drinking more. It is difficult for family and friends to understand and observe the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ cycle.

**Factors that Can Lead to Alcohol Dependence**

* Factors that increase a person’s chance of dependency include:
	+ Frequent \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ situations that encourage drinking.
	+ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ problems.
	+ Excessive \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ in one or more areas of life.
	+ One of both parents dependent on alcohol.
	+ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ in early teen years.
* Alcohol dependence is an addiction and can have the same serious life changing consequences that any addiction has.

**Underage Drinking**

* Ontario’s Liquor License Act governs the sale and consumption of alcohol. Offences under this act include:
	+ Possession or consumption of alcohol by those under \_\_\_\_\_\_\_\_\_\_\_ year of age;
	+ Purchase or sale of alcohol for \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ youth;
	+ Presentation of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_;
	+ Provision of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ to someone who appears to be drunk;
	+ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ of alcohol with a liquor license;
	+ Public drunkenness resulting in a \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_;
	+ The \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ of open alcohol in a vehicle
* Individuals who violate these stipulations are liable for a fine of up to $200 000 or imprisonment for a term or not more than one year. The punishment may include both a fine and jail time.

