

# ALCOHOL



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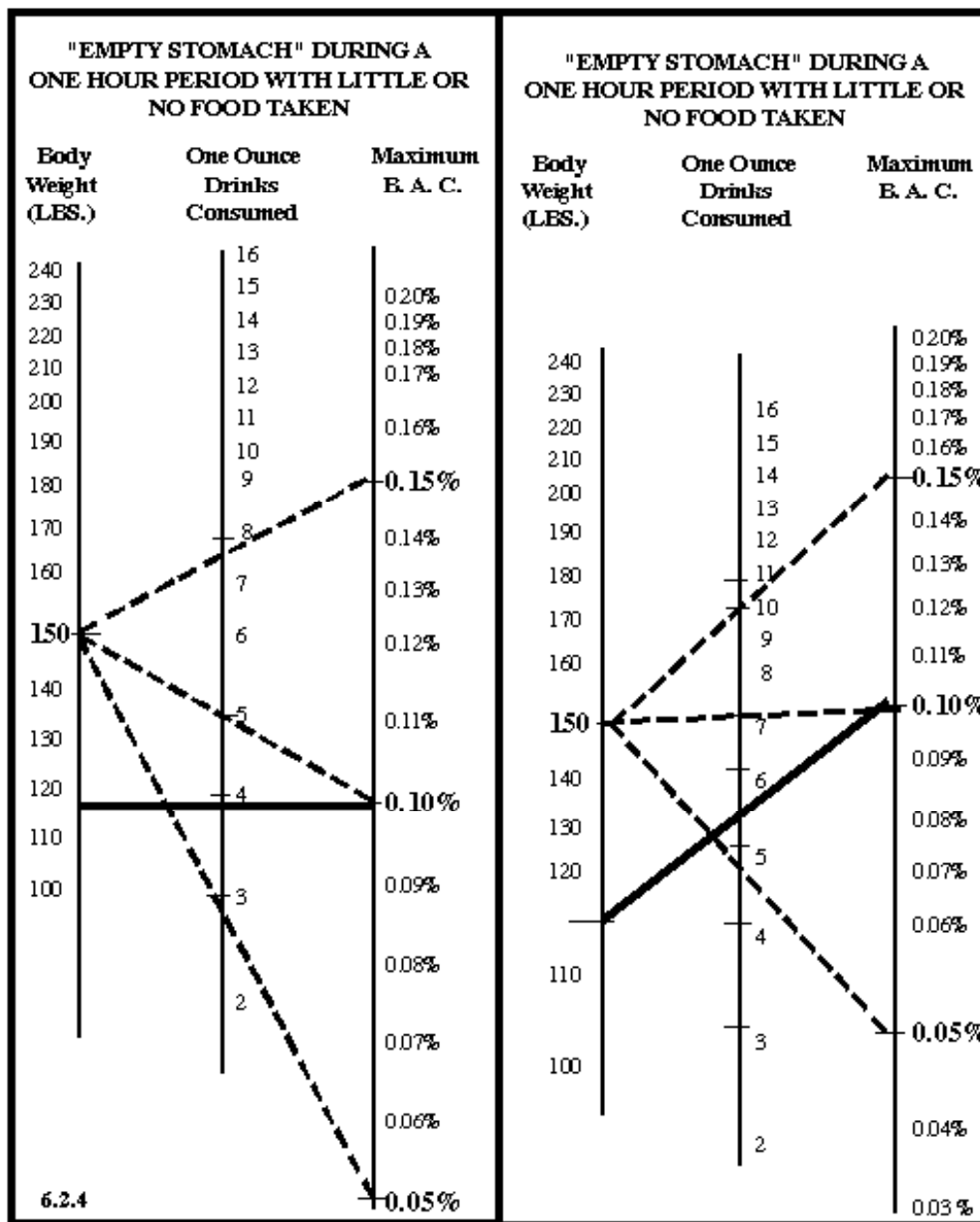
## MYTHS

- It Is A Stimulant
- It Has Nutrients
- It Increases Mental and Physical Ability
- In Given Amounts, Affects People in the same way
- There Are Ways To Sober Up Quickly
- Small Amounts Will Not Cause Bodily Damage

## FACTS

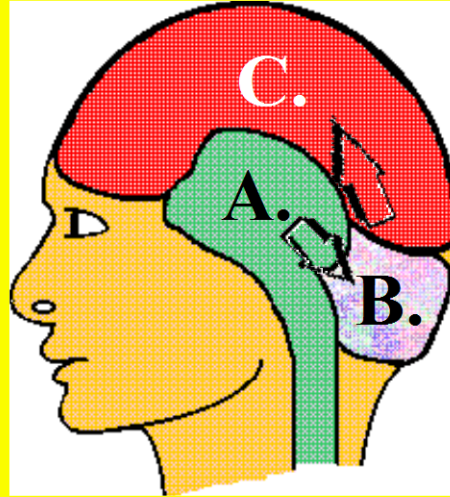
- It is a Depressant
- It Has Calories
- It Decreases Mental and Physical Ability
- In Given Amounts, Affects People Differently
- Time Is The Only Effective Way To Sober Up
- It Will Cause Bodily Damage When It Is Consumed

# ESTIMATED AMOUNT OF 40% (80 PROOF) LIQUOR NEEDED TO REACH GIVEN LEVELS OF BLOOD-ALCOHOL CONCENTRATION



# ALCOHOL AND YOUR BRAIN

## SEQUENCE OF MENTAL GROWTH

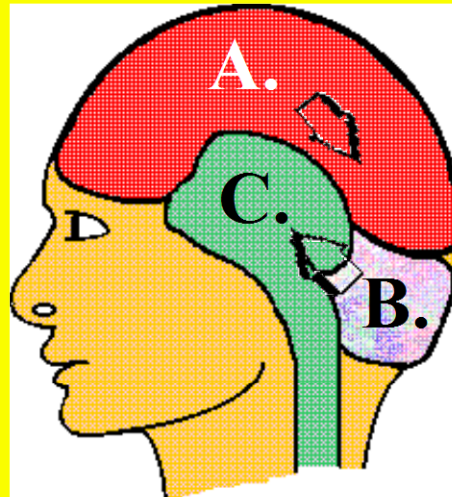


A.  
VITAL FUNCTIONS  
TO

B.  
MUSCLE CONTROL  
TO

C.  
HIGHER LEARNING  
CENTER

## PROGRESSION OF ALCOHOL'S SEDATIVE EFFECTS



A.  
HIGHER LEARNING  
CENTER  
TO

B.  
MUSCLE FUNCTIONS  
TO

C.  
VITAL FUNCTIONS

# YOU KNOW YOU'VE HAD TOO MUCH IF...

**SOMEONE ASKS  
TO DRIVE YOU  
HOME.**

**YOU SEEM TO BE  
THE ONLY ONE  
DRINKING**

**ROUTINE THINGS  
SURPRISE YOU**



**YOU CAN'T REMEMBER  
HOW MANY DRINKS  
YOU'VE HAD.**

**FINE MOTOR  
SKILLS BECOME  
DIFFICULT**

# TESTING FOR BLOOD- ALCOHOL CONCENTRATION

BREATH

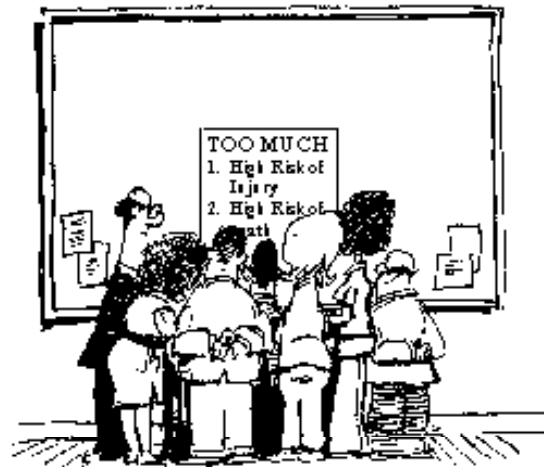


BLOOD



URINE

# HOW MUCH IS TOO MUCH?



0.15% BAC

25 to 1

Collision Risk

7 of 100 go this way.

0.10% BAC

7 to 1  
Collision Risk

0.00% BAC

1 to 1

Collision Risk

**RESULT: 33% of all traffic fatalities in U.S. are in the 0.15% and above risk range.**

# WHAT'S CONSIDERED A DRINK?

- **BEER**
- **TABLE WINE**
- **LIQUOR**
- **WINE COOLER**



**DO THEY ALL PACK THE SAME  
PUNCH PER DRINK ?**

- **BEER**                      **Of**    **12 ounces**



- **(1) Ounce Shot            Of       LIQUOR**

- **12 ounces            Of            Wine Coolers**

# DO THEY ALL PACK THE SAME PUNCH PER DRINK ?

• **BEER**                      **12 ounces**

• **Table Wine**              **4 ounces**

• **Liquor**                      **Shot ( 1 ounce )**

• **Coolers**                      **12 ounces**

**DO THEY ALL PACK THE SAME  
PUNCH PER DRINK ?**

**YES**

# ALCOHOL

