

Section 15-1 *Note Taking Guide*

Alcohol Is a Drug (pp. 374–377)

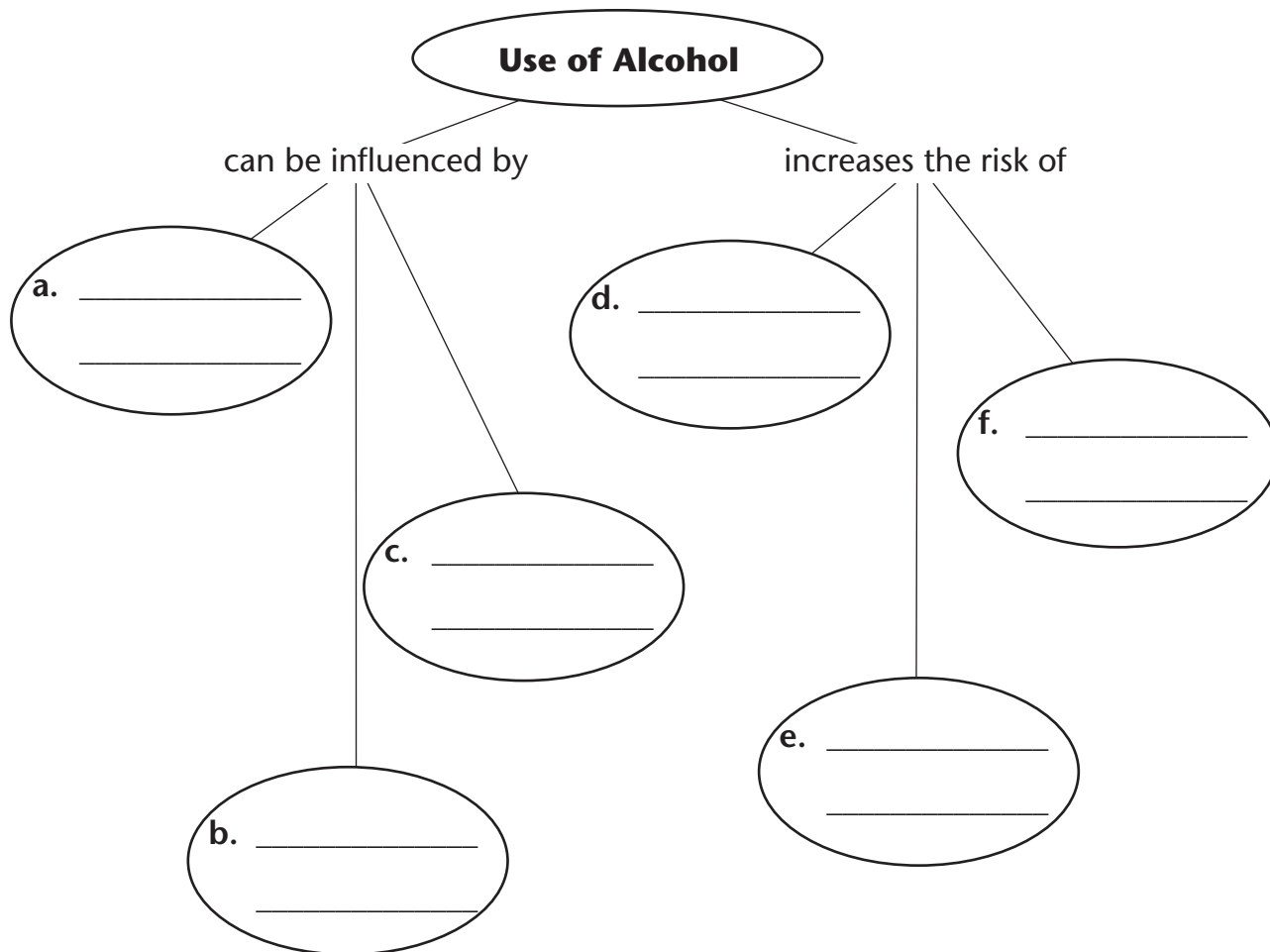
Facts About Alcohol

1. List five depressant effects of alcohol on the brain and body.

- a. _____
- b. _____
- c. _____
- d. _____
- e. _____

Teens and Alcohol

2. Complete the concept map with details about the use of alcohol.

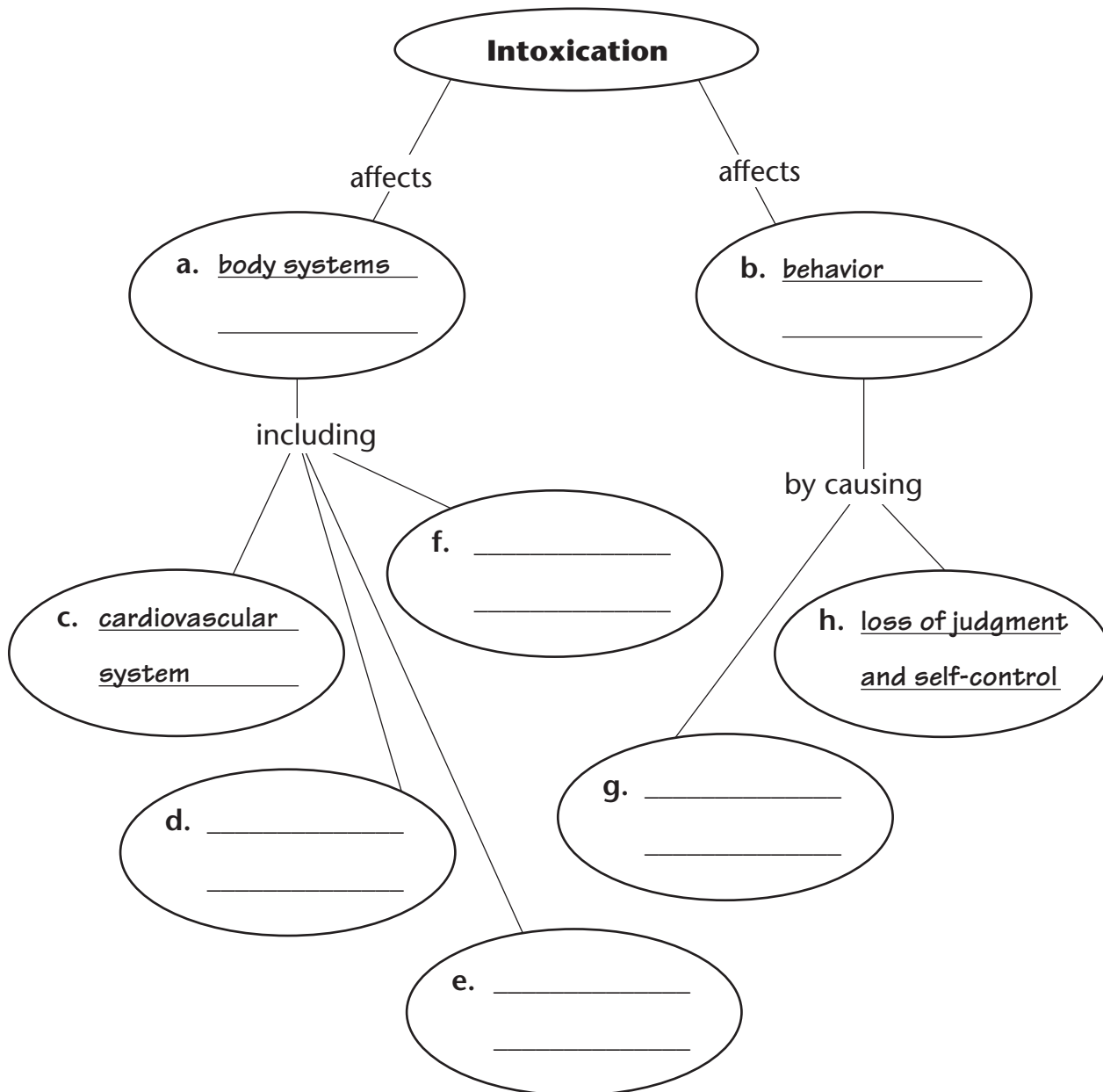


Section 15-2 **Note Taking Guide**

Alcohol's Effects on the Body (pp. 380–385)

Physical and Behavioral Effects

1. Complete the concept map about the effects of intoxication on body systems and behavior.



Section 15-2: Note Taking Guide *(continued)*

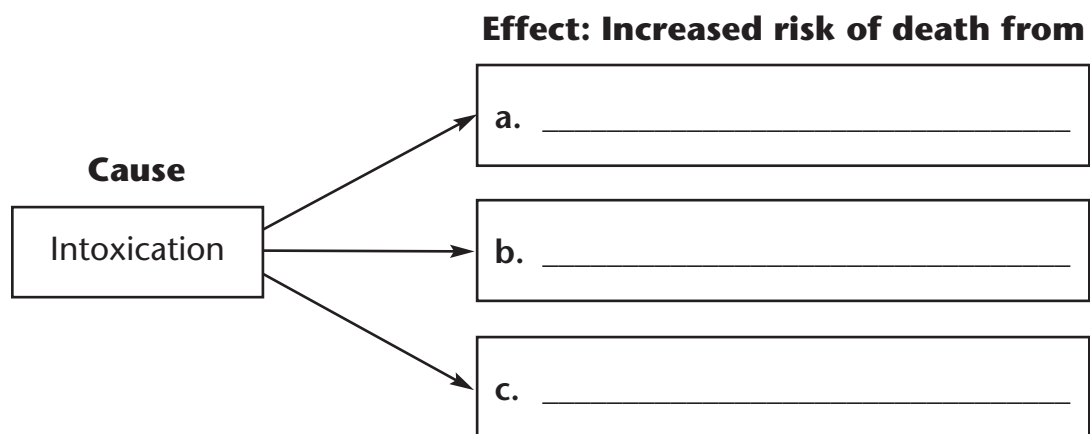
Blood Alcohol Concentration

2. Complete the table about the factors that affect a drinker’s blood alcohol concentration.

Factor	Why It Affects BAC
Rate of consumption	a. _____ _____
Gender	b. _____ _____
Body size	c. _____ _____
Amount of food in the stomach	d. _____ _____

Life-Threatening Effects

3. Complete the graphic organizer about the life-threatening effects of intoxication.



Section 15-3 ***Note Taking Guide***

Long-Term Risks of Alcohol (pp. 386–391)

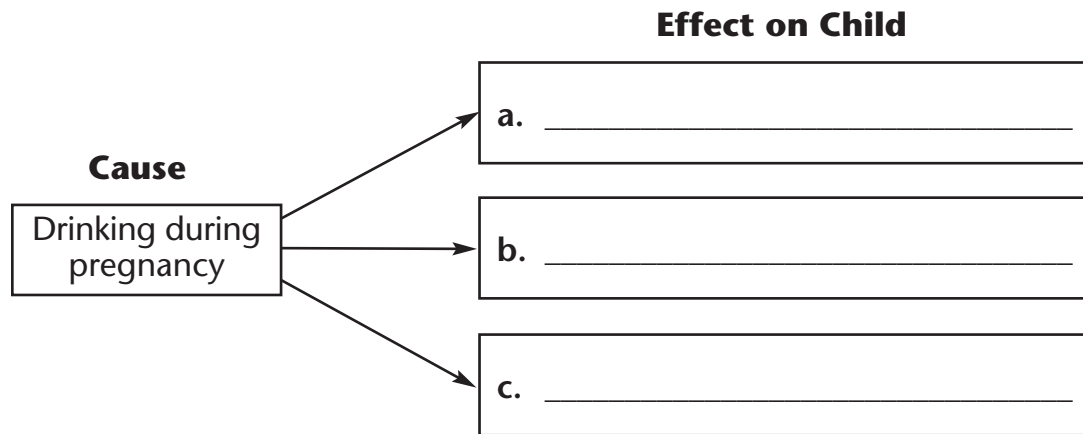
Damage to the Body

1. Complete the table about the effects of alcohol use on the body.

Organ or Body System	Effect of Alcohol Use
Brain	a. <i>destroys nerve cells</i> _____ b. _____
Liver	c. _____ d. _____
Heart	e. _____ f. _____
Digestive system	g. _____ h. _____

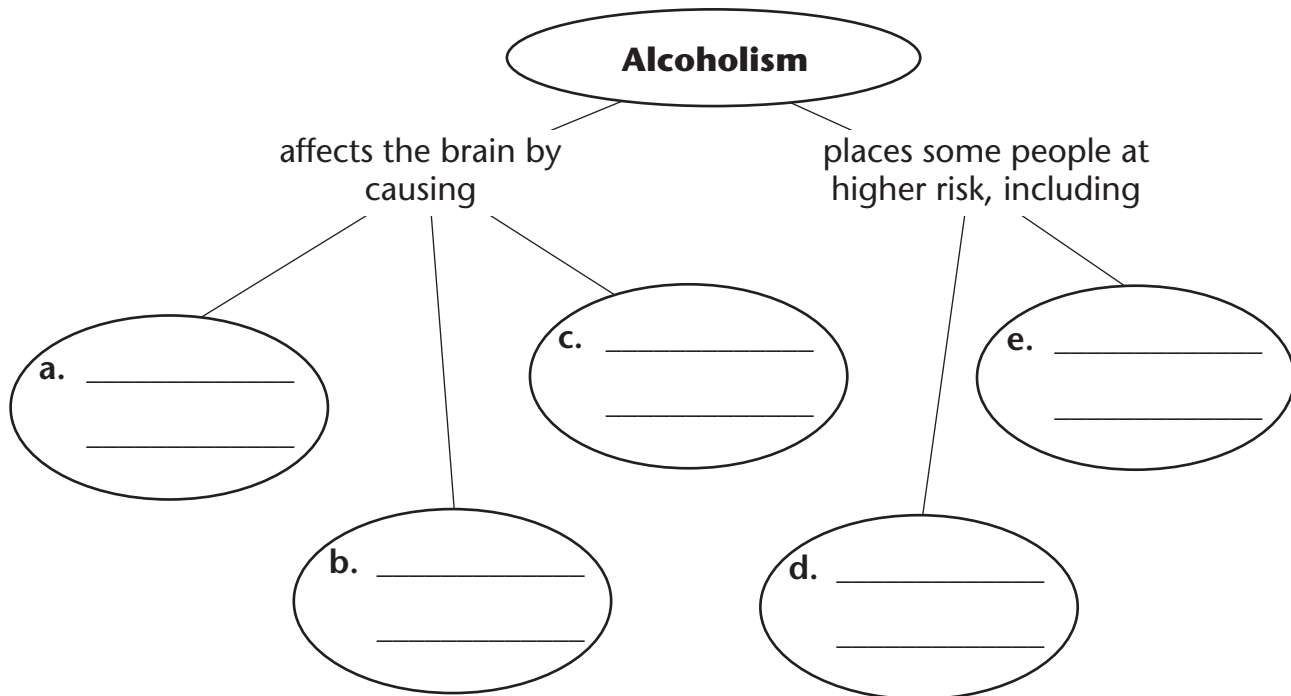
Section 15-3: Note Taking Guide *(continued)*

2. Complete the graphic organizer about the effects of fetal alcohol syndrome.



Alcoholism

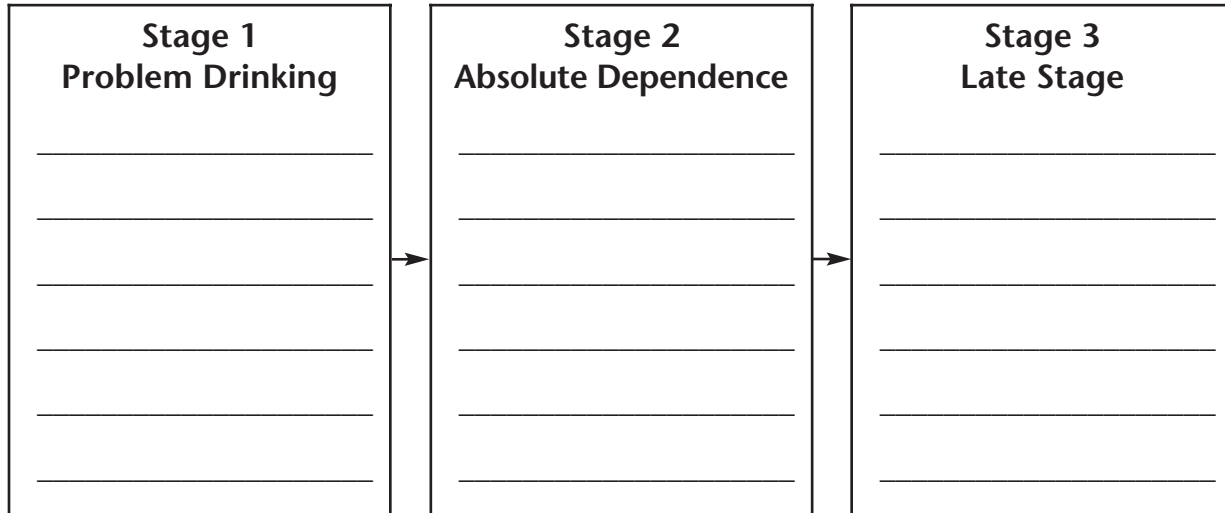
3. Complete the concept map about alcoholism.



Section 15-3: Note Taking Guide *(continued)*

4. Complete the flowchart about the stages of alcoholism.

Stages of Alcoholism



5. List five possible effects of alcoholism on families.

- a. _____
- b. _____
- c. _____
- d. _____
- e. _____

6. Describe three of the costs of alcohol abuse and alcoholism to society.

- a. _____

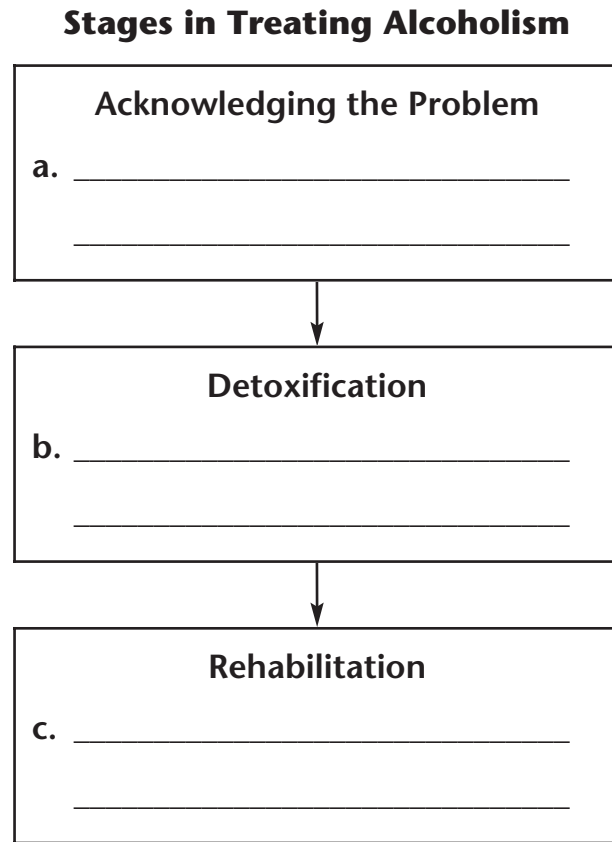
- b. _____

- c. _____

Section 15-3: Note Taking Guide *(continued)*

Treating Alcoholism

7. Complete the flowchart about the stages in treating alcoholism.



8. Complete the table about three support groups that address problems of alcoholism.

Support Group	Purpose
a. _____	offers encouragement and support to help alcoholics stop drinking
b. _____	helps adult friends and family members learn to help alcoholics recover
c. _____	provides help for teenagers living with alcoholics

Section 15-4 **Note Taking Guide**

Choosing Not to Drink (pp. 392–394)

Abstaining From Alcohol

1. What are refusal skills?

2. How can you prepare to resist being pressured to drink?

3. What if others do not accept your decision not to drink?

Avoiding High-Pressure Situations

4. Complete the concept map about ways to avoid pressure situations involving alcohol.

