

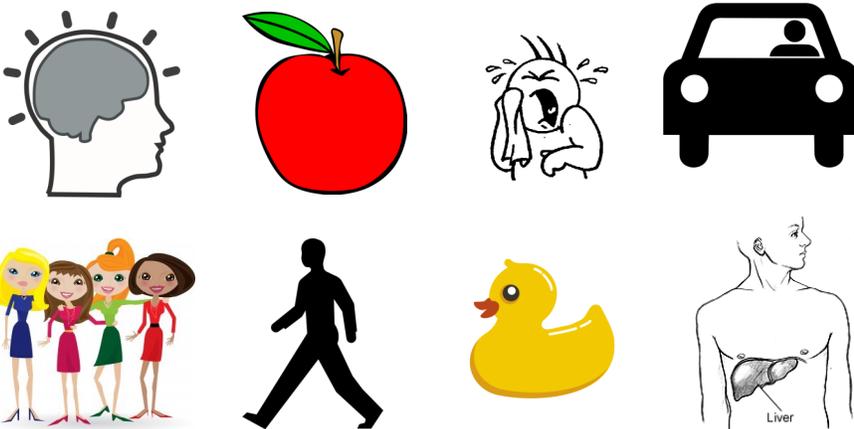
Let's Think About Science!

Sponsored by the Southern Lee High School Environmental Science Club

What Alcoholic Drinks Do To Your Body

- (1) Consuming alcoholic drinks like beer, wine or liquor can cause long lasting physical and mental problems. It is especially dangerous for young people and teenagers to drink alcoholic drinks because alcohol is a drug that will harm your body.
- (2) Alcohol damages the nerve tissue and hippocampus of young and teenage brains at a time when they are still developing and growing. This damaged brain tissue causes difficulty in math, engineering skills, memory and the ability to stay focused. This damage is permanent.
- (3) Drinking alcohol for several years can also damage the stomach, liver, intestine and heart. It also has been linked to causing cancer and unhealthy weight gain.
- (4) Alcohol also affects a teenager emotionally. While you think you feel better drinking alcohol, it will quickly change to a low feeling because alcohol is a depressant. This can lead to sad feelings, angry feelings, bad mood swings and trouble sleeping.
- (5) Alcohol also slows down basic body functions because it is a depressant. This means that your reaction time is slowed down and your thinking is not as clear or quick. This can be very dangerous because you may make bad decisions that you would not normally make that can cause injuries to yourself or others or put people in danger.
- (6) It is against the law in North Carolina to drink any alcoholic drinks while you are under age 21. Because it harms your body, brain and emotions and can impair your normal thinking and decision-making skills, alcohol is not recommended for people at any age.

Circle the things that can be affected after consuming alcohol.



Review Questions

1. Name a part of the body that alcohol damages. (2)(3)

2. Does alcohol speed up your thinking and reaction time or slow it down? (5)

3. How does a depressant affect a person (5)?

4. Is it against the law in NC for someone who is 18 years old to drink beer? (6)

5. Why is a slow reaction time or impaired thinking from alcohol dangerous? (5)

SAD FACTS

- *Every day 3 teens in the U.S. will die from drinking and driving accidents.
- *4102 people have been killed in NC since 2003 from drunk drivers
- *A person who drinks as a teen is 4 times more likely to become dependent on alcohol
- *33% of teens have ridden with a driver who had drunk alcohol

WHAT CAN I DO?

1. Don't drink even a sip of alcohol
2. Don't ride with any person who has been drinking any amount of alcohol
3. Tell your parents if someone offers you alcohol.
4. Encourage your friends not to drink alcohol.