

ALCOHOL FACT SHEET

1. The younger you are when you start drinking, the more likely you are to have a problem with alcohol.
2. One 12 ounce beer = 5 ounce glass of wine = 1 ½ shots of 80 proof liquor.
3. How alcohol affects you depends on:
 - how much alcohol is consumed
 - the time period in which it is consumed
 - how much food is in the stomach
 - body weight
4. Alcohol is a depressant.
5. Alcoholics don't know they are becoming alcoholics-- "it just happens".
6. When someone has a problem, they follow certain patterns:
 - lie to sober friends
 - hide it from sober friends
 - party more with drinking friends
 - deny they have a problem
7. The best thing to do for a friend with a problem is to tell a counselor or someone who can help.
8. If you're asking yourself if you have a problem, you probably do.
9. The body takes about ½ hour to feel the effects of alcohol. If you drink before that time, you may drink too much.
10. Alcohol poisoning occurs when you drink too much alcohol too fast, which can lead to coma or even death.
11. The worst thing to do when a person has had too much to drink is to leave them alone or lying down. They need to be kept awake and moving-- and they need medical help.
12. Alcohol-related accidents are the #1 killer of teens.
13. 1.4 million teens a year are injured in some way through an alcohol related accident.
14. A BAL (Blood Alcohol Level) of .1 means you have 12 times more likelihood of being in an accident.

15. A BAL of .2 means you have 60 times more likelihood of being in an accident.
16. You ALWAYS have a choice about whether or not to drink.
17. Binge drinking can lead to permanent brain damage; coma, then death, which can happen in less than an hour.
18. Some of the social effects of alcohol are: unprotected sex, pregnancy, STD's, date rape.
19. Up to 2/3 of date rape cases involve alcohol.
20. There is nothing that will sober you up except time.
21. It takes approximately 1 hour for each drink to be used by the body.

Source: pbs.org