

Study Guide

Alcohol

1. Describe the differences between how ads for alcohol make people look and the real facts about alcohol. _____

2. According to the U.S. Department of Health and Human Services, in relation to drinking, what does the term *moderate* mean? _____

3. Define *High Risk Binge Drinking*. _____

4. Name five types of alcoholic beverages and for each state how much alcohol is contained in an average serving. _____

5. Describe the route alcohol takes through the body. _____

6. List ten factors that influence the way alcohol affects the mind and body.

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7. List fourteen possible effects of drinking alcohol.

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8. List at least five reasons why people drink. _____

9. List ten warning signs of alcoholism.

10. List and describe three main organizations that alcoholics, their family members and friends can go to for help.

11. When one person has alcoholism, others are affected as well. What are the three C's friends and family members should remember?

12. Children of alcoholic's face special risks. Name three. _____

13. List six Do's and five Don'ts for family and friends of alcoholics.

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| <p><i>DO'S</i></p> <p>1. _____ _____</p> <p>2. _____ _____</p> <p>3. _____ _____</p> <p>4. _____ _____</p> <p>5. _____ _____</p> <p>6. _____ _____</p> |
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| <p><i>DON'TS</i></p> <p>1. _____ _____</p> <p>2. _____ _____</p> <p>3. _____ _____</p> <p>4. _____ _____</p> <p>5. _____ _____</p> |
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14. List and describe five groups of people who are especially at *high risk* for alcohol problems. _____

15. List five facts about D.W.I. and D.W. A. I. _____

16. Give five reasons why some people have problems with alcohol and others do not.

17. Give an example of how alcohol companies are partially to blame for people who have alcohol problems. _____

18. What can you do to make a positive change in relation to alcohol policies? _____

19. The Alcohol Learning Center includes examples of real kids who have made a difference by influencing alcohol policies. Do you know anyone who has done something like this? If so, what did they do? _____

20. What problems have you noticed in your own community, and what do you think you could do to help make a positive difference? _____
