

ranges from drunk driving, to having sex, to deciding to drink more. All of these poor decisions will have harmful results. With drunk driving, people can kill others and/or be killed themselves. With having sex, one can create a pregnancy or get a sexually transmitted disease. With drinking more, the body can become overwhelmed and one could face the consequences listed above.

Drinking is something that needs to be treated with maturity. Alcohol is something that can harm and possibly destroy a life. Therefore, it is a potential threat that must be treated as such. People under the age of 21 have enough problems to deal with while growing up and adapting themselves for the adult world. Alcohol should not be one of those problems. It is more than just a "problem". It is an obstacle that every person under 21 must deal with. The only way to deal with underage drinking successfully is to not drink. That way, one can concentrate on more important aspects of their life.

QUESTIONS:

1. What are some of the immediate effects that alcohol can have on the body?
2. What could happen when alcohol affects the decision making process?
3. What is one usual result of intoxicated people losing their coordination?
4. Why is it important to not drink underage?

ANSWERS:

Part One

1. A misdemeanor crime.
2. A one hundred to a thousand dollar fine, community service, driver's license suspension and/or imprisonment.
3. No one under the age of 21 shall consume, possess, transport, and/or purchase alcohol.
4. Yes, if someone 21 or older purchases alcohol for a minor, they are subject to subsequent fines and/or imprisonment.

Part Two

1. The nervous system, because it is a depressant.
2. There is a change in behavior. Inhibitions are lost.
3. There is a loss of cognitive and motor skills.
4. Alcohol is a threat to ones health. If someone cannot recognize and respect that threat, then they are not mature. Acting immature is disrespectful to ones self.

Part Three

1. It can cause alcohol-induced apnea, or cause the heart to stop beating. And it causes a reduced flow of oxygen to the brain which causes body systems to shut down.
2. People drive drunk, or have sex, or drink more.
3. They fall. They will break bones, or sprain joints, and/or knock themselves unconscious.
4. People under the age of 21 have enough problems to deal with trying to adapt themselves for the adult world. Dealing with drinking alcohol is something that would be too much. The best way to avoid the problems resulting from drinking alcohol, is not to do it.

I Ain't Drunk...

I'm Just Drinkin'...

Student & Teacher's Guide

Learn About The Serious Consequences of Underage Drinking!

Part One: Legal Consequences

This segment shows the viewer what the underage drinking laws are and the consequences of breaking those laws. The federal laws regarding consumption of alcohol in The United States of America state that no one under the age of 21 shall consume, possess, transport, and/or purchase alcohol. These laws also apply to people 21 or older, if they purchase alcohol for a minor they will be fined and/or arrested for the offense of contributing to the delinquency of a minor. These laws exist in all 50 states, although the punishments vary from state to state.

To break these laws is a misdemeanor crime. Punishment for committing these crimes will range from a one hundred to a thousand dollar fine, community service, driver's license suspension and/or imprisonment.

Any of these punishments can be given to minors even for a first time offense. If the minor is over 18, that offense is on their permanent criminal record, which is a record that all future employers will have access to. In some cases, just the existence of a criminal record is enough reason for an employer not to hire a potential applicant.

Drinking and driving is an offense at any age and the consequences can be irreversible and even deadly. If a minor is caught drinking and driving, they can be charged with minor consumption of alcohol and DUI (Driving Under the Influence). Punishments for these two offenses range from driver's license suspension to imprisonment. These laws are in place to protect minors from the physical and physiological consequences of drinking alcohol underage. When experimenting with alcohol, minors do not know what to expect. It is because of this uncertainty that it is important for minors not to drink until they are old enough, and physically and mentally mature enough to handle alcohol and it's effects.

QUESTIONS:

1. What sort of crime is underage drinking?
2. Name the type of punishments there are for drinking underage?
3. Define the federal laws of The United States regarding underage drinking?
4. Do the laws of underage drinking affect people 21 and older?

Part Two: Physiological Consequences

This segment demonstrates the effects that alcohol has on the mind. A detailed explanation of how alcohol affects the brain is given by members of the Ball State University Fishers Wellness Institute. Under university supervision, two Ball State students physically demonstrate the effects of alcohol by consuming two drinks every fifteen minutes and performing three skills tests. As the drinking continues, the viewer will see the two students lose control of their cognitive and motor skills.

Alcohol is a depressant to the central nervous system. It slows reaction time and affects the decision making process. Behavior is altered. Alcohol also causes people to lose their inhibitions, and act in ways that they normally would not. This behavior change can be at best embarrassing, and at worst dangerous or fatal to the drinker.

The psychological effects also damage a drinker's self respect and esteem. No matter how enticing drinking underage is, it denigrates ones sense of self worth.

QUESTIONS:

1. What part of the body does alcohol primarily affect? Why?
2. What are some of the physiological effects that alcohol has on a drinker?
3. Why is underage drinking disrespectful to ones self?

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Part Three: Physical Consequences

The third and final segment examines some of the physical effects of drinking underage. Alcohol destroys brain cells. The brain and body grow until full adulthood is reached. This does not happen until approximately 18 or 19 years of age. Drinking alcohol during the growth stages of the brain and body can damage those processes. This effect is not clear until later in life.

There are more immediate effects that alcohol has on the body however. If too much alcohol is consumed in a short period of time, a person will not just "be drunk", their body will be poisoned by alcohol. The depressant effect that alcohol has on the body will slow all of the body's systems down. The heart will pump blood more slowly. So slowly that, the brain will not get enough oxygen. The person will lose consciousness, or "pass out". The less oxygen the brain receives, the more body systems will shut down. Eventually, the involuntary muscles of the throat will no longer function. They will relax. The throat will close up. This is known as Alcohol-Induced Apnea. The person will suffocate and die. Or, the heart will eventually become too weak to pump blood due to a lack of oxygen to the heart muscles. The person will have a heart attack and die. There are a number of ways that a person will die from over-consuming alcohol.

How much is too much? It varies for different people. For some people, it can be six drinks. For others, it can be as little as one. Every time alcohol is consumed, the body is damaged. Usually, the body can repair itself. If the body is overwhelmed, it cannot repair itself and the person will die.

Aside from the effect that alcohol has on the body itself, drinking impairs ones judgment. Many of the injuries from drinking underage are caused when people have hurt themselves or others due to lack of co-ordination or poor decision making. Many people fall when drunk. They break bones, sprain joints, or knock themselves unconscious. Usually, they recover. Sometimes, a simple fall can end their life. Intoxicated people have fallen down stairs and broken their necks. Or, they have fallen and permanently hurt themselves. One night of drinking has changed many people's lives forever.

With poor decision making comes poor results. This