Alcohol Affects Your Life
Blood Alcohol Concentration (BAC)

- Amount of alcohol in a person’s blood
- BAC of .08 is legal limit for DUI
- Even a BAC of .02 can affect ability to drive
If a girl weighs 120 pounds and drinks 3 drinks in 1 hour, what will her BAC be? How will she be affected?

**ANSWER:**

BAC=0.11

Impaired vision, poor judgment, slowed reflexes, loss of coordination, unpredictable mood
**PROOF**

What is proof?
- Twice the percentage of alcohol
- EX. 80 Proof = 40% alcohol

How much alcohol is in a 1.5 oz serving of Jack Daniel’s that is 40% alcohol?

**ANSWER:**
40% = .40 (amt. of liquor that is pure alcohol)
.40 X 1.5 (oz of Jack)
= .60 oz of alcohol in one drink
ACTIVITY

FACT:

Liver breaks down .5 oz of alcohol in 1 hour

How long will it take to rid the body of the alcohol from the drink?

ANSWER:
DANGER

Binge Drinking

Act of drinking 5 or more drinks in one sitting

Can drink a fatal amount of alcohol before effects of severe intoxication set in

Alcohol poisoning/overdose:

- 8 or more drinks in an hour can slow breathing and HR
- Can be FATAL
- Extreme vomiting, loss of consciousness, & dangerously slow breathing
Alcohol Poisoning

Overdose of alcohol

Different for everyone: Based on tolerance level, age, weight, gender, amount consumed...

Symptoms:

- Vomiting
- Unresponsive/confused/is not making sense
- Loss of consciousness/blackout
- Slowed breathing (as slow as 8 breaths/min)
- Irregular breathing
- Seizures (caused by hypoglycemia)
- Hypothermia
Results of Alcohol Poisoning

- Coma
- Permanent brain damage
- Death
  - Aspiration on vomit
  - Breathing slows, becomes irregular and stops
  - Slows HR, Irregular HB and stops
What should you do?

- Do not leave them alone!
- Don’t wait for all symptoms to be present
- Call 9-1-1/Get help!
- Roll on side/monitor breathing until help arrives
Binge Drinking Video

80% of teenage pregnancies occur when the girl is intoxicated

What Would You Do?