UNDERSTANDING ALCOHOL & ALCOHOLISM

I. Drug Class: Depressant; Sedative Hypnotic

II. Law: It is illegal to buy or possess alcohol if you are under 21.

III. Terms/Slangs: Ale, Beer, Booze, Brews, Brewskis, Cebaza, Fire Water, Hooch, Hard Stuff, Jacks, Juice, Liquor or Liqs, Moonshine, Porter, Proof, Vino, Whiskey, Wine

IV. About the “Buzz”

1. When people drink they feel pleasure and relaxation during the first half hour or so, often becoming talkative and socially outgoing, but these feelings are usually replaced by sedation (drowsiness, mood altering) as the alcohol is eliminated from the body, so drinkers may become quiet and withdrawn later.

2. This pattern often motivates them to drink more in order to keep the initial pleasant buzz going.

V. Know the Signs

- Slurred and/or incoherent speech
- Denial and/or lying about how much alcohol he/she is using
- Belief alcohol is necessary to have fun. Belief in control
- Having frequent hangovers
- Feeling run-down, depressed or even suicidal
- “Blackout” – forgetting what he/she did while drinking
- Having problems at school, work or getting in trouble with the law
- “Binge” drinking means having five or more drinks on one occasion (High-risk drinking)
- Mixing alcohol with medications or illicit drugs is extremely dangerous and can lead to direct consequences/accidental death.
- Bottom-line, alcohol can create or exasperate personal, social and family problems.
- Drinking large amounts of alcohol over a long period of time, puts your health at risk.

Recommended Resources

- National Institute on Alcohol Abuse & Alcoholism www.niaaa.nih.gov/alcohol-effects-body
- Partnership For Drug-Free Kids https://drugfree.org/

NYC DOE: Office of Safety & Youth Development’s SPARK Program Health & Wellness Campaign: Substance Use Education