




Alcohol & Binge Drinking --- Health & Wellbeing

Let us pray...



For I know the plans I have for you,
” declares the Lord, “plans to prosper
you and not to harm you, plans to give
you hope and a future. Then you will
call on me and come and pray to me,
and I will listen to you.
You will seek me and find me when you
seek me with all your heart.

Why must we be so careful with alcohol?

Key word

Alcohol - a chemical which is in certain drinks and changes how people behave.



- What are the negative effects of excessive alcohol drinking?
- How can excessive alcohol drinking damage the body?
- Why do people continue to drink alcohol excessively, despite having knowledge of the risks?

Here are
some
important
facts about
alcohol
that all
teenagers
should be
aware of:

1. Alcohol Impacts the Developing Brain

The teenage brain is still developing, and alcohol can interfere with brain growth and function. This can affect memory, decision-making, and learning abilities, which may last into adulthood.

2. Increased Risk of Addiction

Drinking at a young age increases the risk of developing alcohol use disorder (AUD) later in life. Studies show that those who begin drinking before 15 are more likely to develop addiction problems than those who start drinking at 21.

3. Higher Risk of Accidents and Injuries

Alcohol impairs judgment, coordination, and reaction time, leading to an increased risk of accidents. Teenagers who drink are more likely to be involved in car crashes, falls, and other dangerous situations.

4. Alcohol Affects Mental Health

Drinking can contribute to mental health issues like depression, anxiety, and increased stress. In some cases, it can even make existing mental health problems worse.

5. Legal Consequences

In many places, the legal drinking age is 18 or 21. Drinking before reaching the legal age can lead to legal consequences, including fines, suspension of driving privileges, and other legal problems.

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6. Social and Academic Consequences

Alcohol use can interfere with school performance and extracurricular activities. It may also affect relationships with friends and family, leading to strained social connections.

7. Binge Drinking Is Dangerous

Drinking large amounts of alcohol in a short period, known as binge drinking, can be particularly harmful. It increases the risk of alcohol poisoning, which can be life-threatening.

8. Peer Pressure

Peer pressure is a common reason why many teenagers start drinking. It's important to resist pressure from others and to make decisions based on your own values and goals.

9. You Don't Need Alcohol to Have Fun

Many people think alcohol is necessary for socializing or having fun, but the truth is that you can enjoy yourself without it. Finding other ways to bond with friends, such as through sports, music, or other hobbies, is much healthier.

Many people enjoy drinking alcohol safely. However, too much and too often can have many negative effects on the body.



Watch This Video!

[Alcohol Explained - YouTube](#)



What is the definition of binge drinking?

Binge drinking refers to drinking lots of alcohol in a short space of time. Often, the intention of a binge drinker is to get very drunk; however, sometimes a person might start off with one drink and then find that they can't or don't want to stop. Consuming a high volume of alcohol in a short span of time is called binge drinking. It may happen regularly or as a one-off. Binge drinking that happens regularly is called chronic binge drinking.

How much alcohol does a binge drinker consume?

The National Institute on Alcohol Abuse and Alcoholism states that men who drink five alcoholic drinks in two hours are binge drinking. For women, four alcoholic drinks in two hours classes as binge drinking. The National Health Service defines binge drinking as consuming more than 6 units of alcohol (around 3 pints of beer or 3 glasses of wine) in a single session.

When a person drinks alcohol at this rate, the concentration of alcohol in the blood is significantly raised, because the body can't clear out that volume of alcohol in such a short period of time (the body can only process one unit of alcohol per hour). This means the person will become very drunk.



Is binge drinking the same as being an alcoholic?

Binge drinking is different from being an alcoholic, even though some alcoholics may binge drink. The difference between binge drinking and alcoholism is that an alcoholic is dependent on alcohol, and will most likely drink alcohol every single day, even when it is physically or socially harmful for them to continue drinking. Many alcoholics drink alcohol just to 'feel normal' or 'get through the day' every day, which isn't necessarily the same for binge drinkers. Alcoholics can often be secretive about their drinking in ways that binge drinkers often aren't. Finally, alcoholics are physically addicted to alcohol, whereas binge drinkers are not.

Even though it is different from alcoholism, binge drinking can still be classed as a type of alcohol abuse, and people who binge drink regularly could still be seen as having problems with alcohol.

Effects of **BINGE DRINKING**



Binge drinking is very dangerous, and the risks associated with it are many. Some of the main risks include:

- Alcohol poisoning
- Accidental physical injury to yourself or others
- Accidental pregnancy and/or sexually transmitted diseases
- Death (e.g. through choking on your own vomit, causing a car accident etc.)
- Anti-social, violent or aggressive behaviour

Because binge drinkers consume a lot of alcohol in a short time and get very drunk, they often find that they can't remember exactly what happened when they were drunk. Binge drinkers often feel terrible when they experience the hangover that results from their excessive consumption of alcohol. They experience physically unpleasant symptoms such as nausea and headache, as well as low mood, poor mental health, and often feel shame when informed of the things that they said and did when drunk.

How to Stop Binge Drinking



How can somebody tell if they are a binge drinker and what can they do to stop?

If somebody regularly drinks more than 14 units of alcohol per week, they would qualify as a chronic binge drinker. Somebody who drinks alcohol very quickly or drinks alcohol in order to get drunk could also be seen as a binge drinker.

There are a number of ways a binge drinker can try to change their behaviour. One course of action is to not drink alcohol at all.



However, many binge drinkers find it very difficult to change their pattern of alcohol consumption: for many binge drinkers, it isn't as easy as just laying off the alcohol. If a person who binge drinks is finding it hard to change their unhealthy patterns of alcohol use, it may be useful for them to attend counselling sessions. In counselling, the person who binge drinks is given the chance to explore how they drink, as well as some of the reasons why they drink to excess. They can also work with the counsellor to create a personalised step-by-step plan to help them reduce their drinking

In addition to counselling, there are also several dedicated charities who offer advice, information and support through online services as well as helplines.

In the UK, these include Drinkaware and Alcoholics Anonymous, amongst others.

Why must we be so careful with alcohol?

Do you think alcoholic products should be advertised on TV, or banned from advertising like cigarettes?



Drugs and Alcohol

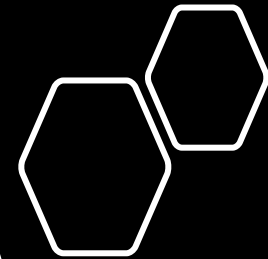


WITHDRAWAL
 POISON
 TEMPTATION
 ABUSE
 LIFESTYLE
 RESPONSIBILITY

HABIT
 DEPENDENCY
 INFLUENCE
 DETOX
 PREVENTION
 SELF CONTROL

SOBRIETY
 RECOVERY
 GATEWAY
 COUNSELING
 EDUCATION
 SUPPORTIVE

INTOXICATED
 TREATMENT
 MISUSE
 TRIGGERS
 AWARENESS
 TRUST





[Drug and alcohol addiction - useful contacts – Mind](#)

[Newport Mind Home - Newport Mind](#)

[Drugs and Alcohol | Support For Young People | YoungMinds](#)

[Alcohol support - NHS \(www.nhs.uk\)](#)

[Teenage drinking | Drinkaware](#)

IF YOU HAVE ANY CONCERNS OR QUESTIONS PLEASE TALK TO A TRUSTED ADULT