Lesson 2

DID YOU KNOW?

Facts About Alcohol Use
• Alcohol is illegal for anyone under 21.
• There are 88,000 alcohol related deaths each year in the U.S.
• Most teens don’t drink alcohol.
• Mixing alcohol with medicine is dangerous.
• Teen bodies are still growing; therefore, alcohol affects them more severely than adults.

Health Effects of Alcohol Use
• Alcohol slows down the brain and body. Effects may include:
  ⊙ loss of coordination
  ⊙ poor judgement
  ⊙ memory loss
  ⊙ loss of self-control
  ⊙ slow reflexes
• Alcohol weakens the heart muscle, and reduces the amount of blood pumped to and from the heart.
• Too much alcohol can slow down the body and lead to coma and death.
• Alcohol goes directly into the bloodstream and can damage every organ of your body.

ALCOHOL FILL IN THE BLANKS:

1. Alcohol is _________________ for anyone under the age of 21.
2. Mixing _________________ with _________________ is dangerous.
3. There are _________________ alcohol related deaths each year in the U.S.
4. Most teens _________ _________ alcohol.
5. Alcohol slows down the _________________ and _________________.
6. Two health effects of alcohol are _________________ and _________________.

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Lesson 2

DID YOU KNOW?

Facts About Tobacco Use

- In the United States, it is illegal to sell tobacco products to anyone under the age of 21.
- There are more than 200 known harmful chemicals in cigarette smoke.
- Cigarettes contain nicotine, a powerfully addictive substance.
- Smoking is the leading preventable cause of death in this country.
  - More than 480,000 Americans die from tobacco-related causes each year.
  - Almost 45,000 deaths per year can be attributed to secondhand smoke.

Health Effects of Tobacco Use

- Nicotine in cigarettes and chewing tobacco reduces the amount of blood that flows to the brain.
  - This interferes with the way the brain works.
- Smoking causes heart disease.
- Smokers have more colds and upper respiratory problems.
- Smoking causes lung cancer.
- Chewing tobacco can cause mouth cancer, tooth loss, and other health problems.
- Smoking can:
  - Yellow your teeth and cause bad breath.
  - Dry your skin and cause wrinkles.

TOBACCO FILL IN THE BLANKS:

1. There are more than 200 known ______________________ in cigarette smoke.
2. Cigarettes contain ________________, a powerful substance that causes addiction.
3. More than __________ Americans die from tobacco-related causes each year.
4. Smokers have more ___________ and ________________ problems.
5. Smoking can cause yellow ________________ and smelly ____________________.
6. It is ______________________ to sell tobacco to anyone under age of ________.

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