

## Facts

One 12 ounce beer = 5 ounce glass of wine  
= 1 ½ shots of 80 proof liquor

Alcohol is a depressant. It slows down vital functions.

A BAL (Blood Alcohol Level) of .1 means you have 12 times more likelihood of being in an accident.

Alcohol-related accidents are the #1 killer of teens.

Alcohol poisoning occurs when you drink too much alcohol too fast, which can lead to coma or even death.

40% of violent crimes occur under the influence of alcohol.

1.4 million drunk driving arrests are made in the U.S every year.

There is nothing that will sober you up except time.

It takes approximately 1 hour for each drink to be used by the body.

(<http://www.pbs.org/inthemix/educators/lessons/Alcohol1/factsheet.html>)



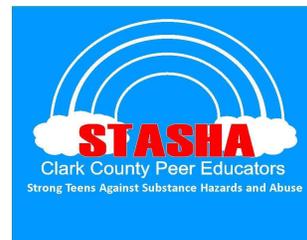
## Alcohol Use



Brought to you by  
STASHA Peer Educators

Alcohol AKA:  
Booze, Hooch, Tipple,  
Brew, Moonshine, Sauce,  
Hard Stuff, Cold One,  
etc.

## STASHA



For more  
information,

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### Short term effects

- Dizziness
- Slurred speech
- Disturbed sleep
- Nausea/Vomiting
- Impaired judgment
- Decreased coordination
- Aggressiveness
- Fatigue
- May be conscious but unaware of surroundings

(<http://www2.courtinfo.ca.gov/stopteendui/teens/resources/substances/alcohol/short-and-long-term-effects.cfm>)

### Long term effects

- Liver damage
- Heart damage
- Brain damage
- Stomach and intestinal ulcers
- Anemia
- Sexual problems
- Alcoholism
- Unintentional injuries
- Death

(<http://www2.courtinfo.ca.gov/stopteendui/teens/resources/substances/alcohol/short-and-long-term-effects.cfm>)

### Reasons why STASHA members don't drink

"I don't want to sober up in a jail cell." -KJ, Freshman at Clark College

"Because I can have fun without it." -Peau, Senior at Union

"I don't drink because I want to be successful." -Emily, Senior at Camas

"Because I don't want to affect my future and the people around me." -Zoe, Seventh Grader at Online Academy

"I'd rather not because I've seen what it has done to people." -Patrick, Senior at Prairie

"I don't want to drink because I don't want it to ruin my life." -Foster, Seventh Grader at Discovery

"I don't want to negatively impact my future by making a bad decision." -Michael, Eighth Grader at Jemtegaard

"We should have pizza instead!" -William, Eighth Grader at Lauren

"I don't need alcohol to be the life of the party :)." -Audrey, Senior at VSAA

### How to Say No

You ALWAYS have a choice about whether or not to drink, here are some ways to say no:

- "No thanks, I like my brain cells!"
- "No, I'm driving."
- "No thanks, I'm good."
- "I don't feel like it."

### Other Things to do Instead of Drinking

- Watch movies
- Go swimming
- Play videogames
- Play sports
- Go kayaking
- Solve a Rubik's cube
- Go for a hike/walk
- Go to prevention parties
- Volunteer in your community

If you're asking yourself if you have a problem, you probably do. Here are some places to turn to for help:

**Alcoholics Anonymous Vancouver at**  
[alateen@wa-al-anon.org](mailto:alateen@wa-al-anon.org)

**Clark County Teen Talk at (360) 397-Chat**  
**National Drug Abuse Hotline at 1-800-662-HELP**

**National Youth Crisis Line at 1-800-448-4663**