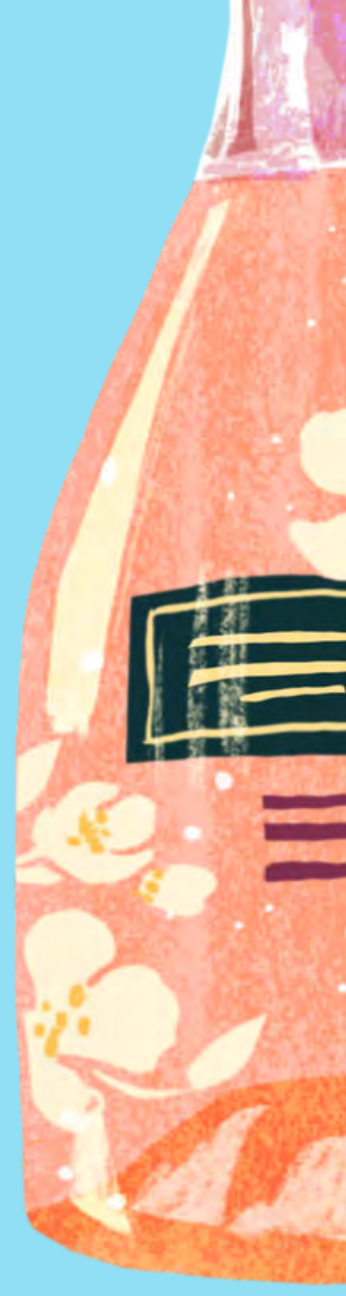




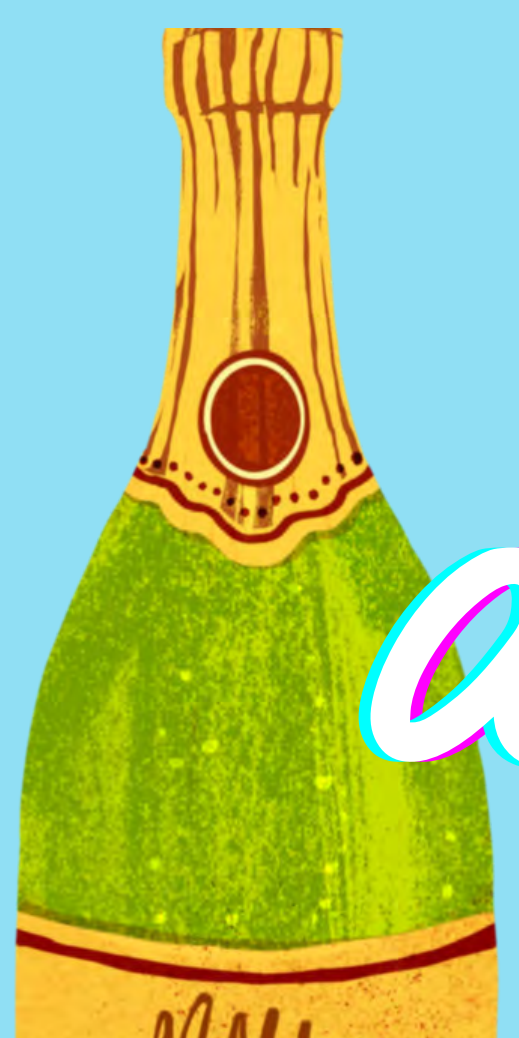
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Dangers

of

alcohol



What is Alcohol

Alcohol is a drug made when yeast ferments the sugar in grains, fruits and vegetables. Unlike many drugs alcohol is legal to consume but only when you turn 18 and it is recommended that you stick to the safe consumption amount.



What is Binge Drinking

Binge Drinking is when you are drinking a large amount of alcohol in a short period of time. Binge drinking is a form of substance abuse which can lead to many negative effects in the future such as fall out with of family and friends, health problems and maybe even death.



Short Term Effects

Although alcohol may seem fun and a good idea at the time too much can lead to short term effects such as headaches, loss of consciousness, loss of coordination, vomiting, staggering and slow reactions, aggression, flushing and dizziness. All of these short term effects can lead to long term, consequences, injuries or death, and example of this is that loss of coordination could lead to a dangerous fall.





Long Term Effects

Drinking too much alcohol can have a detrimental effect on your life. Some examples of long term effects are high blood pressure, heart disease, stroke, liver disease, digestive problems and cancer of most parts of the body. All of these effects can have a negative impact on the rest of your life and others.



Consequences of Irresponsible Alcohol Use

Irresponsible alcohol use can lead to many not ideal things. Some consequences of irresponsible use can be, unwanted or unprotected sex that can lead to pregnancy, vehicle crashes, jail time, fights, physical harm to yourself or others, break ups, trouble with the law, fines and risk taking behavior.



Strategies to Avoid Irresponsible Use

It is good to know a few strategies to avoid irresponsible alcohol use so you don't end up in a dangerous situation. Some of these strategies include getting to know your teen's friends and the parent, get outside help, make sure you have an exit strategy if they are in a uncomfortable situation and encourage other interests and social activities.





Statistics with Aussie High School Age Students

Although alcohol can have devastating effects when drunk when underage its actually not that uncommon. Studies in 2017 found that over 46% of people aged 12-17 have consumed alcohol in the last year and the boys of that study consumed more. Also most of these people consumed their last drink at home which although is safer its still not safe in the long run.



In Conclusion

In conclusion the use of alcohol is ok when it is legal , safe and in right amounts because if not it can have serious effects that may affect you for life.



References

<https://nadk.flinders.edu.au/kb/alcohol/alcohol-young-people>