

CHAPTER
14

Tobacco and Alcohol

Lessons

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“ I never **understood** why my dad was so **angry** about catching me **smoking cigarettes** until I met my great aunt.

She had to breathe through a hole in her throat, and she had to hold a little machine to her neck to speak. My dad told me that she got throat cancer from smoking for many years. ”

Health IQ

PRE-READING

Answer the following multiple-choice questions to find out what you already know about tobacco and alcohol. When you've finished this chapter, you'll have the opportunity to change your answers based on what you've learned.

1. Alcohol can cause

- a. emphysema.
- b. cirrhosis.
- c. gum disease.
- d. shortness of breath.

2. Which of the following drugs is illegal for some or all teens?

- a. caffeine
- b. tobacco
- c. alcohol
- d. tobacco and alcohol

3. Advertisements for tobacco and alcohol products

- a. always tell the truth.
- b. demonstrate how drugs can improve your life.
- c. don't show the negative effects of drugs.
- d. help teens understand what doing drugs is like.

4. Tobacco smoke

- a. can increase asthma symptoms.
- b. cannot hurt a nonsmoker.
- c. cannot cause cancer.
- d. harms only smokers.

5. Why is it so difficult to quit using tobacco once an addiction has formed?

- a. The body is dependent on carbon monoxide.
- b. The body is dependent on nicotine.
- c. The body is dependent on environmental tobacco smoke.
- d. The body is dependent on tar.

ANSWERS: 1. b; 2. d; 3. c; 4. a; 5. b

Lesson 1

Tobacco and Alcohol as Drugs

What You'll Do

- Explain why tobacco and alcohol are drugs.

Terms to Learn

- tobacco
- alcohol

Start Off Write

What is dangerous about tobacco and alcohol?

Have you ever watched someone smoke a cigarette or drink a glass of wine? Did you notice a change in that person's behavior? How was he or she affected?

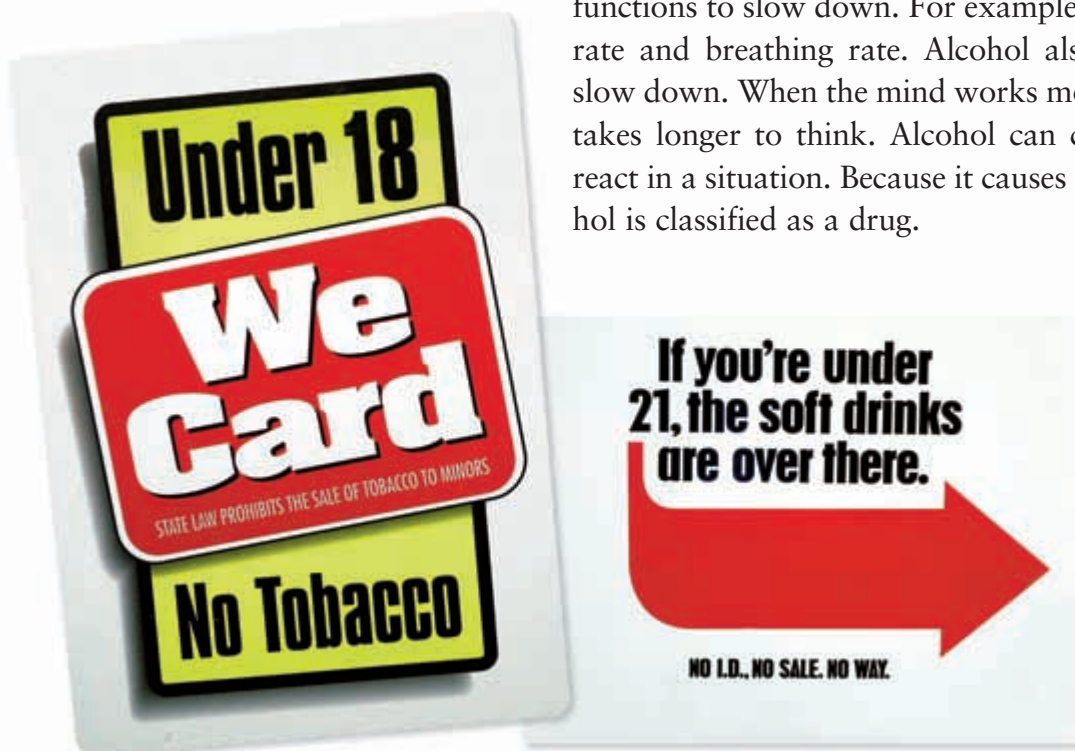
Using cigarettes and wine may make people feel energetic, relaxed, or out of control. Any kind of tobacco or alcohol can cause these short-term effects in the mind and body. Tobacco and alcohol also cause a variety of long-term health effects. Because they affect the mind and body, tobacco products and alcohol are drugs.

Affecting the Mind and Body

Tobacco is a plant with leaves that can be dried and mixed with chemicals to make products such as cigarettes, smokeless tobacco, and cigars. When people use tobacco, their bodies and minds feel different. Sometimes, their minds seem to work faster. Other times, they feel more relaxed. Because tobacco causes these effects, it is considered to be a drug.

Alcohol is a liquid that can affect the way people think and act when they drink it. Alcohol causes body functions to slow down. For example, it lowers the heart rate and breathing rate. Alcohol also makes the mind slow down. When the mind works more slowly, a person takes longer to think. Alcohol can change how people react in a situation. Because it causes these changes, alcohol is classified as a drug.

Figure 1 Tobacco and alcohol are not legal for everyone.



Tobacco and Alcohol Are Unpredictable

Predicting how people will react to a drug is difficult. People do not always react to drugs in the same way. Alcohol's effects are especially dependent on individual characteristics. For example, body weight plays a role in determining alcohol's effects. A person who has a low body weight usually reacts to alcohol more than a heavier person does. Another factor in a person's response to alcohol is how much food is in the stomach. Food slows the rate at which the blood absorbs alcohol.

Another difference in how people react to tobacco or alcohol is how much they have used the drug in the past. People who frequently use a drug react differently than people who try a drug for the first time. The first time a person smokes a cigarette, he or she might feel dizzy or sick. But after the person smokes for a few weeks, the sick feelings get weaker.

Because tobacco and alcohol cause unpredictable changes in the mind and body, people who use these drugs must be careful. Mixing one of these drugs with another drug can change either drug's effects. For example, drinking alcohol while taking certain medicines, such as painkillers, can cause serious liver damage. Mixing alcohol with other drugs can even cause body functions to slow down so much that a person may die.

Health Journal

Drugs can affect a person differently at different times. In your Health Journal, write about how you think a person might respond to alcohol differently at the following times: after a big meal or in the morning before breakfast.



Figure 2 Mixing alcohol with other drugs is very dangerous.

Lesson Review

Using Vocabulary

1. What is tobacco?
2. What is alcohol?

Understanding Concepts

3. Why are tobacco and alcohol classified as drugs?
4. How can tobacco and alcohol affect a person's mind and body?

Critical Thinking

5. **Analyzing Ideas** Why do you think tobacco and alcohol are legal for adults but illegal for young people? Remember that the effects of drugs are unpredictable.
6. **Applying Concepts** Some medicines must be taken with food. How could food change how the medicine affects people?

Lesson 2

Tobacco Products

What You'll Do

- **Describe** early effects of smoking.
- **Discuss** health problems caused by smokeless tobacco.
- **Describe** two diseases caused by long-term use of tobacco products.

Terms to Learn

- nicotine
- environmental tobacco smoke (ETS)
- cancer

Start Off Write

How can tobacco smoke harm a nonsmoker?

Erin just started going to a new school. She met some girls that she likes, but they keep inviting her to smoke with them after school. She doesn't want to smoke, but she wants to be friends with these girls.

At some point, you may have to face a problem like Erin's. Deciding not to use tobacco products is important because tobacco is very bad for your health. To be able to make a healthy decision, you need to know the facts about tobacco.

Chemicals in Tobacco Products

Tobacco products are made with hundreds of chemicals. Most of the chemicals in tobacco products are dangerous to the human body. One dangerous chemical found in all tobacco products is nicotine (NIK uh TEEN). **Nicotine** is an addictive drug. Nicotine's addictive properties cause people to want more tobacco.

When tobacco products are burned, even more chemicals form. Cigarette smoke contains thousands of chemicals, such as carbon monoxide (KAR buhn muh NAHKS IED) and tar. *Carbon monoxide* is a dangerous gas. When smoke is inhaled, the lungs absorb carbon monoxide. This gas keeps the body from getting enough oxygen. *Tar* is a black, sticky substance that coats the lungs. This coating can lead to serious diseases. Tar can also keep the body from filtering out harmful particles in air.

Figure 3 Cigarette smoke contains some surprising ingredients.

- ▶ **Ammonia** is also used in toilet cleaner.
- ▶ **Nicotine** is also used in insecticide.
- ▶ **Naphthalene** is also used in mothballs.





Figure 4 Smoking would make these athletes get short of breath more quickly. Most professional athletes do not smoke so that they can do their best.

Early Effects of Cigarettes

Even the first cigarette someone smokes is harmful. Just one puff leaves chemicals in the mouth, throat, and lungs. Smoke can make hair and clothes smell bad. Every time a smoker has a cigarette, more chemicals build up in the smoker's body. Chemicals coating the mouth and throat can cause bad breath and dulled taste buds. Eventually, these chemicals can even stain a smoker's teeth yellow. In addition, chemicals that keep smokers from getting enough oxygen can eventually cause skin to wrinkle.

Smoking cigarettes affects more than a person's appearance. When a person does not get enough oxygen, he or she cannot stay active. When tar and carbon monoxide coat and fill the lungs, oxygen cannot enter the bloodstream as easily. Less oxygen in the blood causes smokers to breathe faster to get more oxygen. When people have difficulty breathing, it is harder for them to exercise or play sports.

Brain Food



Bidis (BEE deez) are flavored, unfiltered cigarettes. Bidis are flavored with chocolate, strawberry, mango, or mint, which makes them seem less dangerous than regular cigarettes. In fact, they have very high levels of nicotine. As a result, bidis are even more hazardous to your health than regular cigarettes are.

LIFE SKILLS ACTIVITY

COMMUNICATING EFFECTIVELY

Write and illustrate a short story that demonstrates some effects of using tobacco products. Draw any visible effects of tobacco use, and explain other effects in your story. Mention health

problems related to cigarettes. Write two endings to your story—one happy and one sad. Some tobacco users could decide to quit, while others might suffer from tobacco-related health problems.

Myth & Fact

Myth: Smokeless tobacco is safer than cigarettes because none of the nicotine is inhaled into the lungs.

Fact: Smokeless tobacco is not safer than cigarettes. It is just as addictive as cigarettes are, and people who use smokeless tobacco are at high risk for mouth and throat cancer.

Environmental Tobacco Smoke

Cigarette smoke can also be dangerous for nonsmokers. **Environmental tobacco smoke (ETS)** is a mixture of exhaled smoke and smoke from the ends of lit cigarettes. ETS is sometimes called *secondhand smoke*. People standing near someone who is smoking cannot avoid breathing smoke from the air around them. Someone who breathes ETS may cough and feel sick or short of breath. ETS can even increase symptoms of allergies and asthma in some people—especially children. Nonsmokers who often breathe ETS can build up chemicals in their lungs. Eventually, nonsmokers can have the same health problems that smokers do.

Smokeless Tobacco

Smokeless tobacco comes in two forms. *Snuff* is powdered tobacco that can be sniffed into the nose or put inside the mouth under the lips. *Chewing tobacco*, also called *spit tobacco* or *chew*, is made from chopped tobacco leaves that are chewed or tucked under the lips. Snuff and chew form a brown slime when mixed with saliva in the mouth. People who put smokeless tobacco in their mouth must spit often to get rid of this mixture.

But the brown slime is not the worst thing about smokeless tobacco. Smokeless tobacco is just as harmful as cigarettes are. Like cigarettes, chew and snuff cause yellow teeth and bad breath. They can cause cuts and sores in the mouth when they are tucked under the lips or chewed. These products often contain sugar, which causes tooth decay. If snuff is sniffed frequently, it can destroy the ability to smell and taste. Snuff can even cause the inside of the nose to decay. Each of these problems gets worse the longer a person uses smokeless tobacco.



Each of these problems gets worse the longer a person uses smokeless tobacco.

Figure 5 This man had his lower jaw removed because it was destroyed by using smokeless tobacco.

Tobacco-Related Disease and Death

Using tobacco products over many years causes serious health problems. The longer a person uses tobacco, the higher his or her risk of getting serious diseases.

Smoking can lead to emphysema (EM fuh SEE muh). *Emphysema* is a disease in which the lungs get so damaged that they cannot absorb enough oxygen. People with emphysema usually need machines to help them breathe. Eventually, emphysema can cause death.

Tobacco products also increase a person's risk of getting cancer. **Cancer** is a disease in which groups of cells grow uncontrollably. These abnormal cells destroy healthy body tissues. Smoking tobacco can lead to lung and throat cancer. Smokeless tobacco can lead to cancer of the mouth, throat, or stomach. Sometimes, these cancers harm a person's ability to speak or eat. Cancer can also lead to death.

SOCIAL STUDIES ACTIVITY

Each year, more Americans die as a result of using tobacco than as a result of using all other drugs combined. As a class, collect data about how tobacco affects the health of people in your state. Prepare a poster to present your data.

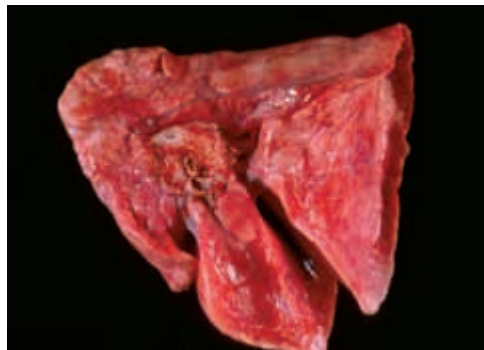
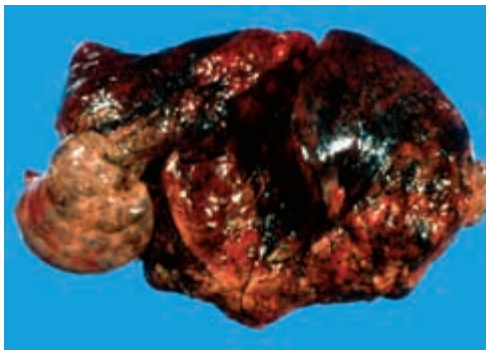


Figure 6 The lung on the left was damaged by emphysema. The lung on the right belonged to a healthy person.

Lesson Review

Using Vocabulary

1. Use the term *environmental tobacco smoke* in a sentence.

Understanding Concepts

2. List three early effects of smoking.
3. Name two health problems caused by smokeless tobacco.

4. What are two diseases caused by using tobacco for many years?

Critical Thinking

5. **Making Inferences** Emphysema can be deadly because the lungs do not get enough oxygen. Can you find similarities between emphysema and any of the early effects of smoking? Explain your answer.

internet connect

www.scilinks.org/health
Topic: **Tobacco**
HealthLinks code: **HD4101**

HEALTH LINKS. Maintained by the National Science Teachers Association

Lesson 3

Alcohol

What You'll Do

- Discuss the effects of intoxication.
- Name two health problems caused by long-term alcohol abuse.
- Describe how alcohol impairs the ability to drive.

Terms to Learn

- intoxication
- blood alcohol concentration (BAC)
- cirrhosis
- fetal alcohol syndrome (FAS)

Start Off Write

How does alcohol affect a person's behavior?

Sebastian's best friend, Liam, was hanging out with a new group of guys. Liam drank beer with his new friends every weekend. Liam always invited Sebastian, but going with them seemed risky to Sebastian.

Deciding how to deal with pressures to drink alcohol is an important decision for teens. Knowing the facts about alcohol will help you make a healthy decision.

Early Effects of Alcohol

Like food, alcohol enters the blood through the stomach. The blood carries alcohol through the body. When alcohol reaches the brain, thoughts and actions become less controlled. A person who drinks a small amount of alcohol might feel lightheaded and warm. With more alcohol, the person could feel dizzy or tired. The person may act strangely and make poor decisions.

As even more alcohol is consumed, the body's response gets stronger. The body reacts to too much alcohol the same way it reacts to a poison. People may vomit if they take in too much alcohol. Vomiting prevents more alcohol from passing into the blood. Sometimes the body gets so overwhelmed by alcohol that the person passes out. In some cases, body functions slow down so much that the person dies of alcohol poisoning.

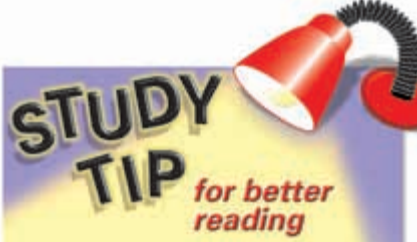
Figure 7 The amount of alcohol in each of these drinks is the same. One beer is as strong as one glass of wine or one shot of liquor.



Blood Alcohol Concentration

People often use terms such as *drunk* or *wasted* to describe someone who is intoxicated. **Intoxication** (in TAHKS i KAY shuhn) is the state of being affected by alcohol. It is possible to measure a person's level of intoxication by measuring the amount of alcohol in the blood. The percentage of alcohol in a person's blood is called the **blood alcohol concentration (BAC)**. As the BAC rises, a person's behavior becomes less controlled. A very high BAC can lead to death. Table 1 shows the effects of some BACs.

The amount of alcohol that reaches the blood depends on how much alcohol a person drinks. Drinking five beers causes more alcohol to enter the blood than drinking one beer does. A person's body weight also affects BAC. Drinking one beer would cause a higher BAC in a lighter person than in a heavier person.



STUDY TIP for better reading

Reviewing Information
To better understand blood alcohol concentration, teach this concept to a friend or family member. Be sure to explain what can increase a person's BAC. Also explain how a high BAC can affect a person.

TABLE 1 Blood Alcohol Concentration

BAC	Effects
0.02%	feeling lightheaded
0.05%	slowed reaction time, feeling relaxed
0.08%	poor judgment, illegal to drive in many states
0.15%	memory loss, poor balance and movement
0.20%	vomiting, loss of control
0.30%	loss of consciousness
0.40%	coma, death

Hands-on **ACTIVITY**

UNDERSTANDING BLOOD ALCOHOL CONCENTRATION

Set up two medium glasses, one small glass, and one large glass. Fill each with water colored by red food coloring. Add one drop of blue food coloring to a medium glass and three drops to each of the other glasses. Observe the color changes.

Analysis

1. If the blue food coloring was alcohol and the red water was blood, which glass would have the highest BAC? Which would have the lowest?
2. How does the size of the glass affect the BAC?



Figure 8 The liver on the left is from a healthy person. The liver on the right is from a person who had cirrhosis.

Long-Term Effects of Alcohol

If people drink large amounts of alcohol over many years, health effects can build up. The body breaks down alcohol in the liver. If the liver tries to break down too much alcohol, the liver can be damaged, causing cirrhosis (suh ROH sis). **Cirrhosis** is a disease that causes the liver to stop working properly. When the liver stops working, toxins build up in the body. These toxins can cause pain, fever, tiredness, low blood pressure, and even death.

Long-term alcohol abuse affects other organs, too. Alcohol can cause *ulcers*, or open sores, in the stomach's lining. The brain can begin to work more slowly when exposed to long-term alcohol abuse. Alcohol abuse can cause some parts of the brain to stop working altogether. Alcohol can also increase the risk of high blood pressure, heart disease, and stroke.

Much of the body's development happens during the teen years. For this reason, drinking alcohol as a teen can affect the body's development and can cause permanent damage. For example, alcohol can slow or stop body changes that happen during puberty.

Alcohol and Pregnancy

If a pregnant woman drinks alcohol, her child may be born with health problems. The food a mother eats provides nutrients for her unborn baby. If the mother drinks alcohol, the alcohol also reaches the baby. **Fetal alcohol syndrome (FAS)** is a group of birth defects that can occur when an unborn baby is exposed to alcohol. FAS affects how an unborn baby develops. Babies born with FAS can have a low birth weight. They may also have abnormal physical features, behavioral problems, and mental disabilities.

WARNING!

Teen Risks

Because teen minds and bodies are growing and developing, drugs have the potential to do serious damage to teens. A drug can keep a teen from developing normally and cause permanent damage.

Drunk Driving

Driving when even slightly intoxicated is very dangerous. It risks the lives of the driver and anyone near the automobile. Also, driving when intoxicated is illegal. Because cars move at such high speeds, driving requires the ability to react quickly. Alcohol slows down a person's ability to react and make responsible decisions. A drunk driver cannot respond as quickly as he or she normally would. That is why drunk drivers cause so many accidents. Never get into a car driven by someone who has been drinking.

It is not safe to drive any vehicle while influenced by alcohol. Boats, snowmobiles, and even bicycles are dangerous when operated by a drunk driver. These vehicles may not be used as often as cars are, but they can still cause deadly accidents.

Health Journal

In your Health Journal make a list of reasons not to drive drunk. Then list reasons not to ride in a car driven by a drunk person. Finally, make a list of ways to avoid riding with a drunk driver.



Alcohol and Traffic Deaths

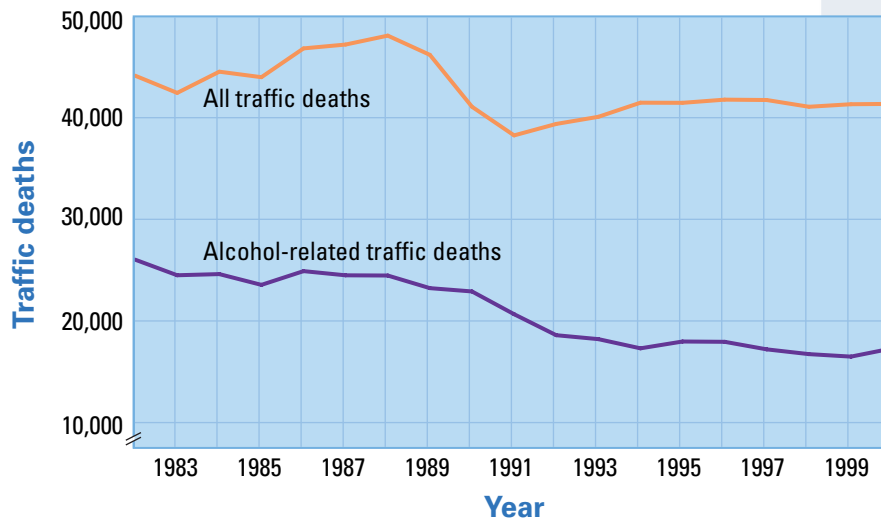


Figure 9 Drunk drivers kill thousands of people in the United States each year.

Source: National Highway Traffic Safety Administration.

Lesson Review

Using Vocabulary

1. What is *intoxication*?

Understanding Concepts

2. Name two health problems caused by long-term alcohol abuse.
3. How can alcohol affect a person's ability to drive?

Critical Thinking

4. **Analyzing Ideas** An unborn baby can be seriously hurt by an amount of alcohol that hardly affects the mother. Remember how body size relates to BAC. Explain why the effects on the unborn baby are so strong.

internet connect

www.scilinks.org/health
Topic: **Blood Alcohol Concentration**
HealthLinks code: **HD4016**

Topic: **Drunk Driving**
HealthLinks code: **HD4032**

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Lesson 4

Addiction

What You'll Do

- **Explain** how alcoholism affects the alcohol user and his or her family.
- **Describe** how difficult it is to quit using drugs once a person is addicted.

Terms to Learn

- alcoholism

Start Off Write

Where can people find help for an addiction to alcohol?

Brain Food

When Columbus arrived in the Americas in 1492, the native people greeted him with gifts of dried tobacco leaves. Columbus and his crew did not know what tobacco leaves were used for, so they threw them away.

Charles's grandmother was very sick, but she wouldn't stop drinking alcohol. Charles knew alcohol was bad for her, and he couldn't understand why she kept drinking.

Alcohol is a powerful drug that can cause physical changes in the brain. If someone has been drinking for many years, that person may need alcohol to feel normal. It is very hard for people in this situation to stop drinking alcohol.

Becoming Addicted

Tobacco and alcohol cause mental and physical changes. The body reacts to these changes just as it reacts to changes caused by other drugs. Over time, the body builds up a tolerance to tobacco and alcohol. *Tolerance* is the body's ability to resist the effects of a drug. Tolerance causes a person to need more of a drug in order to feel the drug's effects. As the body gets used to a drug, a person feels uncomfortable without the drug. The person may use the drug more often to avoid this discomfort. Eventually, the person needs the drug to feel normal. A person who cannot control his or her use of a drug has a *drug addiction*.

A person can become addicted without realizing it. Most people are not aware of their tolerance to tobacco or alcohol until they are already dependent on the drug. Once a person is dependent on one of these drugs, it is very hard to quit using the drug.

Figure 10 Smokers have a hard time quitting—even when they want to quit.



Alcoholism

Alcoholism is a disease caused by physical and psychological dependence on alcohol. Alcohol takes over a person's life, and it can be deadly. When people develop alcoholism, they have difficulty carrying out their duties. People who have alcoholism cannot make decisions well. They may have strange reactions to normal events. Job performance may suffer. They may also neglect family and friends.

Alcoholism can be very painful for families. Children may not understand how alcohol can have such power over a parent. Parents affected by alcoholism may not realize how their behavior changes while they are intoxicated. Support programs can help both people who have alcoholism and their families. Alcoholics Anonymous (AL kuh HAWL iks uh NAHN uh muhs) is one group that helps people recover. Al-Anon offers families a place to talk about living with a person who has alcoholism. Alateen offers support specifically for teens. With help, people who have alcoholism can rebuild their lives.

Recovering from Addiction

Once a person is addicted, it is extremely difficult to stop using a drug. Smokers who want to quit often try many times before they succeed. Quitting an addiction to alcohol can even be dangerous. The body can become so dependent on alcohol that it physically needs the drug to function. Suddenly stopping the supply of alcohol can even be fatal. In such cases, hospital care helps a person quit safely. When people who suffer from addiction take action and refuse to give up, they can recover.

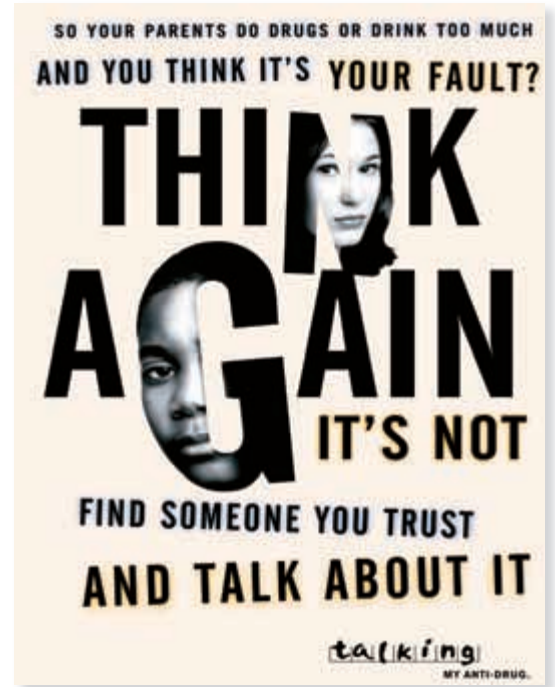


Figure 11 Teens can find support for dealing with family members who suffer from alcoholism.

Lesson Review

Using Vocabulary

1. What is the relationship between addiction and alcoholism?

Understanding Concepts

2. How could alcoholism affect the family and friends of an alcoholic?

Critical Thinking

3. **Analyzing Ideas** You learned that it can be deadly for an alcoholic to suddenly quit abusing alcohol. If quitting suddenly could be fatal, why should the person quit using the drug?

internet connect

www.scilinks.org/health
Topic: **Drug and Alcohol Abuse**
HealthLinks code: **HD4029**

Topic: **Alcoholism**
HealthLinks code: **HD4007**

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Lesson 5

Feeling Pressure

What You'll Do

- **Describe** how friends, family, and role models pressure teens to try tobacco and alcohol.
- **Explain** how peer pressure can be positive or negative.
- **Discuss** how the media can influence teens about drugs.

Terms to Learn

- peer pressure

Start Off Write

Why might a person try alcohol or tobacco?

Gillian's older brother, Will, just started chewing tobacco. Whenever Gillian bugged him about it, Will said that his favorite baseball star chewed tobacco, so it couldn't be that bad. Gillian knew Will was wrong.

People try tobacco, alcohol, or other drugs for many reasons. Even seeing a baseball star use tobacco can pressure a teen to try tobacco. Being aware of such pressures can help you make wise decisions to resist tobacco and other drugs.

Pressure from Other People

Pressure to try tobacco, alcohol, or other drugs can come from many places. Identifying the pressures to try drugs is the first step to resisting drugs. People who smoke or drink alcohol are a major source of pressure. These people can make smoking and drinking seem safe, fun, or cool. But tobacco and alcohol are dangerous—especially for teens.

Some pressure may come from friends. **Peer pressure** is influence from a friend or a group of friends. For example, another student might offer you a cigarette or a beer. Or you might feel pressure from simply seeing others use drugs. Seeing a group of friends use drugs can give the false idea that drugs help people make friends. But drugs can get in the way of friendships. Drugs can cause people to act strangely. Also, people who use drugs may cause friends who don't use drugs to feel uncomfortable. Luckily, peer pressure can also be positive. Good friends can help you avoid drugs by supporting your decision not to use drugs.

Family members and celebrities who use drugs can also place pressure on teens. Parents, famous athletes, and movie stars can make drugs seem safe. But we rarely see the negative health effects of drug use on a famous person's life. And a drink that hardly affects an adult can be dangerous for a teen.

Figure 12 Pressure to use drugs can come from celebrities who use drugs and make drugs seem safe or cool.



Advertisements

Another source of pressure to use tobacco and alcohol comes from advertisements. Magazines and billboards make tobacco and alcohol users look glamorous or cool. Some people falsely think that if they use alcohol or tobacco, they will look like the people in advertisements. But in fact, alcohol can cause people to act foolish and make poor decisions. Tobacco can cause skin to wrinkle and teeth to turn yellow. These things are not glamorous.

Advertisements do not show the negative parts of drug use. People in magazines and on billboards seem to use tobacco and alcohol without suffering any negative consequences. These images give a false idea of the experience of doing drugs.

Getting Through Rough Times

Some people abuse tobacco or alcohol as an escape from thinking about problems. People who are sad or stressed out sometimes take advantage of how drugs affect the mind. People think drugs will help them forget about their problems. However, drugs never solve problems. Drugs may even make problems worse. A drug's effects on a person's social, mental, and physical health can be very destructive.

When people need help with problems that cause sadness or stress, they can find drug-free help. Talking to friends, parents, or trusted adults can help. Counselors or doctors can also help solve problems.

Health Journal

Write three sources of pressure to try drugs across the top of a page in your Health Journal. Under each source, brainstorm at least three reasons to resist each of these pressures.




Figure 13 Talking to friends can help teens solve problems without using drugs.

Lesson Review

Using Vocabulary

1. How can peer pressure be positive or negative?

Understanding Concepts

2. How can friends, family, and celebrities pressure teens to try drugs?

3. How do advertisements influence teens about tobacco and alcohol?

Critical Thinking

4. **Making Good Decisions** Suppose that a friend told you that alcohol is a great way to feel better. What would you tell your friend about how to cope with sadness?

Lesson 6

Refusing Tobacco and Alcohol

What You'll Do

- Discuss ways to refuse tobacco or alcohol.
- Describe drug-free ways to be social.

Start Off Write

What can you do to resist an offer of tobacco or alcohol?

Imagine that you are at a friend's house. You walk into the kitchen and find your friend's sister taking alcohol from a liquor cabinet. She asks you if you want a drink.

Pressure to use drugs can come at unexpected times. Thinking ahead can help you know how to react in these situations.

Ways to Refuse

You never need to make excuses for refusing to do drugs. If someone offers you a cigarette or a drink, it may be easiest to say, "No, thanks." Usually, people will leave you alone when they know you are not interested. You can also give a reason for refusing if it feels more comfortable to do so. For example, you could say, "No, I have a dance recital tomorrow. I want to be in really good shape." You could even say, "No way—it's illegal."

If someone continues to pressure you after you have said no, you can be more clear. You can refuse more firmly or simply leave. Walking away from situations in which drugs are available is a good way to avoid danger. And if someone pressures you to try drugs, it is a good idea to question your relationship with that person. Why would another person want you to try drugs? True friends will always respect your decision to refuse drugs.

Providing Alternatives

Sometimes, you may not be comfortable giving reasons for refusing drugs. In these cases, you can change the subject to get out of an uncomfortable conversation. Suggesting a fun activity to do instead of doing drugs can often relieve pressure. For example, imagine that a friend asks if you want to drink a beer. You could suggest getting a soda instead. There are many drug-free choices.

Figure 14 Suggesting a different activity is a powerful way to refuse drugs.



Build an Active Social Life

Some people feel that they need drugs in order to be social. However, drugs are not necessary for having fun or meeting people. In fact, drugs can make it harder to be social when they cause confusion and tiredness. Think of all the times that you have had fun without drugs. If you ever wonder whether you need to use drugs to have fun, you can remember those times.

You can find drug-free ways to make friends. If you have an interest in a hobby or activity, join a group that shares that interest. You could join a sports team, a music group, a science club, a theater group, or a volunteer program. Joining a group will help you meet people. It might be easy to get to know people in these groups because you share a common interest. You will also be spending time doing something that you enjoy.



LIFE SKILLS ACTIVITY

USING REFUSAL SKILLS

In a group, write and act out a skit about an imaginary situation in which you are offered drugs. In your skit, refuse the drugs and show how people around you react to your refusal. Some friends may support you, and others may continue to pressure you or may make fun of you.

Figure 15 There are many drug-free ways to have fun and make friends.

Lesson Review

Understanding Concepts

1. List three ways to refuse an offer of tobacco or alcohol.
2. List ten ways teens can have fun without using drugs.
3. What can you do if someone continues to pressure you to try drugs after you have said no?

Critical Thinking

4. **Using Refusal Skills** Suppose that you were with a group of teens when a stranger offered your friend a cigarette. If your friend looked uncomfortable with the offer, how could you use your knowledge of refusal skills to help your friend?

Chapter Summary

- Tobacco and alcohol are drugs because they cause changes in the mind and body.
- Tobacco products contain nicotine, which is an addictive chemical. ■ Using tobacco causes diseases such as emphysema and cancer. ■ Alcohol causes intoxication, which makes it unsafe for a person to drive and hard for a person to make decisions.
- Drinking alcohol can lead to cirrhosis or brain damage. ■ Addiction to alcohol is called *alcoholism*. ■ Pressure to use tobacco and alcohol can come from friends, family, advertisements, or an attempt to escape problems. ■ You can refuse tobacco and alcohol by saying, “No, thanks,” walking away, or providing alternatives.

Using Vocabulary

For each pair of terms, describe how the meanings of the terms differ.

- 1 addiction/alcoholism
- 2 nicotine/tobacco

For each sentence, fill in the blank with the proper word from the word bank provided below.

cirrhosis	peer pressure
emphysema	tar
environmental	tobacco
tobacco smoke	blood alcohol
nicotine	concentration

- 3 Cigarettes and cigars are made from a plant called ____.
- 4 Tobacco products contain a drug called ____.
- 5 Cigarettes cause a black, sticky substance called ____ to build up in a person’s air passages.
- 6 ____ is a disease caused by long-term use of tobacco products.

- 7 A nonsmoker inhales ____ from exhaled smoke and the ends of burning cigarettes.
- 8 ____ is a disease that affects the liver.

Understanding Concepts

- 9 Why are tobacco products and alcohol considered to be drugs?
- 10 Describe the effects of intoxication.
- 11 Why do people with high blood alcohol concentration vomit?
- 12 What are two health problems caused by long-term alcohol abuse?
- 13 Describe how alcohol impairs the ability to drive.
- 14 Why is it difficult to quit using tobacco or alcohol once a person is addicted?
- 15 What are the effects of smoking one cigarette?
- 16 Is using smokeless tobacco safer than smoking?
- 17 What is the difference between positive and negative peer pressure?

Critical Thinking

Applying Concepts

- 18 Many restaurants separate smoking sections from nonsmoking sections. How could sitting in a smoking section affect your health? What might decrease the benefits of sitting in a nonsmoking section?
- 19 You have learned about fetal alcohol syndrome resulting from a pregnant mother's alcohol use. Cigarette packages print a warning from the Surgeon General that says that pregnant women should not smoke. How do you think smoking could harm an unborn baby?
- 20 Suppose that you have a friend whose father suffers from alcoholism. How do you think your friend, his father, his mother, and his entire family would be affected?
- 21 What different pressures to try using tobacco or alcohol could come from the following sources: friends, family, role models, and advertisements?
- 22 Suppose that a friend wants to smoke and drink alcohol. She insists that she doesn't think she can have as much fun without these drugs. What drug-free ways to be social and have fun could you describe to her?

Making Good Decisions

- 23 A classmate smuggled a flask of rum into school and offers you a drink at lunch. What are three possible ways you could refuse this alcohol?

- 24 Suppose that you go to a New Year's Eve party with your 25-year-old brother, who drives you to the party. At the party, he becomes intoxicated. How could the two of you return home safely?
- 25 Use what you have learned in this chapter to set a personal goal. Write your goal, and make an action plan by using the Health Behavior Contract for tobacco and alcohol. You can find the Health Behavior Contract at go.hrw.com. Just type in the keyword **HD4HBC04**.

Name _____ Class _____ Date _____

Health Behavior Contract

Tobacco and Alcohol

My Goals: I _____, will accomplish one or more of the following goals:
I will not use tobacco or alcohol.
I will find out where to go for help if a friend becomes an alcoholic.
I will use refusal skills if alcohol and tobacco are offered to me.
Other: _____

My Reasons: By abstaining from tobacco and alcohol and using refusal skills if someone offers tobacco or alcohol to me, I will protect my health. By knowing how to deal with alcoholism, I will be prepared to help my friends and family.
Other: _____

My Values: Personal values that will help me meet my goals are

My Plan: The actions I will take to meet my goals are

Evaluation: I will use my Health Journal to keep a log of actions I took to fulfill this contract. After 1 month, I will evaluate my goals. I will adjust my plan if my goals are not being met. If my goals are being met, I will consider setting additional goals.

Signed _____
Date _____

Reading Checkup

Take a minute to review your answers to the Health IQ questions at the beginning of this chapter. How has reading this chapter improved your Health IQ?

ACT 1

The 5 Steps of Evaluating Media Messages

1. Examine the appeal of the message.
2. Identify the values projected by the message.
3. Consider what the source has to gain by getting you to believe the message.
4. Try to determine the reliability of the source.
5. Based on the information you gather, evaluate the message.

Evaluating Media Messages

You receive media messages every day. These messages are on TV, the Internet, the radio, and in newspapers and magazines. With so many messages, it is important to know how to evaluate them. Evaluating media messages means being able to judge the accuracy of a message. Complete the following activity to improve your skills in evaluating media messages.

The Cigarette Ad

Blake and his friend Diana are looking through some magazines. In one magazine, Blake finds a cigarette ad showing several attractive young adults having fun in a night-club. Blake says that he wants to smoke the brand of cigarettes shown in the ad when he is older so that he can be cool like the people in the picture. Diana is surprised by his comment and asks if he read the Surgeon General's warning at the bottom of the ad.



Guided Practice

Practice with a Friend

Form a group of three. Have one person play the role of Blake and another person play the role of Diana. Have the third person be an observer. Walking through each of the five steps of evaluating media messages, role-play a conversation between Blake and Diana. In their conversation, the two should evaluate the ad shown above. The observer will take notes, which will include observations about what the people playing Blake and Diana did well and suggestions of ways to improve. Stop after each step to evaluate the process.

Independent Practice

Check Yourself

After you have completed the guided practice, go through Act 1 again without stopping at each step. Answer the questions below to review what you did.

1. Why do you think the cigarette company used young adults in their ad?
2. What values are projected by the cigarette ad?
3. Do you think the ad is a reliable source? Explain your answer.
4. Describe a time when you purchased a product based on information you saw in an ad. Did the product do what the ad said it would do?



On Your Own

After thinking about the cigarette ads, Blake is convinced that smoking will not make him popular. A few days later, Blake sees a report on an Internet site that claims that taking a certain mixture of herbal supplements will make a person taller and stronger. The site is owned by a company that sells herbal supplements. Write a short story in which Blake uses the five steps of evaluating media messages to analyze the Internet site.

