

Alcohol, Other Drugs and Driving

Chapter 15

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Key Terms

- Euphoria
- Inhibitions
- Alcoholism
- Blood-alcohol concentration (BAC)
- Designated driver
- Over the counter medicine
- Prescription medicine
- Depression
- Stimulant
- Synergistic effect
- Zero tolerance law
- Illegal per se laws
- Dram shop law
- Driving while intoxicated (DWI)
- Operating while impaired (OWI)
- Field sobriety test
- Nystagmus
- Peer pressure
- Peer influence
- Peer education

Effects of Alcohol on Driving

Alcohol Facts

- Alcohol is the most commonly used drug in our society.
- You must be 21 years old in order to purchase and/or consume alcohol
- Ethyl alcohol, or ethanol, is known as grain alcohol
- Isopropyl alcohol is known as rubbing alcohol
- Methanol is known as wood alcohol
- “As a young driver you are very inexperienced. You are also underage. Mixing these together will be a recipe for disaster.

Depressant

a drug that slows down your Central Nervous System

What happens?

- Not digested, but absorbed quickly into the bloodstream
- Goes straight to your brain!
- Messes with your reasoning and judgment which are the two most critical skills needed to drive

What do you think?

“You and your friend are at a party. Although you’re not drinking, you notice that your friend is drinking. You know she is driving home after the party. What would you say to your friend?”

Judgment and Reasoning

When you consume alcohol you are NOT able to reason clearly and make sound judgments.

- **Euphoria**

- false sense of well-being

- **Inhibitions**

- The forces of personality that restrain or hold back impulsive behaviors

- Discussion on page 130/131

- Effects on vision

- Visual acuity

- Reflex action

- Blurred vision

- Depth perception

- Peripheral vision

- Physical effects

- alcoholism is an addiction to alcohol

Alcohol in the body

Blood Alcohol Concentration

- BAC is the amount of alcohol detected in a person's bloodstream
- Beer, wine and liquor can be referred to as a 'drink' and they all have around the same amount of alcohol

Factors affecting BAC

- Amount of alcohol consumed
- Period of time alcohol was/is consumed
- Body weight
- Discuss figure 3 on page 132

Alcohol in the body cont...

Impairment

- Absorbed quickly, but slow to leave your body
- 3 drinks in an hour will take at least 4 hours for your body to completely eliminate those drinks
- What is the only thing that can eliminate alcohol from your body?
 - Black coffee
 - Cold shower
 - Hot tub
 - Time
 - Water

Random Fact

- Alcohol is the most abused drug in the United States, and it is the deadliest when someone drives after even one drink. Drinking impairs your judgment and decreases your skills'..
- Discuss figure 3 on page 132 and figure 4 on page 133...

Fact or Fiction

What do you think?

- ① One drink wont hurt...
- ② Beer will not make me drunk...
- ③ Driving is easier after a few drinks
- ④ Young people cannot become problem drinkers...
- ⑤ Do the booze you lose...

Choose one and be ready to discuss...

- ① Fact/Fiction
- ② Fact/Fiction
- ③ Fact/Fiction
- ④ Fact/Fiction
- ⑤ Fact/Fact :)

Tips to reduce driving risk

- Have a designated driver
- Be a responsible friend
- Discussion on page 133

Other types of drugs

Discussion of Key terms

1. Over-the-counter medicines
2. Prescription medicines
3. Depressants...besides alcohol what are other examples?
4. Stimulants
5. Hallucinogen
6. Synergistic effect?

Did you know?

- Chemicals in marijuana can stay in your bloodstream for weeks. Drivers can be given a test to determine the presence of marijuana in the bloodstream, and if any trace of it is found, they can be issued a violation ticket or face stricter penalties...

Laws and Alcohol

You are under 21 so you are NOT allowed to consume alcohol!

End of story!

Key Terms to discuss and remember!

- Illegal per se laws
- Implied consent law?
- Zero tolerance law?
- Dram shop law?
 - Someone who is illegally serving alcohol to minors
 - Also, someone who is serving an intoxicated person can be charged by this law

More key terms!

- What are the differences among DUI, DWI and OWI?
- Field sobriety test
 - In class activity with intoxicated goggles
 - Follow along on page 139
 - What is nystagmus?

Laws and alcohol cont...

Penalties for conviction

- Suspension or revocation
- Payment of a fine
- Serving a prison term
- Community service

What to do when you are stopped by an officer...

1. Pull over to the right and stop.
2. Keep your hands visible as the officer approaches
3. Stay in your vehicle
4. Be ready to show your license and insurance

Peer Influence

Peer Pressure

- Peer pressure is simply when you are getting pressured by your peers...
- Peer pressure really doesn't exist as an excuse because nobody can force you to do something you already don't want to do!
- Positive vs. negative pressure(discuss)

Random Fact

Your body can only eliminate about ½ ounce of alcohol in one hour. This means that to eliminate one 12-ounce beer or 1 ounce of liquor, it would take your body about two hours. The amount of time depends on the gender, weight, and height of a person.

Peer Influence cont...

Refusal Skill Discussion

- 1) Use humor...give example?
- 2) Walk away
- 3) Prepare reasons...such as?
- 4) Avoid the situation...how?
- 5) Ask a question from their question
- 6) What other skills can you think of?

Page 142-143 for more discussion

Decision Making with discussion

- 1) Know when a decision is needed
- 2) Consider the choices
- 3) Consider the consequences
 - 1) Is it legal?
 - 2) Is it safe?
 - 3) What would my parents think?
 - 4) Is it respecting myself and others?
- 4) Decide which choice is best
- 5) Evaluate your decision