



Binge Drinking Definitions & Discussion Questions

Alcohol: Chemical name; ethanol: a central nervous system depressant associated with cognitive, memory, motor and sensory impairment. The byproducts of alcohol, such as acetaldehyde, are toxic to organs, including the brain.

Binge Drinking: Consuming four or more drinks in a row (for women) and five or more drinks in a row (for men) within a couple of hours. This results in a dangerous BAC (Blood Alcohol Concentration) of .08 or above.

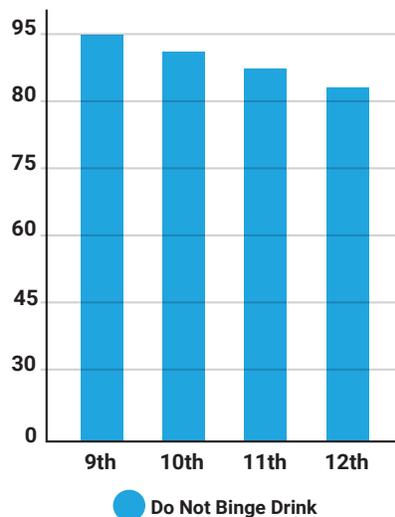
Intoxication: The point at which alcohol depresses the central nervous system, negatively affecting mood, mental and physical abilities.

Blood Alcohol Poisoning: When the amount of alcohol in the bloodstream causes parts of the brain that control basic life support functions (heart rate, breathing, and temperature control) to shut down; can lead to permanent brain damage or death.

Critical Thinking Section

Students:

- What are your beliefs about binge drinking? Is it a right of passage in our country? Why or why not?
- Do you know someone who has binge alcohol? How did they act? What did they do?
- Why does binge drinking increase in late high school and early college, but decrease in late college?
- What is the organ that processes toxins in the body? How is it affected by binge drinking?
- What is blood alcohol concentration (BAC)? How is binge drinking related to BAC?
- Why do underage drinkers binge drink even though they know the possible deadly consequences?
- Do youth glamorize and engage in binge drinking to 'fit in'? Why or why not?



Of those high school students who have tried alcohol, the majority choose not to engage in binge drinking. However, over 15% of high school seniors who choose to drink engage in binge drinking.



Staff & Family:

- What are your family's rules about alcohol? What are the consequences if your child engages in underage drinking?
- What are refusal skills and does your child possess them?
- Do you teach teens about blood alcohol poisoning and how to identify alcohol overdose? Why or why not?
- What are the signs of alcohol overdose? How would you respond if a student or child exhibited symptoms?
- Do you drink alcohol? How do you model normal drinking?
- What would your child do if they knew someone who was binge drinking?
- Do you believe allowing teens to drink at home prevents them from drinking outside the home?