



A Guide to Your Results

**Thanks for taking part in the survey.
Now, the important part – you learning more about you.**

As a teen, you're making decisions for yourself about how you treat your body and prepare for a successful road ahead. It's important as you make those decisions that you understand what impact they can have. After all, it's your life – and you want it to be the best it can be!

This survey is meant as a way for you to understand your own habits when it comes to drinking, and how much risk they present to you. Your survey results are confidential and seen only by you. Please keep a copy for yourself.

Note: This survey calculates all drinks as standard drinks. If any of your drinks had more than a standard amount of alcohol, your actual drink total will be higher than shown.



Binge Drinking

So, what is binge drinking?

The Substance Abuse and Mental Health Services Administration (SAMHSA) defines binge drinking as consuming 5+ alcoholic drinks on the same occasion.



CHECK YOURSELF

How many standard drinks did you indicate you consumed on the one (1) occasion you drank the most alcohol?



THE BIG QUESTION

Do you classify as a binge drinker (5+ drinks)?

What risks am I taking when I binge drink?

Aside from the obvious legal risks, researchers have found a number of very serious – and very dangerous – health risks associated with binge drinking. They include:

- Alcohol poisoning
- Liver disease
- Neurological damage
- Unintentional injuries (e.g., car crashes, falls, burns, drowning)
- Intentional injuries (e.g., firearm injuries, sexual assault, domestic violence)
- Sexually transmitted diseases
- Unintended pregnancy
- High blood pressure, stroke and other cardiovascular disease
- Poor control of diabetes

Drinks Aren't All Equal.

Some drinks have a higher alcohol content than others? For instance, a 12 oz. Bud Light Lime-A-Rita® has **50% more alcohol** than a 12 oz. can of Bud Light®.

FACT!

Binge drinking is the most common pattern of excessive alcohol use in the U.S. – especially by youth under the age of 21. In fact, the Office of Juvenile Justice and Delinquency Prevention found that nearly **90% of the alcohol consumed by youth under the age of 21 in the U.S. is in the form of binge drinks.**



Blood Alcohol Concentration

So, what is blood alcohol concentration?

The National Institute on Alcohol Abuse and Alcoholism (NIAAA) defines blood alcohol concentration (BAC) as the amount of alcohol present in your bloodstream. The higher your BAC, the more impaired you become.

Blood alcohol concentration is the best measure of how alcohol affects individuals.



CHECK YOURSELF

What was your highest blood alcohol concentration (BAC)?



THE BIG QUESTION

Are you putting yourself at risk?

FACT!

Binge drinkers are

— 14X MORE LIKELY —

to drive while alcohol-impaired than non-binge drinkers.*

What happens during a blackout?

- Blackouts are usually caused by heavy and/or fast drinking.
- Brain chemistry changes stop long-term memory storage.
- The drinker doesn't realize a blackout is happening.
- Afterwards, the drinker has little or no memory of what happened.
- The drinker is more likely to do something risky.
- Anyone drinking too much alcohol too fast can have a blackout.
- Frequent blackouts may be a sign of a serious problem.

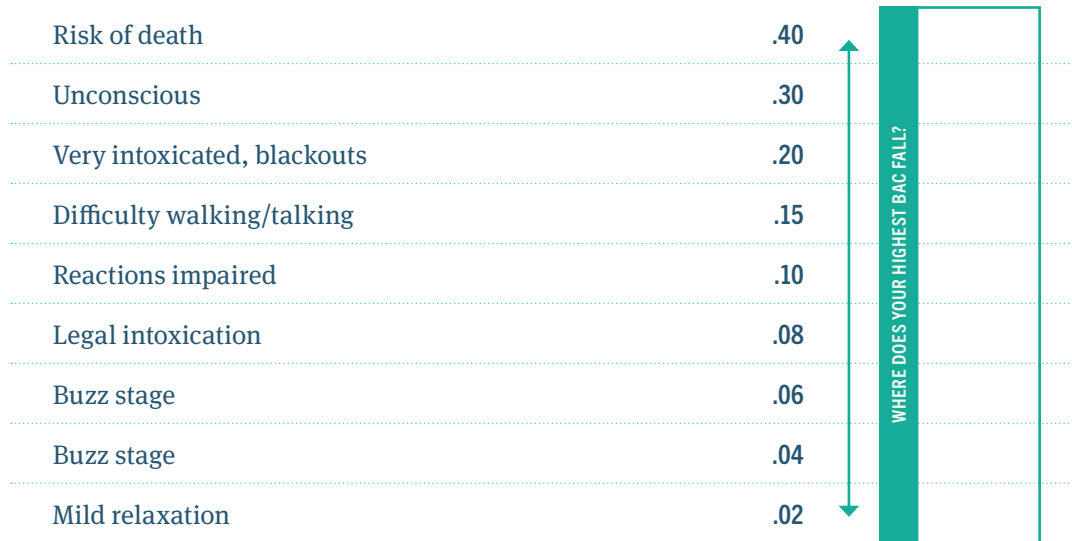
*Naimi TS, Brewer RD, Mokdad A, Clark D, Serdula MK, Marks JS. Binge drinking among US adults.



Does alcohol affect males and females differently?

Yes! Even if a male and a female weigh the same and drink the same amount of alcohol, her BAC will be about **20% higher** than his. Since men sometimes weigh more than women, however, the difference can be even greater.

What risks am I taking as I drink more?



How Alcohol Affects Males vs Females:

| GENDER | WEIGHT | BAC AFTER 4 DRINKS |
|--------|---------|--------------------|
| MALE | 175LBS. | .05 BAC |
| FEMALE | 125LBS. | .11 BAC |

THAT'S OVER 100% HIGHER FOR FEMALES!



Alcohol and Calories

Can alcohol affect my diet?

It's no secret that alcohol can be dangerous. But did you know it's hazardous to your diet, too? It's true! That's because alcoholic drinks contain mostly "empty calories." They contain only traces of vitamins and minerals and don't contribute toward your daily nutrition.

Research has shown that drinking alcohol actually reduces the amount of fat your body burns for energy.* Why is this? Simple – your body can't store alcohol, so it works very hard to rid it from your system. To do this, it's forced to interrupt other normal bodily processes—like burning fat.



CHECK YOURSELF

On the occasion you drank the most alcohol, how many calories did you consume?



THE BIG QUESTION

Are you taking in a lot of empty calories from drinking?

That's a LOT of calories.

It's easy to drink a lot of empty calories without knowing it. You can add hundreds of calories to your daily diet drinking sugary pop, sweet coffee drinks and even sports drinks without really even noticing. (And of course, unlike those drinks, alcohol presents other health risks, too.)

Drinks = Empty Calories

| DRINK | # OF CALORIES |
|------------------------------|---------------|
| BUD LIGHT® | 110 |
| RUM AND COKE® (1 SHOT) | 148 |
| BUDWEISER® | 148 |
| WHITE ZINFANDEL WINE (6 OZ.) | 150 |
| VODKA AND RED BULL® (1 SHOT) | 220 |
| JAGER BOMB | 249 |
| MARGARITA | 550 |
| LONG ISLAND ICED TEA® | 730 |

*Charles S. Lieber, 2000, 'Alcohol: Its Metabolism and Interaction With Nutrients', Annual Review of Nutrition, vol. 2



How many calories does drinking pack in?

It depends on what you drink and how many drinks you have.

Let's say you're drinking **100-CALORIE** light beer.

✗ And you drank **6 DRINKS**.

= That's an extra **600 CALORIES** that day.

If you do that once a week, that's an extra **2,400 CALORIES** that month.



To burn those calories, you would need to **RUN ABOUT 4 HOURS** on a treadmill going **5 MILES PER HOUR** (assuming you burn about 600 calories in one hour of running).



Alcohol-Related Risk Factors

How much are you at risk?

Most teens know the general reasons to avoid underage drinking: it's not legal, it's not healthy. But each person has an individual risk factor, or likelihood that taking the risk will result in a negative outcome.

It's important to be honest with yourself about your behaviors. Some behaviors can be warning signs of trouble to come. Being aware of these for ourselves is an important part of moving into adulthood. That's what helps you keep yourself safe and make solid decisions that will help you create the future you want to have.



CHECK YOURSELF

Review your personal results as you read through this section. Which of these are true for you?



THE BIG QUESTION

What risks do you take by drinking?

More risks = more potential for problems

The chance of experiencing serious alcohol problems in the future increases with the number of alcohol-related problems you had in the past six (6) months.

When Drinking Kills

Drinking and driving is illegal. While some people say it doesn't affect how they drive, these numbers don't lie. **Driving with alcohol in your system increases the odds you will be in a crash that ends life** – yours or someone else's.

| BLOOD ALCOHOL CONCENTRATION | ODDS OF BEING IN A FATAL CRASH |
|-----------------------------|--------------------------------|
| .15 AND UP | 380X MORE LIKELY |
| .10 TO .14 | 48X MORE LIKELY |
| .05 TO .09 | 11X MORE LIKELY |
| .02 TO .04 | 1.4X MORE LIKELY |

FACT!

9,967

people were killed in alcohol-impaired driving crashes in 2014 alone.

That's an average of one alcohol-impaired driving fatality every 53 minutes.

*Department of Transportation (US), National Highway Traffic Safety Administration (NHTSA). Traffic Safety Facts 2014 data: alcohol-impaired driving. Washington, DC: NHTSA; 2015



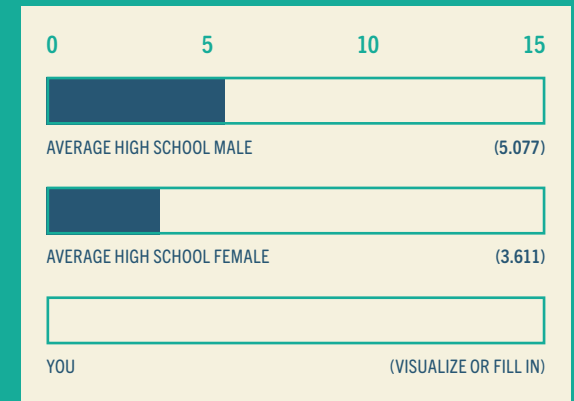
Alcohol-related problems you've had in the past 6 months: CHECK ALL THAT APPLY

- Went to work or school high.
- Went to work or school drunk.
- Went to work or school high and drunk at the same time.
- Not able to do your homework or study for a test.
- Missed a day (or part of a day) of school or work.
- Got into fights, acted badly, or did mean things.
- Experienced nausea or vomiting.
- Suddenly found yourself in a place you could not remember getting to (i.e., blackout).
- Experienced embarrassment or shame because of something you did.
- Had sex with someone you would not have had you been sober, or did not use protection when you had sex.
- Had sex with someone who was extremely intoxicated.
- Felt that you had a problem with alcohol.
- Were told by a friend or loved one to stop or cut down on drinking.
- Tried to cut down or quit drinking.
- Contemplated or attempted self-harm (i.e., cutting).
- Contemplated or attempted to commit suicide.
- Received treatment or were hospitalized for Acute Alcohol Toxicity (also known as Alcohol Poisoning).

This graph compares the number of alcohol problems you experienced to the average number experienced by high school students.

How Risky Am I?

How many behaviors did you check?
Fill in the graph below.





Inherited Family Risk

How much are you at risk?

If you have blood relatives who have problems with alcohol, you have an increased chance of having similar problems as an adult. This is called inherited family risk.

Your choices, including choosing not to drink while your brain is still developing (under age 21) and choosing not to binge drink, are what finally determine your future. An increased inherited family risk means it is even more important to stay aware of the risks you are taking and make positive choices.



CHECK YOURSELF

Check your responses and determine your risk score.



THE BIG QUESTION

Do you have inherited family risk?

Inherited Family Risk

| | |
|-----------|-----|
| LOW | 0-1 |
| MEDIUM | 2-3 |
| HIGH | 4-6 |
| VERY HIGH | 7+ |

Find your answer in your survey results.

YOUR RISK SCORE:

**Parents and siblings count as two (2) points each.*



Your Perception of High School Attitudes About Drinking



CHECK YOURSELF

How did your guesses line up with the facts?



THE BIG QUESTION

Are your choices influenced by what you believe others around you think?



FACT!

In 2014, only 40% of Nebraska 12th graders reported that they did not drink alcohol.*

How do you view high school attitudes to alcohol?

Find your answer in your survey results.

What percentage of high school students approve of drinking before the age of 21?

| UNDERAGE DRINKING | |
|------------------------|---------|
| Your Guess | |
| Average Male Student | 46.154% |
| Average Female Student | 66.667% |

What percentage of high school students approve of drinking so much that one gets sick?

| DRINKING UNTIL SICK | |
|------------------------|---------|
| Your Guess | |
| Average Male Student | 15.385% |
| Average Female Student | 5.556% |

What percentage of male high school students approve of drinking and driving?

| DRIVING DRUNK | |
|------------------------|---------|
| Your Guess | |
| Average Male Student | 15.385% |
| Average Female Student | 16.667% |

*Nebraska Risk and Protective Factor Student Survey (NRPFS) Results for 2014



How Alcohol Affects Your Goals

You were asked to list your future goals. Goals are important and should feel motivating and exciting! This is the time in your life for dreaming, setting goals and making plans to reach them.

➔ **You're creating the life you see for yourself in the future!**

However, alcohol use before you're 21 can derail your plans. What might seem like "just a little fun" can have consequences that could get in the way of reaching your goals.

- School problems, such as more absences and poor or failing grades
- Social problems, such as fighting and lack of participation in youth activities
- Alcohol-related legal problems, such as arrest for driving or physically hurting someone while drunk
- Physical problems, such as hangovers or illnesses
- Unwanted, unplanned and unprotected sexual activity
- Disruption of normal growth and sexual development
- Physical and sexual assault
- Higher risk for suicide and homicide
- Alcohol-related car crashes and other unintended injuries, such as burns, falls and drowning
- Memory problems
- Abuse of other drugs
- Changes in brain development that may have life-long effects
- Death from alcohol poisoning

FACT!

The use of alcohol and illegal drugs is strictly against the law.

Any Nebraska youth or adolescent caught using illegal substances can – and will – be prosecuted.

FACT!

In general, the risk of experiencing these problems is greater for those who binge drink than for those who do not binge drink.

If you start drinking before age 15, you

ARE 6X MORE LIKELY

to develop alcohol dependence or abuse later in life than those who begin drinking at or after age 21.



Adverse Effects for Athletes

If you're an athlete, alcohol can negatively affect your performance.

- Athletes who drink regularly are more than **twice as likely to be injured** (54%) as non-drinkers (24%).
- It takes **three to four days** for athletes to restore B vitamins depleted by alcohol.
- Individuals with alcohol dependence have displayed varying degrees of **muscle damage** and **weakness**.
- Aerobic performance capacity during a hangover has been shown to decrease by as much as **11%**.
- Drinking lowers muscle glycogen and decreases the available fuel for normal aerobic energy production.

FACT!

Just one night of excessive drinking **wipes out** the impact of

2 WEEKS OF TRAINING

FACT!

30%

The overall performance of high school athletes drops between 15% and 30% when they drink alcohol.*

Know Your Code of Conduct

Most schools have a “Code of Conduct” that should be followed while participating in extracurricular activities, such as athletic sports and arts. **Violating that code by using tobacco, alcohol or drugs can derail your high school athletic career, impact scholarship opportunities and more.**

Ask your school about its policy. As an example, Lincoln Public School’s district-wide Athletic & Activities Code of Conduct states, *“Students who violate the Code of Conduct or coach or sponsor rules or regulations may be disciplined by suspension for up to one calendar year from the date of the finding or violation.”*

*American Athletic Institute Study, 2008. Centers for Disease Control and Prevention (November 12, 2015). Facts Sheets – Underage Drinking. Retrieved from www.cdc.gov/alcohol/fact-sheets/underage-drinking.html



Alcohol Poisoning

How to recognize alcohol poisoning

The signs of Acute Alcohol Toxicity (alcohol poisoning) include one or more of the following:

- A person is unresponsive to your voice, shaking or pinching their skin
- Skin is cold, clammy, pale, bluish, and/or blotchy
- Breathing is slow – 8 or fewer breaths per minute
- Experiences lapses in breathing – more than 10 seconds between breaths
- Exhibits mental confusion, stupor, or coma
- Has seizures, convulsions, or rigid spasms
- Vomits while asleep or unconscious and does not awaken

Understanding Nebraska's Good Samaritan Law

The Good Samaritan Law was created to encourage minors to seek medical assistance for themselves or friends when they suspect alcohol poisoning.

- It provides immunity to both the intoxicated minor and the first person to request help for an intoxicated individual.
- Immunity for the caller is contingent upon them remaining on the scene until law enforcement and/or medical personnel arrive and cooperating with these officials.
- The law only provides legal immunity for Minor in Possession (MIP) charges; it does not cover immunity for assaults, procuring for minors, disorderly house, etc.

What to Do for Alcohol Poisoning:



- 1 Call 911 immediately
- 2 Clear the person's airway if obstructed
- 3 Put the person on his or her side (prop up with pillows)
- 4 Stay with the person until help has arrived
- 5 Never leave an intoxicated person alone, even if they are sleeping



Alcohol and Relationship Issues

Alcohol is sometimes blamed for violence.

Alcohol use has been linked to violence, including physical or psychological abuse towards a romantic partner or someone else.

- Alcohol reduces impulse control and diminishes decision-making abilities.
- Alcohol can contribute to violent behavior.
- Remember, you are personally responsible for all of your actions when drinking.

Remember, Stay Aware!

Thanks for taking the time review this document.

The results and information you've reviewed are meant to help you be aware of your own behaviors and have accurate information to use when making decisions.