

EFFECTS AND CONSEQUENCES OF ALCOHOL CONSUMPTION





WHAT DO WE KNOW ABOUT ALCOHOL?



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Alcoholic beverages have been known and consumed by human beings throughout history.

They contain ethanol, which is colourless and has a characteristic smell, and it is what causes intoxication or drunkenness.

Alcohol is obtained through:

- Fermentation of fruits and cereals (cider, beer and wine). The alcohol content is between 5° and 10°
- Distillation, the purification of fermented drinks (vodka, gin, whisky, rum, etc.). Alcohol content of over 20°.





WHY DO SO MANY PEOPLE DRINK ALCOHOL?



- It is a socially-accepted substance.
- It is associated with parties and celebrations.
- It appears in the media and social networks.
- It is cheap and accessible, and can be bought at many places.
- Lack of information about the negative consequences.
- Lack of leisure alternatives.
- Group pressure, many people do it.
- They seek the effects of alcohol.



IS ALCOHOL A DRUG?



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- According to the WHO, a drug is any substance which, when introduced into the organism, causes an alteration of the functioning of the central nervous system and can create physical or psychological dependency, or both.
- Alcohol is a drug, its use is very widespread and is cultural. However, it is one of the drugs with the most harmful effects on physical and mental health.





**AT WHAT AGE DO PEOPLE
START CONSUMING ALCOHOL?
WHAT ARE THE MOST POPULAR DRINKS?**



ALCOHOL AND ADOLESCENCE

- Alcohol is very present in the free time and social relations of young people, and so the average age of first consumption is around 14 years.
- Men drink more alcohol each day, but women get drunk more frequently.
- The types of alcoholic beverages most consumed by adolescents are spirits with mixers at the weekend, and beer during the week



WHEN AND WHERE DO YOUNG PEOPLE AND ADOLESCENTS DRINK MOST?



AMONG ADOLESCENTS...



- Temporary memory loss.
- Difficulties walking.
- Blurred vision.
- Nausea and vomiting.
- Reduction of the ability to react.
- Loss of attention, problems with concentration.
- Difficulties in speaking and expressing themselves.
- Loss of consciousness.



WHAT ARE THE SYMPTOMS OF DRUNKENNESS?



- Temporary memory loss.
- Difficulties walking.
- Blurred vision.
- Nausea and vomiting.
- Reduction of the ability to react.
- Loss of attention, problems with concentration.
- Difficulties in speaking and expressing themselves.
- Loss of consciousness.
- Communications between neurons become slower.
- False sense of confidence.



WHAT HAPPENS TO ADOLESCENTS WHEN THEY DRINK HABITUALLY?



PSYCHOLOGICAL AND SOCIAL CONSEQUENCES



- Psychological: mood swings, irritability, intolerance, impulsiveness.
- Changes in behaviour.
- Poor school performance and lack of motivation.
- Sleep disturbance, alteration of perception, anxiety, depression, cognitive deterioration, etc.
- Problems within the family and at work.



DOES ALCOHOL AFFECT EVERYONE EQUALLY?





Alcohol does NOT affect everyone equally. Its effects depend on our personal characteristics.

- Age
- Weight
- Sex
- Quantity of alcohol and how quickly it is drunk
- Whether food is also consumed
- Mood



WHAT IS AN ADDICTION? WHEN IS A PERSON AN ALCOHOLIC?

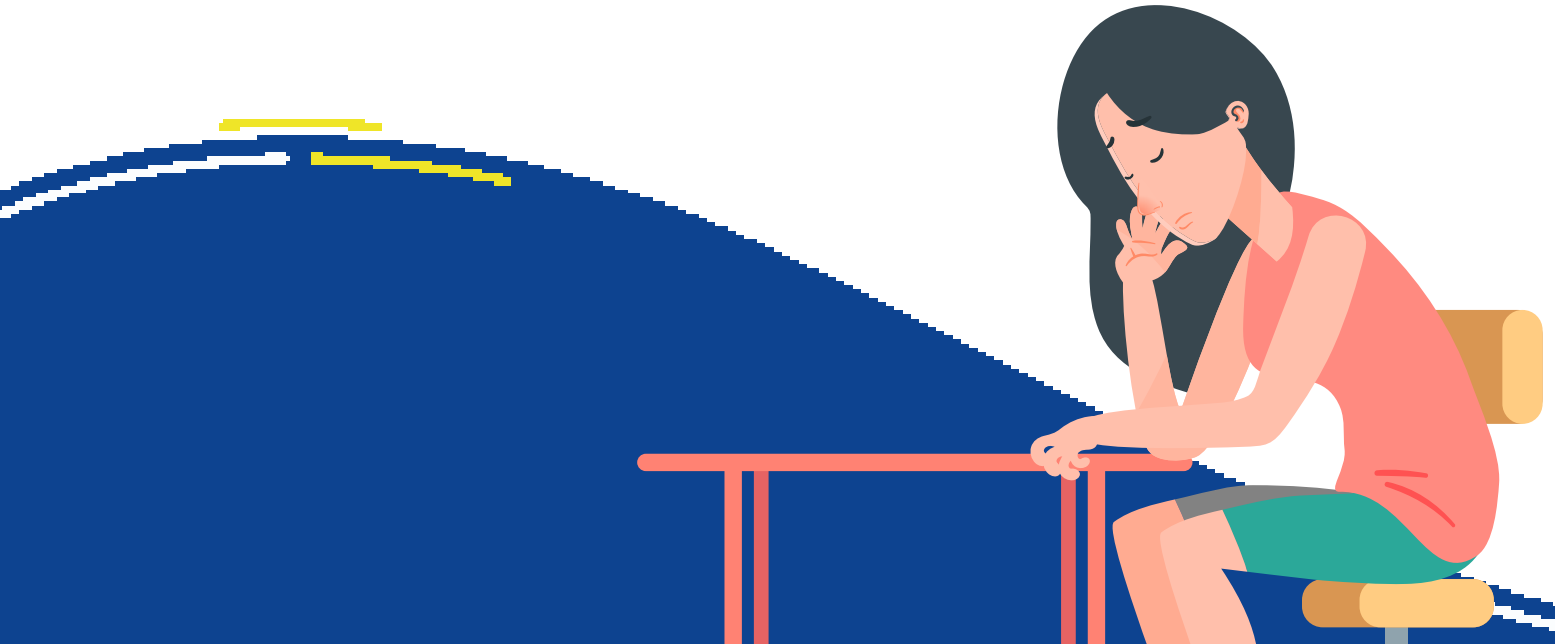




- **USE:** There are no immediate consequences (having a beer)
- **ABUSE:** There are negative consequences for the consumer and his/her surroundings (getting drunk)
- **DEPENDENCY:** The consumption of alcohol is prioritised over other aspects of the person's life. It has both physical and psychological effects.
- **ADDICTION:** It has become a chronic disease. The person is unable to stop consuming alcohol despite the negative consequences in all areas of his/her life.
- AN ALCOHOLIC = A PERSON WHO IS ADDICTED TO ALCOHOL



WHAT ARE THE CONSEQUENCES OF ADDICTIONS?



PHYSICAL CONSEQUENCES: alcoholic coma, cirrhosis, hepatitis, cancer, liver diseases, headaches, diabetes, gastritis, cardiovascular problems, etc.

PSYCHOLOGICAL CONSEQUENCES: depression, anxiety, anger, epilepsy, psychosis, etc.

SOCIAL CONSEQUENCES: family breakdown, problems at work, economic problems, accidents, abuse of others, etc.





WHY DO WE DRINK?



REASONS WHY PEOPLE DRINK

- For pleasure
- To experience new emotions.
- To overcome shyness and inhibitions
- Low self-esteem
- Curiosity
- Family influences
- Group pressure, circle of friends
- Due to personal problems and ailments
- Manca de încredere și siguranță
- Influence of the media
- Rebelliousness
- Boredom
- Seeking its effects
- Lack of information
- Lack of confidence and self-assurance



MYTHS ABOUT ALCOHOL CONSUMPTION



1- Alcohol is good for the heart.

In small amounts and not in all people.

2- Alcohol is a food and provides energy.

It causes people to put on weight but it is not nutritional, and it depresses the central nervous system, so it does not provide energy.

3- Alcohol helps combat the cold.

Just the opposite, it reduces the internal temperature.

4- Drinking only at weekends does not do any harm.

The harm depends on the quantity and intensity, but if it becomes a habit there is a risk of dependency.

5- Alcohol is eliminated by doing exercise or vomiting.

Only 2% of the ingested alcohol is eliminated, 90% is eliminated by the liver.



6 – Mixing different alcoholic drinks makes you more drunk.

It can make you feel sick, but the important thing is the quantity of alcohol ingested.

7- Coffee or taking a shower can reduce drunkenness.

It does not reduce the amount of alcohol in the blood.

8- Drinking only beer does not cause any problems because it has a low alcohol content.

The alcohol contained in a glass of beer is the same as that in a glass of wine.

9- Everybody reacts the same to alcohol.

There are many factors which determine our reaction: weight, age, mood, etc.

10- People who are more accustomed to drinking get less drunk.

They do not get less drunk, but they do show fewer effects.



11- A hangover is the worst thing that can happen to you if you drink

If you drink enough alcohol, you increase the possibilities of accidents, alcoholic coma or even death.

12- People who drink too much are only doing harm to themselves

It affects everyone around them.

13- Drinking more alcohol is a way of curing a hangover

In reality, it makes it worse, as it is the same substance which caused the intoxication.

14- If you stop drinking a few hours before driving, the effect wears off

Alcohol has its greatest effect on the body one hour after ingestion.





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