

## THE DRINK TRADE

Alcohol is a major source of government revenue through tax.

### Advertising

Discuss the reality of drink messages from T.V., billboards and magazines

Alcopops are alcoholic drinks which do not taste of alcohol such as alcoholic lemonade and fruit juices. Some people say they have been deliberately made by companies who make alcohol to get the younger age range to start drinking and to get them to drink more. Younger children often do not like the taste of alcohol when they first try it. Alcopops do not have the taste. Drinking alcopops can also make it easier to get drunk without realising it. Many Alcopops have a high alcohol content.

The manufacturers are aiming at the 18-25 year old market but surveys show an increase in under 16 drinking.

## WHAT IS ALCOHOL/ BOOZE?

- ★ It is a depressant drug.
  - ★ The drink consists mainly of water and ethyl alcohol - ETHANOL.
  - ★ Alcohol is made by fermenting fruits, vegetables or grains.
  - ★ Alcohol has a food value as it supplies calories. A pint of beer has as many calories as six slices of bread.
  - ★ Beer provides very little protein or vitamins and distilled spirits provide none at all.
  - ★ Alcoholic drinks have different strengths. Beer is about one part ethanol to 20 parts water. Wine is twice to four times as strong. Distilled spirits (whisky, rum, gin, etc.) are almost half ethanol and half water.
  - ★ One pint of beer = 180 calories. Heavy drinkers can be fat and yet malnourished because they have replaced food with alcohol.
  - ★ Alcohol is changed by your liver into acetic acid (vinegar) before it leaves your body as urine. This can damage your liver irreversibly and can kill.
- ? Do you think it is right to use good grains for brewing and distilling when there are starving people in the world?

## WHY DO WE DRINK ALCOHOL?

I like the taste.

*It helps me to relax.*

*You need alcohol to make a party go with a swing!*

*I like alcohol to celebrate something.*

It's part of our culture; weddings, parties and community pubs.

Drinking helps me feel less lonely and bored.

*I like a drink after the game.*

It's sociable - I like it.

*It looks grown up.*

*All my mates drink, so I want to join them.*

*It relaxes me ready for sex.*

### Why do we drink?

We normally drink because it satisfies a thirst.

Did you know - It takes 8 units of water to process 1 unit of alcohol. This is why alcohol dries out (dehydrates) your body.

? Why do teenagers drink alcohol when many do not like the taste?

? Can you enjoy a wedding reception or party without drinking alcohol?

## THE EFFECT ON THE BODY

\* How alcohol **affects** you depends on your **age**, **gender**, **body size**, whether or not you have **eaten anything**, if you are taking **other drugs** (including antihistamines and painkillers), how **used to drinking** you are (tolerance), how you **feel before** you drink and **how quickly** you drink.

\* Alcohol is **absorbed into the bloodstream** and starts to have an effect within 5-10 minutes.

\* The **effect can last** for several hours, depending on the amount drunk.

### IMMEDIATE EFFECTS CAN BE:

\* Nausea and vomiting, headaches, hangovers, aggressiveness and arguments.

\* Makes concentration and quick reactions difficult and makes people clumsy.

\* It makes you feel lively and talkative and small amounts make you feel relaxed.

### TOO MUCH DRINKING CAN CAUSE:

\*stomach disorders like ulcers and gastritis

\*cancer of the mouth, throat, and gullet

\*brain damage      \*muscle disease

\*high blood pressure      \* a damaged liver

\*problems with the nervous system

\*28000 people die every year in the UK as a result of their alcohol consumption.

*\*Read*

Proverbs 23: 29-35

*for full details!*

## EFFECTS ON THE HOME

- \* Alcohol is the UK's most popular drug. Over 90% of British adults drink alcohol. Getting drunk is very common. Nearly half the male population and one in seven women get drunk regularly.
- \* By the 5th year, 75% of Secondary pupils drink alcohol regularly. All drug use can affect your studies for the worse.
- \* 33% of accidents in the home are alcohol related.
- \* As alcohol is a depressant drug, it slows down the body through the central nervous system. Some people become aggressive and argumentative, especially men.
- \* Children lack security when an adult's behaviour is unpredictable.
- \* Adults can find it a strain worrying about the behaviour of a person who returns home after drinking alcohol
- \* 40% of incidents of domestic violence are alcohol related.
- \* Excessive drinking can cause family break-ups as financial worries and child and wife abuse become too much.

## ACCIDENTS

There are situations when you definitely

### SHOULD NOT DRINK:

- \* before you plan to drive or when you drive
- \* before or when you are operating machinery, mechanical equipment or electrical equipment when you are at work
- \* before or during swimming or other active sports

Alcohol is a factor in 30% of drowning accidents.  
Alcohol is a factor in at least 395 deaths in fires per year.

How does alcohol affect driving?

- \* your ability to concentrate is reduced
  - \* your ability to judge speed and distances, and to deal with the unexpected is lessened
  - \* your reaction time is reduced
  - \* it reduces your inhibitions so you may be more likely to take risks
  - \* you can lose muscle co-ordination and control
- 15,000 people are injured and 500 are killed in the UK annually as a result of drinking and driving. One in three of the drivers killed in road traffic accidents had blood alcohol levels over the legal limit.
- ? Did you know that after drinking alcohol the body cools quickly?  
People can die if they get too cold.

## The LAW and CRIME

There are different licenses governing the sale of alcohol. Full "on licenses" are for pubs and clubs and mean alcohol can be bought and drunk on the premises. "Off licenses" are for shops and supermarkets where the alcohol has to be drunk off the premises. "Restaurant licenses" permit the sale of alcohol to go with a meal.

- It is an offence to give alcohol to a child under five.
- Children over 14 can go into pubs but cannot be served until they are 18 years old.
- When 18, a person may buy and drink alcohol.
- It is an offence to possess or carry alcohol on trains, coaches or mini-buses travelling to or from sporting events.
- Some cities have introduced by-laws making it an offence to drink alcohol on the streets.
- It is an offence to be drunk and disorderly in public places, including licensed premises.
- There are harsh legal penalties for drinking and driving offences.

? Why do you think these laws were made?

Alcohol is an estimated factor in  
88% criminal damage arrests  
44% theft charges  
45% wounding and assaults  
30% of murders

## ALCOHOL AND RELIGION

★ Many societies and religions allow the use of alcohol. The Roman Catholic and Jewish religions include wine in their ceremonies.

? Does your church use wine or non-alcoholic wine at communion?

★ The Islamic faith (Muslims) and the Mormons do not allow the use of alcohol.

★ The Bible mentions wine over 200 times and does not say if it is right or wrong to drink it.

**BUT** notice - Leviticus 10: 9 - No priest was allowed to enter the temple on duty if he was under the influence and had been drinking wine or beer.

Titus 1: 7 A church worker must not be a drunkard

Titus 2: 2 Instruct the men to be sober.

Titus 2: 3 Women must not be slaves to wine.

Proverbs 20: 1 It is stupid to get drunk.

Proverbs 23: 20 Don't associate with people who drink too much.

Judges 13:4 Samson's mother was told not to drink while pregnant. (Advice still given today.)

What do you think about the advice in these verses?

## SAYING 'NO'

**ALCOHOL** is responsible for a lot of heartache and horror.

**BUT** the Government do not make it illegal because they gain millions of pounds through tax.

**UNFORTUNATELY**, there are many people who cannot keep their drinking low and moderate.

Alcohol is a drug which creates a craving for more - it is **ADDICTIVE**. The effect of alcohol on people cannot be predicted as there are so many things which can affect our reaction. **BE SMART - DO NOT**

**START!** This is what Paul said in Ephesians 5:18 DO NOT GET DRUNK WITH WINE, WHICH WILL ONLY RUIN YOU; INSTEAD BE FILLED WITH THE SPIRIT. (GOD'S SPIRIT)

Think and talk about what you would say to a 'friend' who is persuading you to drink alcohol.

- \* Use some of the **facts** which you have learned.
- \* Is it the best use of your money? **Money down the drain!**
- \* Does alcohol **ease the pressures of life**? (They are still there the next day!)
- \* Do you need alcohol to have a **good time**? Show them **YOU CAN!**
- \* It is safer to **stay totally self-controlled** and alert.
- \* Do you do everything your friends ask you to do? **Be in control!**
- \* **Can you suggest something better to do?**

## MY RELATIONSHIP WITH JESUS

When one becomes a Christian there are still **choices to be made**. God does not rob us of our freedom but He does expect us to live according to **His guidance** in the Bible.

**WE MUST LOVE GOD AND OUR NEIGHBOUR**

Romans 14: 13 You should decide never to do anything that would make your brother stumble or **fall into sin**.

**WE WANT TO BE READY FOR CHRIST'S RETURN**

1 Thessalonians 5: 23 May the God who gives us peace make you holy in every way and keep your whole being - **spirit, soul and body** - free from every fault at the coming of the Lord Jesus Christ. 1 Peter 4: 7 You must be **self controlled** and alert to be able to **pray**.

Praying is our way of staying in touch with God.

? Do you want to "fuzz up" your "direct line"?

Romans 13: 13,14 Let us **conduct ourselves properly**, as people who live in the light of day - no orgies or drunkenness, no immorality or indecency, no fighting or jealousy. But take up the weapons of the Lord Jesus Christ, and stop paying attention to your sinful nature and satisfying its desires.