



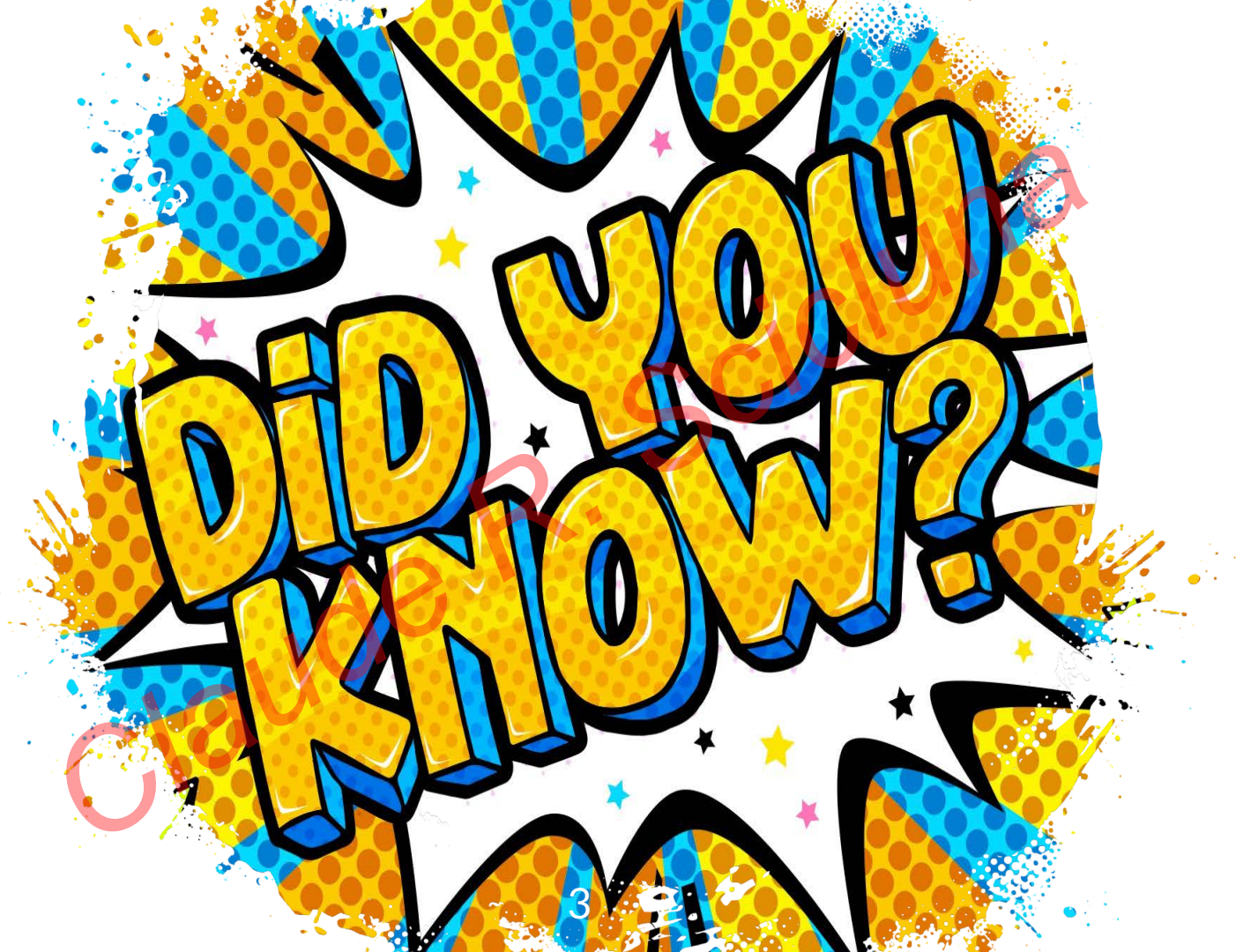
Claude R. Scicluna

# Alcohol Awareness

# Contents

- ✓ Facts
- ✓ What is Alcohol
- ✓ Alcohol Effects
- ✓ Binge Drinking
- ✓ ABV
- ✓ Alcohol Units
- ✓ Risks of Binge Drinking

Claude R. Scicluna



# Facts

- ✓ The legal drinking age in Malta is 17
- ✓ But according to Sedqa regarding 'Addiction and Substance Abuse', almost 80% of tertiary level school students have tried alcohol
- ✓ Deciding whether to drink is a personal decision that we eventually have to make

# What is Alcohol?

- ✓ Alcohol is created when grains, fruits, or vegetables are fermented
- ✓ Fermentation is a process that uses yeast or bacteria to change the sugars in the food into alcohol
- ✓ Fermentation is used to produce many necessary items – everything from cheese to medications
- ✓ Alcohol has different forms and can be used as a cleaner, an antiseptic, or a sedative

# Alcohol Effects

- ✓ So if alcohol is a natural product, why do teens need to be concerned about drinking it?
- ✓ When people drink alcohol, it is absorbed into their bloodstream
- ✓ From there, it affects the central nervous system (the brain and spinal cord), which controls virtually all body functions

# Alcohol Effects

- ✓ Because experts now know that the human brain is still developing during our teens, scientists are researching the effects drinking alcohol can have on the teen brain
- ✓ Alcohol is a depressant, which means it slows the function of the central nervous system.
- ✓ Alcohol actually blocks some of the messages trying to get to the brain. This alters a person's perceptions, emotions, movement, vision, and hearing

# Alcohol Effects

- ✓ In very small amounts, alcohol can help a person feel more relaxed or less anxious
- ✓ More alcohol causes greater changes in the brain, resulting in intoxication
- ✓ People who have over-used alcohol may stagger, lose their co-ordination, and slur their speech
- ✓ They will probably be confused and disoriented



# Alcohol Effects

- ✓ Depending on the person, intoxication can make someone very friendly and talkative or very aggressive and angry
- ✓ Reaction times are slowed dramatically – which is why people are told not to drink and drive
- ✓ People who are intoxicated may think they're moving properly when they're not. They may act totally out of character



# Alcohol Effects

- ✓ When large amounts of alcohol are consumed in a short period of time, this can result in alcohol poisoning
- ✓ Alcohol poisoning is exactly what it sounds like – the body has become poisoned by large amounts of alcohol



# Alcohol Effects

- ✓ Violent vomiting is usually the first symptom of alcohol poisoning.
- ✓ Extreme sleepiness, unconsciousness, difficulty breathing, dangerously low blood sugar, seizures, and sometimes unfortunately even death



# Why do people Binge Drink

- ✓ Liquor stores, bars, and alcoholic beverage companies make drinking seem attractive and fun
- ✓ It's easy for a high school student to get caught up in a social scene with lots of peer pressure
- ✓ Inevitably, one of the biggest areas of peer pressure is drinking

# Why do people Binge Drink

Other reasons why people drink include:

- ✓ They're curious – they want to know what it's like to drink alcohol
- ✓ They believe that it will make them feel good, not realizing it could just as easily make them sick and hung-over
- ✓ They may look at alcohol as a way to reduce stress, even though it can end up creating more stress
- ✓ They want to feel older

# ABV

Alcohol content is also expressed as a percentage of the whole drink

Look on a bottle of wine or a can of lager and you'll see either a percentage, followed by the abbreviation "ABV" (alcohol by volume), or sometimes just the word "vol"

Wine that says "13 ABV" on its label contains 13% pure alcohol



Alcohol by Volume:  
The more you  
drink the louder  
you get.

...wild one  
(Malbec)

# Alcohol by Volume

- ✓ The alcoholic content in similar types of drinks varies a lot
- ✓ Some ales are 3.5%. But stronger continental lagers can be 5% ABV, or even 6%
- ✓ Same goes for wine where the ABV of stronger 'new world' wines from South America, South Africa and Australia can exceed 14% ABV compared to the 13% ABV average of European wines

# Alcohol Units

Claude R. Scicluna



# RECOMMENDED ALCOHOL CONSUMPTION FOR MEN AND WOMEN

**14** UNITS OF ALCOHOL  
A WEEK, WHICH IS:



**6**

**PINTS OF BEER**  
(4% strength)

OR

**7**

**GLASSES OF WINE**  
(11.5% strength, 175ml)

OR

**14**

**SINGLE SHOTS  
OF SPIRITS**  
(40% strength)



Claude R. Scicluna

# Risks of Binge Drinking

- ✓ Many people don't think about the negative side of drinking
- ✓ Although they think about the possibility of getting drunk, they may not give much consideration to being hung-over or throwing up



# Impaired Judgement

- ✓ People who are drunk also take other risks they might not normally take when they're sober
- ✓ For example, people who have impaired judgment may have unprotected sex, putting them at greater risk of a sexually transmitted disease (STD) or unplanned pregnancy



# Mental Health

- ✓ Binge drinkers have a harder time in school and they're more likely to drop out
- ✓ Drinking disrupts sleep patterns, which can make it harder to stay awake and concentrate during the day
- ✓ This can lead to struggles with studying and poor academic performance

Claude R. Scicluna

# Alcoholism

- ✓ Some studies have shown that people who binge-drink heavily — those who have three or more episodes of binge drinking in 2 weeks — have some of the symptoms of alcoholism



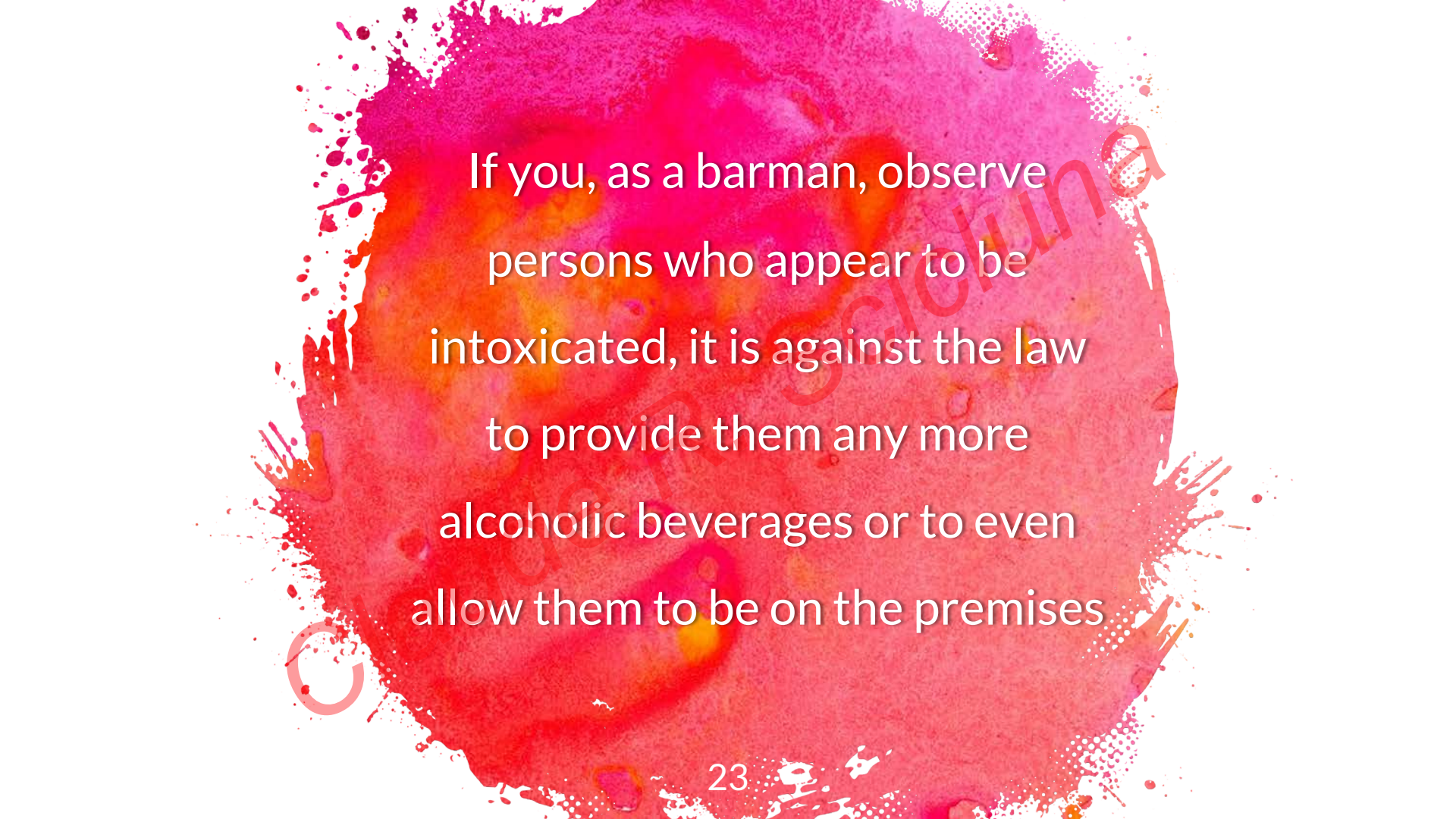
Claude R. Scicluna

# Alcoholism

A person who is intoxicated will show some or all of these signs:

- ✓ faulty judgment
- ✓ lowered inhibitions
- ✓ slowed reactions
- ✓ poor coordination
- ✓ physical incapacitation
- ✓ causing a disturbance
- ✓ dangerous to self or others





If you, as a barman, observe persons who appear to be intoxicated, it is against the law to provide them any more alcoholic beverages or to even allow them to be on the premises

## Why is Liquor Liability Insurance



*Liability claims made to a restaurant or bar as a result of damages or injuries caused by an intoxicated person can be quite costly. A common example of an alcohol-related claim occurs when an intoxicated patron leaves a bar, gets into his car, drives, and commits a vehicular manslaughter act. In this case, the victim's family could now sue the bar for both civil and criminal damages. As another example, suppose at a catered event, a restaurant serves alcohol and two guests are subsequently involved in a fight, whereby serious injuries are incurred. These are just two of the many scenarios that can occur when a business that sells or serves alcohol may be held liable for the actions of the inebriated persons served.*