



PROJECT ALERT

**A DRUG PREVENTION PROGRAM
FOR MIDDLE GRADES**

GROUND RULES

- **RESPECT**
 - **SUPPORT EACH OTHER**
 - **LISTEN CAREFULLY WHEN SOMEONE IS TALKING**
- **TRY TO PARTICIPATE**
- **CONFIDENTIALITY**

REASONS WHY PEOPLE DRINK

- FRIENDS DO IT
- COOL, SOPHISTICATED
- REBELLION
- PARENTS DRINK
- ESCAPE PROBLEMS, RESPONSIBILITY
- ESCAPE FEELINGS: DEPRESSION, SHYNESS, LONELINESS, NERVOUSNESS, ANGER,
- THINK ITS LESS HARMFUL THAN MARIJUANA OR OTHER DRUGS (NOT)
- LIKE THE FEELING OF GETTING HIGH
- CURIOSITY, TO EXPERIMENT
- BOREDOM
- ADS MAKE IT SEEM FUN, SEXY
- EASY TO GET
- SEEMS MORE LEGAL



CONSEQUENCES OF DRINKING

ANY TIME

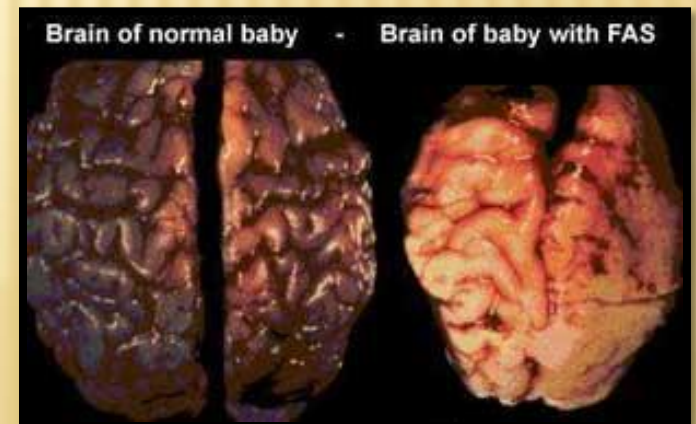
- DO SOMETHING YOU MIGHT REGRET
 - LOSS OF JUDGMENT, RIDE WITH DRIVER WHO'S BEEN DRINKING, SEX, VANDALISM, VIOLENCE
- CAN'T DRIVE SAFELY
 - CAR CRASHES ARE THE LEADING CAUSE OF DEATH AMONG TEENS & ONE-THIRD ALCOHOL RELATED
- LOSE CONTROL – POOR COORDINATION, DIZZY, FALL
- GET INTO OTHER ACCIDENTS
- DRUNK, ACT SILLY, SLURRED SPEECH
- THROW UP, PASS OUT
- HANGOVER



CONSEQUENCES OF DRINKING

REGULAR OR HEAVY DRINKING

- ADDICTION, ALCOHOLISM
 - BODY NEEDS ALCOHOL TO FEEL NORMAL, 10% OF ALL DRINKERS BECOME ALCOHOLICS
- LOSE INTEREST IN SCHOOL / LIFE
- SUICIDAL FEELINGS/DEPRESSION
 - MORE THAN HALF OF TEENS WHO ATTEMPT SUICIDE ARE INVOLVED WITH ALCOHOL OR OTHER DRUGS
- DEATH
- BRAIN DAMAGE
- NERVE DAMAGE
- LIVER DAMAGE
- DRINKING WHILE PREGNANT
 - FETAL ALCOHOL SYNDROME →



ALCOHOL IS USED TO COVER FEELINGS

DRINKING to Cover Feelings
Doesn't Solve Your Problems

- Loneliness
- Sadness
- Shyness
- Boredom
- Anger
- Stress
- Nervousness



ALCOHOL SEEMS TO MAKE UNCOMFORTABLE FEELINGS GO AWAY – **BUT IT ONLY MASKS THEM FOR AWHILE.**

WHEN TEENS DRINK TO GET RID OF UNCOMFORTABLE FEELINGS:
THEY DON'T LEARN HOW TO COPE WITH THOSE FEELINGS.

THEY MAY BECOME DEPENDENT ON ALCOHOL TO FEEL GOOD.

PART OF GROWING UP IS LEARNING HOW TO COPE WITH YOUR EMOTIONS.

ALTERNATIVES TO DRINKING

- IF A PERSON FEELS:
 - *LONELY, SAD, DEPRESSED*
 - *ANGRY*
 - *INSECURE, SHY, NERVOUS*
 - *BORED*