OPENERS:

1. Nearly 8,000 young Americans are killed each year in accidents involving young people and alcohol. Another 40,000 are disfigured.

2. In a national survey, one-half of the youth 15-19 said they were in one or more situations where alcohol was present. Of these, three out of five admitted being drunk one or more times in the past month.

3. In America 70 percent of the adults drink alcohol. The US has 9 million alcoholics.

4. "You produce bread from the earth, and wine to gladden men’s hearts." - Psalms 104:15.

5. "Wine is reckless, strong drink quarrelsome; unwise is he whom it seduces." - Proverbs 20:1

6. A recent study indicates that countries where wine is a common beverage have a lower death rate caused by heart disease.

7. Alcoholism is a progressive illness which can never be cured, but can be arrested. The alcoholic has lost power of choice over alcohol.

DISCUSSION PROBES:

1. Why do young people drink?

2. Why do people drink at group events, such as wedding receptions, graduation parties, and victory celebrations?

3. Identify some effects alcohol has on the drinker.

4. What effects might drinking have on your future goals?

5. What is an alcoholic? What does "moderation" mean?

6. How can you decline a drink at a party when everyone else is drinking?

7. What do you do when the driver of the car in which you are to ride is under the influence of alcohol?

8. Where do you get help for a person with an alcohol problem?

CONCLUSIONS:

1. Alcoholism is a devastating personal and social problem.

2. Alcohol has the power to influence behavior.

3. Alcohol does not permanently reduce negative states such as anxiety and tension.

4. Effects of alcohol are physical, psychological, and social. Its use results in: clumsy actions, poor control over emotions, depressant of the central-nervous-system, poor memory retention, disorientation, vomiting; and damage to esophagus, liver, brain, stomach, pancreas, heart, muscle, bones, and fetus.

5. Alcohol abuse can be prevented by dealing responsibly with the basic issues of life’s meaning, the search for God and reality, understanding one’s place in the world, the need for meaningful human relationships, and developing healthy family life.

6. Persons with an alcoholic problem may find help from clergy. Alcoholics Anonymous, Alateen, Social Welfare Clinics, and Drug and Alcohol Abuse
BRINGING IT HOME:

1. Be honest in expressing your feelings and in stating your own values and preferences concerning drinking.

2. When faced with riding in a car whose driver is under the influence of alcohol, you can offer to drive, insist on staying at a friend’s home, or call home and ask to be picked up.

3. When helping an alcoholic be patient, honest, and firm; and insist the person contact a qualified individual or group able to give further assistance.

4. "God grant me the serenity to accept the things I cannot change, courage to change the things I can, and wisdom to know the difference." (used by Alcoholics Anonymous)