

## CHAPTER 4 Handling Social Pressures

### STUDY GUIDE FOR CHAPTER 4 LESSON 1

## Alcohol's Effect on One's Health and One's Future

A. For each sentence below, circle T if the statement is true and F if it is false. Correct each false statement in the space below.

1. Peer pressure can influence the way you walk and talk.      T      F

\_\_\_\_\_

2. Alcohol is a powerful drug.      T      F

\_\_\_\_\_

3. There are ways to tell before you start drinking if it will eventually become a problem for you.  
T      F

\_\_\_\_\_

4. Choosing not to drink guarantees that you will not become addicted to alcohol.      T      F

\_\_\_\_\_

5. Frequent lateness and absences from school are not a sign of problem drinking.      T      F

\_\_\_\_\_

6. People have no responsibility to protect themselves and others from the threat of people who drink and drive.      T      F

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7. A support group for young people who have an alcoholic friend, parent, or sibling is Alateen.  
T      F

\_\_\_\_\_

8. Alcohol abuse can cause malnutrition.      T      F

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B. FIND OUT MORE. Go to your library. Look up any information that you can find on teenage alcoholism, and write what you find below.

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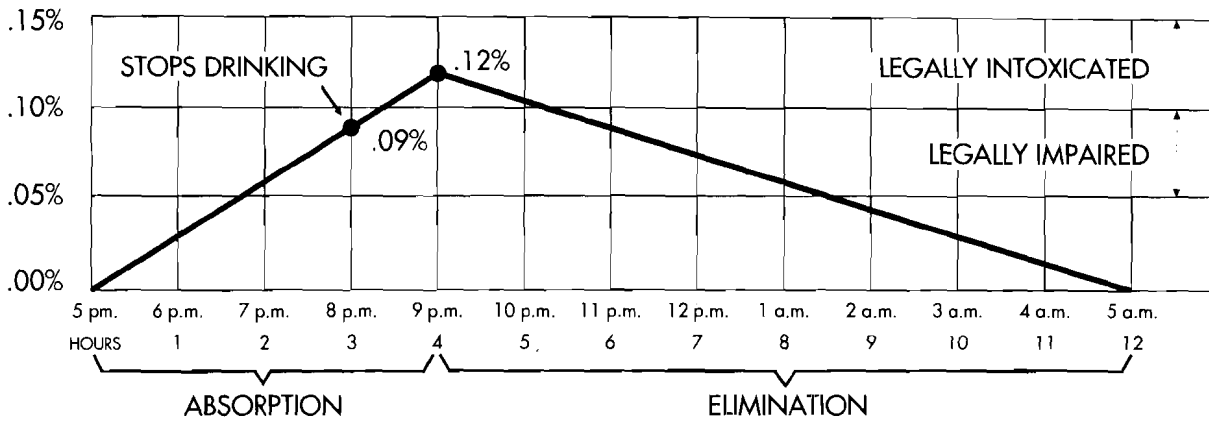
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STUDY GUIDE FOR CHAPTER 4 LESSON 2

# Alcohol and Its Effects on Driving

A. Check the facts in the graph below and answer the questions. The graph is based on the effects of alcohol on a 150-pound adult male who has had four or more years of experience driving and who is an experienced drinker as well.

**ELIMINATION RATE**  
**Blood Alcohol Level (BAL)**



1. For how long does alcohol remain in a person's blood? \_\_\_\_\_
2. Between what hours should the person in the graph not drive? \_\_\_\_\_
3. For approximately how long is this person legally impaired? \_\_\_\_\_
4. Between what hours is the person legally intoxicated? \_\_\_\_\_
5. For how long after the person stops drinking is he legally impaired? \_\_\_\_\_
6. What is the alcohol level at the time elimination starts? \_\_\_\_\_
7. How long does it take for the alcohol to be eliminated? \_\_\_\_\_
8. Is the person legally impaired for a longer period while absorbing the alcohol or while eliminating the alcohol? \_\_\_\_\_

B. **FIND OUT MORE.** Search your local newspaper for one week. Keep a list of all accidents related to alcohol, and describe one of them below.

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\_\_\_\_\_

\_\_\_\_\_

## STUDY GUIDE FOR CHAPTER 4 LESSON 3

## How Other Drugs Affect Driving Ability

A. For each sentence below, circle T if the statement is true and F if it is false. Correct each false statement in the space below.

1. Over-the-counter drugs are drugs that you can purchase only with a prescription.    T    F

\_\_\_\_\_

2. Over-the-counter drugs will not interfere with your driving ability.    T    F

\_\_\_\_\_

3. A depressant slows down the central nervous system.    T    F

\_\_\_\_\_

4. Alcohol is a stimulant.    T    F

\_\_\_\_\_

5. Stimulants can make users think that they are more alert than usual.    T    F

\_\_\_\_\_

6. The chemicals in marijuana can stay in your body for as long as 6 hours.    T    F

\_\_\_\_\_

7. LSD is a kind of depressant.    T    F

\_\_\_\_\_

8. Marijuana can make the user feel drowsy.    T    F

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B. **FIND OUT MORE.** Collect your local newspaper for a week. Write a brief summary of any articles that you find about the problems associated with drugs and alcohol. Pay particular attention to what is happening in your community.

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## STUDY GUIDE FOR CHAPTER 4 LESSON 4

## Distractions Can Increase Driving Risk

- A. There are many sources of distractions for drivers that can make it unsafe to drive. How would you handle the following distractions?

Radio, cassette or CD player \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Headphones \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Cellular phones \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Loud, rowdy passengers \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Restless children \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Animals in the vehicle \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Toll roads \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

- B. FIND OUT MORE. Call your local pet store. What devices are sold to keep dogs and cats restrained in vehicles?

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