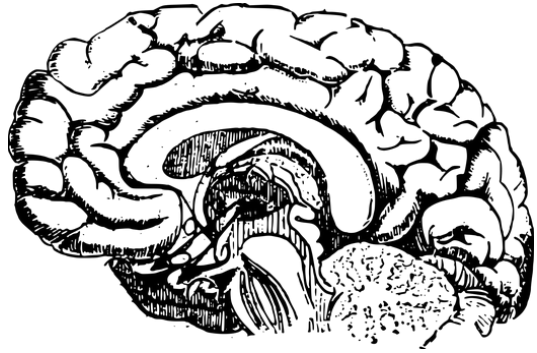


The Effects of Binge Drinking On Teenagers

In modern society, teenagers are starting to use drugs as early as 12 years old. Studies show that most teenagers between the ages of 12 to 20 years old, both boys and girls, have tried alcohol (note: alcohol is considered a drug). Additionally, teenagers are more likely to become addicted to drugs because the part of the brain that experiences pleasure matures faster than the part that makes logical and reasonable decisions.



Teenagers are more susceptible to drug addiction because their brains are not fully developed.



The aim of binge drinking is to become drunk and thus involves heavy drinking.

This drug usage, mostly alcohol, is common to teenagers because a culture has developed in which some young people believe that they cannot have fun without using drugs. The use of alcohol by teenagers can include binge drinking. Binge drinking has various meanings to different types of people.

Binge drinking is drinking with the aim of getting drunk. This means more than five drinks for boys and more than four for girls. Binge drinking can be drinking occasionally and heavily, for example during parties. It can also mean drinking responsibly but often having more than just a few. For instance, drinking responsibly during the week but overindulging during the weekends. Binge drinking is harmful to your body, relationships, and social life. In this article, we will look at the effects of binge drinking on teenagers.

Factors That Affect Binge Drinking Behavior

Let's briefly look at the factors that contribute to the development of drinking problems.

- **Ethnicity and race** – Some races or ethnic communities are at a greater risk of developing alcohol addiction, such as Native Alaskans and Native Americans.
- **Mental health disorders** – Examples are depression or anxiety.

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- herpes, and even HIV. Consent is difficult to give when inebriated, a situation which could lead to confusion, sexual assault, or even rape.
- **Injuries** – Injuries may result not only from driving under the influence, but also due to violence.
- **Loss of items** – In the confusion caused by drunkenness, items such as jewelry, wallets, purses, keys, and phones can be lost.
- **Long-term alcohol-related problems** – These include liver damage (cirrhosis), stomach ulcers, weight, or sexual problems. Such issues can also lead to depression.



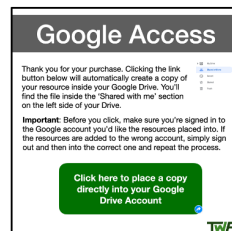
Injuries and loss of items are two of the possible effects of binge drinking.

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Recognition and treatment of alcohol poisoning

Aside from losing consciousness, alcohol poisoning can be characterized by a slow breathing rate (fewer than eight per minute); skin that is cold, pale, or bluish; and a strong alcohol odor on the breath and skin.

When you recognize these signs, call an ambulance immediately, gently turn the person on their left side so that they do not choke if they vomit, don't let the person sleep, and most importantly watch them until help arrives.

Reading Comprehension Questions:

1. At
2. Describe why teenagers are easily addicted to drugs.
3. Which
4. What is binge drinking? Give two examples of binge drinking.
5. Name
6. What
7. What is alcohol poisoning? What causes alcohol poisoning? Briefly explain the procedure one should follow if they encounter someone with alcohol poisoning.

Extension Questions:

8. Alcohol
9. The following are some ways to prevent underage alcohol abuse. In your opinion, which do you think would be the most effective and why? Family rituals (e.g. family dinners, celebrating holidays), talking openly and honestly about alcohol consumption, parents actively engaging in their children's lives, extracurricular activities.

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