

## How to Get Help

If you know someone has issues with continued substance use, seek professional help. A doctor can screen for signs of drug use and related health conditions and suggest possible next steps. Other more immediate resources include:

### 988 Florida Suicide & Crisis Lifeline

Call, text, or chat 988 to be connected to trained counselors who will listen, provide support, and connect you to additional resources if necessary.

[MYFLFAMILIES.COM/  
SUICIDEPREVENTION](https://myflfamilies.com/suicideprevention)

### CORE Network

A long-term substance use disorder recovery program designed to establish a coordinated system of care for those seeking treatment for substance use disorder.

[FLCORENETWORK.COM](https://flcorenetwork.com)

### ISave Florida

Drug overdose is a nationwide epidemic and an increasing number of Floridians are losing their lives to overdose - you can help save a life with naloxone.

[ISAVEFL.COM](https://isavefl.com)

### Local Services

If you or someone you know is in need of substance abuse and/or mental health services, our local managing entities can help you locate available programs.

[MYFLFAMILIES.COM/  
SAMH-GET-HELP](https://myflfamilies.com/samh-get-help)

## Addressing Prevention With Your Students

### Listen

A student may come to you for advice, or you may notice concerning changes in behavior. Refrain from judgment. Listen, and try to learn more about what's going on.

### Talk early and often

Regular conversations about the risks of drugs and alcohol can help. Know your school's prevention plan, and address substance use in different ways throughout the year.

### Start with the science

Discuss the mental and physical health impacts of drugs. Focus on the harm substance use can do to academics and relationships.

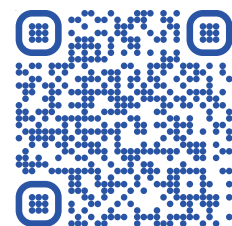
### Practice

Consider taking time to role play various scenarios about coping with stress, what to do if a friend offers you drugs or alcohol, or what to do if a friend needs help.

**The Facts. Your Future.** is a multifaceted initiative led by Florida's First Lady Casey DeSantis to heighten youth understanding of the dangerous and life-altering effects of substance use.

Get more facts about **Alcohol**

[TheFactsYourFuture.org](https://TheFactsYourFuture.org)



# ALCOHOL

## Drug Facts for Florida Teachers

TYPE : **Depressant**



# THE FACTS. YOUR FUTURE.

## Alcohol Facts

### OVERVIEW

Alcohol is a liquid substance found in drinks like beer, wine, and liquor. It can affect the way people think, feel, and act.

### APPEARANCE

There is no single color or visual indicator for alcoholic drinks, but they can often be identified by their specific, sharp odors. This smell can be masked by other flavors and beverages, making it more difficult to identify. Alcoholic drinks can also be hidden inside of other containers, like plastic soda bottles.

### HOW IT'S USED

While teens don't drink alcohol as often as adults, when they do consume alcohol, they tend to binge drink, or drink a lot within a short amount of time. More than 90% of all drinks consumed by teens are consumed through binge drinking. Binge drinking is considered four or more drinks for a female, or five or more drinks for a male, within two hours.



Youth who start drinking before age 15 are 7 times more likely to develop alcohol disorders as adults.

Even occasional alcohol use can affect teen brain development.

Underage drinking can fulfill a teen's natural desire for independence, although they often don't fully recognize its effects on their health and actions. The types of alcohol with the highest rates of use by underage drinkers include beer, malt beverages (alcoholic lemonade or other sweet drinks), vodka, whiskey, and rum.

### MIND & BODY EFFECTS

Alcohol negatively affects brain development. This can result in a variety of consequences, such as memory problems, increased irritability, health issues, poor academic performance, an increased risk of injury, and an increased risk of engaging in risky behaviors. It can also damage the liver, stomach, and heart, cause weight gain, and impair the body's ability to heal from injuries or illness.

### COMMON NAMES

While not many teens use street names for alcohol, some slang terms may include booze, juice, and liquid courage.



By their last year of high school, over 61% of teens say they've had more than a few sips of alcohol.



**THE  
FACTS.  
YOUR  
FUTURE.**