

<b>8th Grade</b>				
<b>Human Body-Your Lifestyle Affects Your Body</b>				
<b>Ch 6 Lesson 2</b>				
<b>Page</b>	<b>Question</b>	<b>Answer(s)</b>	<b>Links/Sources</b>	<b>Student Resources</b>
210	Other than addiction, what health issues can result from drinking alcohol or smoking?	See resources.	<a href="https://www.gatewayfoundation.org/faqs/effects-of-drug-alcohol-addiction/">https://www.gatewayfoundation.org/faqs/effects-of-drug-alcohol-addiction/</a> , <a href="https://www.cdc.gov/tobacco/data_statistics/fact_sheets/health_effects/effects_cig_smoking/index.htm">https://www.cdc.gov/tobacco/data_statistics/fact_sheets/health_effects/effects_cig_smoking/index.htm</a>	
211	Do you think that abstaining from alcohol can reduce the risk of heart disease and certain cancers? Why or why not?	"Heavy drinking can make you more likely to get serious health problems like liver disease, cancer, and peptic ulcers, among others. Regular or high alcohol use can hurt your heart and lead to diseases of the heart muscle, called cardiomyopathy. Drinking alcohol regularly also can raise your blood pressure." "In general, these studies have found that stopping alcohol consumption is not associated with immediate reductions in cancer risk. The cancer risks eventually decline, although it may take years for the risks of cancer to return to those of never drinkers."	<a href="https://www.webmd.com/heart-disease/guide/heart-disease-alcohol-your-heart">https://www.webmd.com/heart-disease/guide/heart-disease-alcohol-your-heart</a> ; <a href="https://www.cancer.gov/about-cancer/causes-prevention/risk/alcohol/alcohol-fact-sheet">https://www.cancer.gov/about-cancer/causes-prevention/risk/alcohol/alcohol-fact-sheet</a>	
212	What other careless activities are associated with intoxication?	Sexual assault, violence, self injury, suicide, etc.	<a href="https://www.parentingstrategies.net/alcohol/things-you-should-know/">https://www.parentingstrategies.net/alcohol/things-you-should-know/</a>	
212	Do all people who are intoxicated show these effects?	No, see resource.	<a href="https://time.com/3962251/four-drunk-types-ernest-hemingway-mary-poppins-nutty-professor-mr-hyde/">https://time.com/3962251/four-drunk-types-ernest-hemingway-mary-poppins-nutty-professor-mr-hyde/</a>	
212	Can people drink the same amount of alcohol with different effects on their bodies? Why or why not?	Yes, the height, weight, sex, and stomach contents are all factors that affect the rate of intoxication.	<a href="https://www.bgsu.edu/recwell/wellness-connection/alcohol-education/factors-that-affect-intoxication.html">https://www.bgsu.edu/recwell/wellness-connection/alcohol-education/factors-that-affect-intoxication.html</a>	

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212	Why do you think the legal age for adults to purchase or consume alcohol is 21?	"The drinking age was raised back to 21 over federal highway funding. In 1984, the National Minimum Drinking Age Act passed, which stated federal highway funds would be withheld from U.S. states that failed to set the minimum legal drinking age back at 21."	<a href="https://www.teenvogue.com/story/minimum-drinking-age-legal-21-america-history">https://www.teenvogue.com/story/minimum-drinking-age-legal-21-america-history</a>	
212	Why was Prohibition ended?	"The Twenty-first Amendment was ratified by 36 of the 48 states." Prohibition was a war waged that could never be won or even controlled.	<a href="https://www.history.com/this-day-in-history/prohibition-ends">https://www.history.com/this-day-in-history/prohibition-ends</a>	
213	Why is it illegal to drink alcohol and drive a vehicle?	Your brain's reaction times and cognitive processes are impaired.	<a href="https://www.alcohol.org.nz/alcohol-its-effects/about-alcohol/what-happens-when-you-drink-alcohol">https://www.alcohol.org.nz/alcohol-its-effects/about-alcohol/what-happens-when-you-drink-alcohol</a>	
214	Why avoid it?	"Smoking causes cancer, heart disease, stroke, lung diseases, diabetes, and chronic obstructive pulmonary disease (COPD), which includes emphysema and chronic bronchitis. Smoking also increases risk for tuberculosis, certain eye diseases, and problems of the immune system, including rheumatoid arthritis."	<a href="https://www.cdc.gov/tobacco/basic_information/health_effects/index.htm">https://www.cdc.gov/tobacco/basic_information/health_effects/index.htm</a>	
214	What physical signs give a person away as a smoker?	Chronic coughing and shortness of breath.	Textbook answer, same paragraph.	
217	How can you protect yourself from secondhand smoke?	Try to keep space between smokers and yourself. Get plenty of fresh air.	<a href="https://www.cdc.gov/tobacco/campaign/tips/quit-smoking/guide/secondhand-smoke.html">https://www.cdc.gov/tobacco/campaign/tips/quit-smoking/guide/secondhand-smoke.html</a>	

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218	How does withdrawal from nicotine differ from withdrawal from other drugs?	"Many of the symptoms of nicotine withdrawal are similar to those of other drug withdrawal syndromes: anxiety, awakening during sleep, depression, difficulty concentrating, impatience, irritability/anger and restlessness. Slowing of the heart rate and weight gain are distinguishing features of tobacco withdrawal."	<a href="https://pubmed.ncbi.nlm.nih.gov/7841857/">https://pubmed.ncbi.nlm.nih.gov/7841857/</a>	
218	So why would someone drink?	"A number of different motives for drinking alcohol have been examined, including drinking to enhance sociability, to increase power, to escape problems, to get drunk, for enjoyment, or for ritualistic reasons."	<a href="https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4493891/">https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4493891/</a>	