

## #3. Intoxication Is Depressing.

# 11 Ways To Avoid Alcohol Related Deaths

According to the 2013 Youth Risk Behavior Survey administered to high school students in Cuyahoga County, almost 60% reported consuming an alcoholic drink at least one time, and 33% admitted having alcohol within the last 30 days. While these numbers indicate that *most* teens are *not* drinking regularly, alcohol still kills more teens than all other drugs combined.

Here's how you can have your SAY and help that change.

1. **Know your risk factors.** Most teens who experiment with alcohol never become addicted, while others may progress fairly quickly into other substances and/or addiction. It is important to know risk factors such as family history of addiction and other emotional problems.
2. **Alcohol is a depressant.** Though many people drink to make themselves feel better, the long term effect of drinking actually makes people more depressed. If you or someone you know is depressed, drinking will make matters worse.
3. **Alcohol lowers a person's inhibitions.** While some people drink to feel more relaxed and social, others may engage in some very risky behaviors while under the influence of alcohol.
4. **Alcohol is lethal in high doses.** Binge drinking — five or more drinks within a couple of hours — can lead to alcohol poisoning, a common cause of death due to alcohol.
5. **Know the signs of alcohol poisoning.** Cold, clammy pale or bluish skin, vomiting, passing out, difficult to awaken, slow, shallow breathing.
6. **Know how to respond when someone is intoxicated.** Do not give them food, liquid, or other drugs to "sober them up." Do not let them "sleep it off." If they fall asleep, wake them up and find a sober adult who can be responsible for their care.
7. **Know what to do when someone is passed out.** Never leave them alone and unmonitored. Check their breathing and wake them often to be sure they are not unconscious. Find a sober adult to be responsible for them, or call 911 if the individual does not respond.
8. **Don't drink and drive.** Although the rate of deaths related to drinking and driving has decreased in recent years, tragedies still happen. You can help save lives by not letting someone you know drink and drive.
9. **Stand your ground.** The majority of teens do not drink regularly. If you want to fit in and be part of the majority — don't drink. Be proud of your choice to not drink.
10. **Have a plan.** How will you respond if alcohol is offered to you? Practice ways to say "no thanks." Know who you can call to help remove you from a bad situation. Most teens don't want to involve an adult when they or their friends have been drinking. Generally, the consequences of not getting help far outweigh those of getting in trouble for drinking.
11. **Know where to go for help or more information.** Parents, teachers, relatives, school counselors, coaches, and religious leaders are all people to turn to for help. Or visit these local resources:  
[www.adamhsc.org](http://www.adamhsc.org) | First Call For Help: 216-436-2000 | [www.211cleveland.org](http://www.211cleveland.org)



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SAY – Social Advocates for Youth is a school-based prevention and early intervention program of Bellefaire JCB for students in middle and high school. The SAY Coalition sponsors educational programs, parent education, and youth leadership.