

- 8.ATOD.3 – Apply risk reduction behaviors to protect self and others from alcohol, tobacco, and other drug use.
  - 8.ATOD.3.1 – Use strategies to avoid riding in a car with someone impaired by alcohol or drugs

# Six D's

D & D

D

D

DD

# Six D's

D & D = Drunk Driving

Why would anyone ride with a drunk driver?

D = Denial

We really don't think anything will happen to us, and drunk drivers definitely deny they are drunk

DD + D = D (DEATH)

One prevention all drinkers should agree to

DD = Designated Driver

- Individuals should always seek a safe ride if they can not drive themselves to the destination.
- If your intended driver is impaired, you should...
  - Call a close friend or family member
  - Wait in a safe place until a sober driver can be found
  - Designate a driver if there are plans for drinking
  - Use a taxi or driving service

*Car Accident Caused by Drunk Driver* (November 5, 2007)

A central Florida family has been devastated by a car accident caused by a drunk driver. In a huge award, a jury awarded millions of dollars to a young boy who suffered severe brain injury and must live in an institution to obtain the needed level of care.

The four-year-old was innocently riding in his family's car when it was hit by a pickup truck driven by a drunk driver. The car accident and impact caused pieces of the little boy's skull to be pushed into his brain, damaging his frontal lobes according to treating doctors. As a result, the child requires round-the-clock care for the rest of his life as a result of this needless car accident.

Before trial the drunk driver had pleaded guilty to DUI involving serious bodily injury and was sentenced to five years in state prison to be followed by 10 years probation. Of course, when the drunk driver who caused this accident completes his punishment, this child will still be suffering and unable to lead a normal life. His mother described the emotional outbursts and violent behavior that plagues her son. There will never be an end to this victim's life sentence.

# *In what ways did alcohol impact the people mentioned in this story?*

- [A child's life and future were destroyed, friends and family are grieving for the child, who will never be the person he could have been, the driver will have to live with the guilt of the accident.]
- consequences/choices

# Focus:

## Kentucky Bus Crash: A Legacy of Hope

DRIVEN magazine, Spring 1998

It's a factor in the marriage of the blended family of Lee and Dotty Williams. It's why Janey Fair now spends her days helping drunk driving victims - in her community of Hardin County, Kentucky, and in communities nationwide. "It" is the infamous Kentucky bus crash: the worst alcohol-related traffic crash in U.S. history.

On May 14, 1988, a school bus full of children, teens, and chaperones traveled down Interstate 71 to Radcliff, Kentucky, on the way home from a church outing at a Cincinnati amusement park.

But in the town of Carrollton, Kentucky, a drunk driver, heading the wrong way down the highway in a pickup truck, slammed into the bus head on. The bus burst into flames, killing 24 young people and three adults. Thirty other people were injured. The pickup driver, Larry Mahoney, was a repeat drunk-driving offender. He survived, sustaining only minor injuries. His blood alcohol concentration (BAC) was .24 percent: substantially more than the legal limit in Kentucky.

In just a few terrible moments, more than 57 families were shattered, and an entire community was in shock. Some lost sons and daughters, brothers and sisters, parents and countless friends; others now had to help surviving loved ones recover from injuries and trauma.

Many of the people traumatized by the Kentucky Bus Crash have spent the last decade rebuilding their lives through the hard work of emotional, and for some, physical healing. They have met, worked together, and even fallen in love with each other. They are "average people" with inspiring, exceptional stories: stories about coping with heart-wrenching loss, giving selflessly to build safer communities and find a way back to hopefulness.

# In what ways did alcohol impact the people mentioned in this story?

- [Children lost their lives, friends and family are grieving for those who died, people were injured and had to recover, the driver will have to live with the guilt of the accident, the survivors of the crash have to cope with and recover from the trauma of the accident.]
- Warning (graphic images)
  - Jacqueline Saburido



# Background Information

- *We know that alcohol is a depressant drug.*
- *It can depress one's ability to be alert and use good judgment.*
- *It can depress physical skill, vision, and coordination.*
- *Alcohol use can also depress inhibitions and increase anger and the likelihood of violence.*

# Ways to prevent drinking and driving



## **I Took The SoberDrivers Pledge**

**I have pledged to always drive sober.**

**By taking this pledge, I also agree that ...**

- 1. I will never willingly allow friends, family, or coworkers to drive drunk.**
- 2. When I drink I will always know my available alternatives to driving and I will ensure those around me do too.**
- 3. When I drink, I will make a plan and stick to the plan.**

# Here are 8 ways that you can help fight the war on drunk driving starting from your home.

## **1. GET THE FACTS DRINKING AND DRIVING KILLS:**

**Even if you never drink and drive, alcohol impaired driving is still your problem—because you share the road with others.**

## **2. DECIDE FOR YOURSELF:**

**It is important that each of us makes a rational decision about drinking and driving. The law protects under 18s from alcohol, as it is actually a potential killer drug.**

**3. DO YOU UNDERSTAND blood alcohol levels and how and why they affect a drivers competence? Even the average social drinker may sometimes drink himself or herself into trouble. One drink leads to another ,so decide not to mix driving with alcohol.**

**4. BE A RESPONSIBLE HOST:**

**Never send your friends out onto the road at the end of a party, after drinking alcohol. Plan to have plenty of non-alcoholic drinks available. Have plenty of food. Plan who is going to drive home-someone who will not drink alcohol, nor take drugs. Arrange to call a taxi, organize a car pool.**

## **5. FIGHT FOR TOUGHER LAWS AND REAL PUNISHMENTS SPEAK OUT:**

Many YAERD (Young Adults Educating Responsible Drinking) members have experienced a severe sense of injustice from the United States legal system heaped upon their grief and physical suffering. We have repeatedly called for:

**A: Stronger enforcement of existing laws**

**B: Maximum use of existing penalties**

**C: Tougher overall drink/drive laws.**

## **6. REPORT A BAD DRIVER:**

If a persistently drunk, or disqualified driver, cannot stop him/herself driving then it is time for the public to act. Inform local law enforcement when you see a possible drunk driver-or a dangerous or disqualified driver-at the wheel. It will be too late after he/she has killed or been killed. Victims families live with the knowledge that had there been no criminal driving there would have been no death.

**7. FOR YOUR FAMILY, YOUR FRIENDS, and YOUR NEIGHBOURS SET AN EXAMPLE:**

**Persuade people that drink-driving is Socially Unacceptable. Actions speak louder than words. Your behavior will clearly support your outrage at this preventable homicide on our roads. Never drive after drinking alcohol or taking drugs.**

**8. BE A TRUE FRIEND:**

**Most problem drinkers and drug-takers deny their problems, their fear, their anger, their guilt; and they deny that their impaired driving is a criminal act. If you really want to help when you see your friend has been drinking and wants to drive, say NO! When your mind tells you that your friend is capable of blatantly killing other road users, Say SO! If you're convinced that he or she needs help- Say So Now!**

# Blood Alcohol Content (BAC)

- Measuring BAC
- **Blood Alcohol Content Basics**
  - As a person drinks alcohol, a certain percentage of alcohol enters the bloodstream.
  - As the percentage increases, functionality is impaired.
  - As time passes, the alcohol is processed by the body and the concentration is reduced.
    - Blood alcohol content is affected by four factors:
      - how much one drinks
      - the amount of alcohol intake. For the purposes of measuring alcohol intake, 1 drink is said to be equal to either 1 oz. of 100-proof liquor, 5 oz. of table wine, or 12 oz. of regular beer.
      - the weight of the drinker and
      - the passage of time.
- The 240 pound man who drinks two beers over the course of a football game (3–4 hours) is in a much different state of functionality than a petite woman who weighs 100 pounds and tosses off 2 shots, one after the other.



# Effects of Alcohol at Different Levels of BAC

When ingested, the intoxication levels gradually increase with an increase in blood alcohol content.

## 1. Euphoria:

- This is the initial stage of intoxication, characterized by BAC level at 0.03 to 0.12%. In this phase, person is much more relaxed, over confident and appears without any inhibitions.

## 2. Lethargy:

- In this phase, BAC ranges from 0.09 to 0.23%. The person starts losing body balance, his vision gets blurred and appears sleepy.

## 3. Confusion:

- BAC gets increased at 0.17 to 0.28%. Name of this phase rightly denotes the status of the subject as he appears intense in his emotions and feelings. Dizziness and Nausea are peculiar features of this stage.

## 4. Stupor:

- This stage is marked by the BAC count ranging from 0.25 to 0.39%, where persons impaired start losing and again gaining consciousness at frequent intervals. Due to this feature, there is high amount of risk of coma.

## 5. Coma:

- BAC ranges from 0.35 to 0.50%. Patient becomes unconscious, body reflexes become poor, there is drop in pulmonary beats with decrease in breathing.

## 6. Death:

- BAC exceeds the mark of 0.50%. This is a very fatal stage marked by Central Nervous System failure, which ultimately leads to death.

# Blood Alcohol Content

- Your **BAC** (Blood Alcohol Content) is the percentage of your blood volume that is alcohol. The more you drink, the more your BAC increases. As BAC increases, alcohol's effects become less pleasant and more dangerous. The rate at which a person's BAC rises varies depending on:
  - The number of drinks consumed (The more consumed, the higher the BAC)
  - How quickly drinks are consumed (Alcohol consumed more quickly raises the BAC higher than when drinks are consumed over a longer period of time)
  - Your gender (Women generally have less water weight and more body fat per pound than men. Because alcohol doesn't go into fat cells as easily, more alcohol remains in a women's body.)
  - Your weight

# BAC LEVELS

.02% to .04%	Lightheaded - Mildly relaxed, mood may be mildly intensified
.05% to .07%	Buzzed - Feel warm and relaxed, good moods are better and bad moods are worse, euphoria, may talk louder/act bolder than usual
.08% to .10%	Legally Impaired - May slur speech, balance/motor skills become impaired, sight/hearing ability clearly diminished, judgement/self-control impaired, may take poor/risky sexual choices.
.11% to .15%	Drunk - "High," balance very impaired, judgement, memory and motor skills impaired, may forget how many drinks you have had past this point, men may have trouble functioning sexually.
.16% to .19%	Very Drunk - Euphoria may give way to unpleasant feelings (depression), difficulty talking/walking/standing, sharp increase in chances of physically injuring yourself or others, may experience a blackout at this level or higher, nausea, dizzy, blurred vision.
.20%	Confusion and Disorientation - May need help to stand or walk; if you hurt yourself, you probably won't realize it because the alcohol has numbed your pain and your judgement is so impaired you might not do anything about it; nausea and vomiting common, getting very dangerous because gag reflex is impaired, so you could choke if you do throw up (especially if you black out).
.30%	Stupor - Likely to pass out involuntarily (as opposed to lower BAC's where you may decide to stop drinking and go to sleep); if pass out, may be difficult for others to wake you; possible to die from alcohol poisoning or choking on vomit at this level and higher
.35%	Equivalent to general anesthesia, breathing may stop.
.40%	Coma likely, breathing and heartbeat slowed to dangerous levels due to slowdown in nerve activity.

Year	Fatalities in IC				
	Tot	Alc-Rel	%	0.08+	%
1990	1,385	644	46	575	42
1991	1,369	600	44	547	40
1992	1,265	567	45	502	40
1993	1,389	529	38	459	33
1994	1,431	535	37	473	33
1995	1,448	501	35	443	31
1996	1,494	546	37	471	32
1997	1,483	545	37	472	32
1998	1,596	581	36	506	32
1999	1,505	573	38	491	33
2000	1,557	614	39	533	34
2001	1,530	536	35	458	30
2002	1,576	592	38	527	33
2003	1,531	554	36	474	31
2004	1,557	553	35	496	32
2005	1,534	549	36	484	32
2006	1,558	490	31	420	27
2007	1,675	570	34	487	29
2008	1,433	500	35	423	30
2009	1,314	430	33	363	28

# Myth: It's easy to beat a DWI in North Carolina

- Fact: In fact, North Carolina's DWI laws are difficult to defend against. That's because North Carolina has adopted a "relevant time" standard allows the State to use a BAC of .08 or above taken at "any relevant time" after the driving to show that the person was impaired at the time of driving.

# Myth: DWIs are often reduced to less serious offenses

- Fact: In most counties, including Wake County, District Attorney almost never reduce a DWI down to a less-serious offense as part of the plea-bargaining process. In part, the result is crowded courtrooms since the lack of plea offers encourages defendants to fight the case.

**Myth: People who kill someone while drunk driving get off easy.**

- **Fact: In North Carolina, someone who kills another person while drunk driving faces any number of very serious charges, including Second Degree Murder.**

# Independent Practice:

- Complete one of the following options:
- Bring in a newspaper, internet, or magazine article related to alcohol and write a synopsis of the article discussing how alcohol contributed to the incident or affected the people mentioned in the article.
- Compile a list of things you have in your life that protect you from alcohol.
- Name the four people in your own life who would be affected if you drank alcohol and how. Evaluate if drinking would be worth hurting each of those individuals.