

# STAND OUT POUR IT OUT.

CRASH

COURSE

ON

ALCOHOL

Alcohol is a liquid substance produced by the natural fermentation of sugars. It has no color, and is the intoxicating ingredient of drinks like wine, beer, spirits, and others. Some varieties are also used as fuel or industrial solvents.

There are three main kinds of alcohol:

## ISOPROPYL

(a.k.a. rubbing alcohol); mostly used for sterilization and cleaning. It is common in everyday cleaning products and helps with disinfecting things.

## METHYL

(sometimes referred to as wood alcohol); used often in manufacturing and to fuel boats, cars, and other vehicles.

## ETHYL

(grain alcohol) is produced through fermentation of different sugars, yeast, and starches. It has been consumed as a recreational drug for thousands of years. This is the type of alcohol used in drinks.

When someone consumes excessive amounts of ethyl alcohol, they become intoxicated or drunk. Alcohol works as a central nervous system depressant that slowly affects every organ in the consumer's body, compromising their mental and physical functions and altering their mood and behavior. It impairs coordination and judgment.

Though there are different concentration levels of alcohol depending on the beverage, it is the amount consumed that will affect a person most, not the drink. Abusing alcohol through binge drinking or heavy drinking can lead to a multitude of health problems and alcohol addiction; withdrawals from such addictions can be potentially fatal.

Pour it out: Help your friends understand what alcohol is and why it's dangerous.

