

YOUTUBE -ISE II

LISTENING 3

TASK 1 The speaker describes the reasons and consequences of binge drinking and then gives solutions to the problem. - (or words to that effect)

TASK 2

- Binge drinking: serious issue, excessive alcohol in short time frame, prevalent among youth.
- Consequences severe: alcohol poisoning, accidents, violence, long-term health risks, mental health problems.
- Significant dangers: alcohol poisoning, fatal, symptoms include confusion, vomiting, seizures, loss of consciousness.
- Associated with negative outcomes: accidents, injuries, violence, sexual assault, domestic violence, traffic deaths.
- Long-term health risks: liver disease, high blood pressure, cancer, mental health issues, suicide.
- Societal pressures: alcohol glamorized, seen as essential, availability contributes to prevalence.
- Education crucial: schools, parents must teach about dangers, responsible drinking, addiction risks.
- Limiting alcohol availability: raise prices, restrict sales, reduce outlets, regulate sale times.
- Support essential: counseling, treatment programs, support groups for addiction recovery.
- Collaboration needed to combat binge drinking, create safer, healthier society for everyone.

How many points would you give yourself?

1.	2.	3.	4.	5.	6.	7.	8.

## Tapescript

Binge drinking is a serious and growing problem in today's society. Binge drinking is the consumption of large amounts of alcohol within a short period of time. It is defined as drinking five or more drinks for men or four or more drinks for women in a two-hour period. Binge drinking is often associated with college students, but it is becoming increasingly prevalent among young adults and teenagers.

The consequences of binge drinking can be severe and can impact not only the individual but also society as a whole. One of the most significant dangers of binge drinking is the risk of alcohol poisoning, which can be fatal. Alcohol poisoning occurs when the body's alcohol content reaches toxic levels, and the brain and other organs begin to shut down. Symptoms of alcohol poisoning include confusion, vomiting, seizures, and loss of consciousness.

Binge drinking also increases the risk of other negative consequences, such as accidents, injuries, and violence. According to the National Institute on Alcohol Abuse and Alcoholism, nearly 40% of all traffic-related deaths are alcohol-related. Binge drinking also increases the risk of falls, burns, and drownings. In addition, binge drinking is associated with sexual assault and domestic violence.

Binge drinking also has significant long-term health consequences. Chronic binge drinking can lead to liver disease, high blood pressure, heart disease, and stroke. It can also increase the risk of cancer, including breast, liver, and colon cancer. Binge drinking can also lead to mental health problems such as depression, anxiety, and suicide. Despite the dangers of binge drinking, it remains a prevalent problem in our society. One reason for this is the societal pressure to drink. Alcohol is often seen as a necessary part of social gatherings, and individuals who choose not to drink may be seen as outcasts. In addition, alcohol is often glamorized in the media, with movies and television shows portraying drinking as a fun and carefree activity.

Another reason for the prevalence of binge drinking is the availability of alcohol. Alcohol is readily available at bars, restaurants, and convenience stores, and it is often marketed to young adults with colorful packaging and catchy slogans.

To address the problem of binge drinking, it is essential to educate individuals about the dangers of excessive alcohol consumption. This education should begin in schools, where students can learn about the negative consequences of binge drinking and the importance of responsible drinking. Parents also have a critical role to play in educating their children about the dangers of alcohol and modeling responsible behavior.

Another important strategy for addressing binge drinking is to limit the availability of alcohol. This can be done through policies such as increasing the price of alcohol, limiting the number of alcohol outlets, and restricting the sale of alcohol to certain times of the day or week.

In addition, it is essential to provide support and resources for individuals who struggle with alcohol addiction. This includes access to counseling and treatment programs, as well as support groups such as Alcoholics Anonymous.

In conclusion, binge drinking is a serious and growing problem in our society. It poses significant dangers to individuals and society as a whole. By working together, we can reduce the prevalence of binge drinking and create a safer, healthier society for all.