

Many people these days abuse alcohol like drinking every day or drinking too much at a time. Alcohol abuse can harm your relationships, cause you to miss work, and lead to legal problems such as driving while drunk. Teens may abuse alcohol for many reasons. They may do it because:

- They want to fit in with friends or certain groups.
- They like the way it makes them feel.
- They believe it makes them more grown up.

Teens tend to try new things and take risks, so they may drink alcohol because it seems exciting. (<http://www.webmd.com/mental-health/alcohol-abuse/tc/teen-alcohol-and-drug-abuse-topic-overview>)

An alcohol rehab center is the best possible option we can get when it comes to resolving the drinking habit. These alcohol rehab centers have various programs and treatment options for those suffering from this type of addiction. A majority of the treatment centers offer two form of treatment which is basically inpatient and outpatient. There is not a very big difference between the two and the only difference is that while inpatient treatment deals with treatment at the center itself, outpatient treatment allows the individual to go about his/her daily life reporting only for treatment s and counselling. (<http://alcoholrehabsite.net/how-does-an-alcohol-rehab-centre-help.php>)

Questions: (Express your Ideas)

- 1. Why do people abuse alcohol?**
- 2. In what age group does alcohol abuse most common in your country? Why?**
- 3. How much is the average alcohol intake in a day for both men and women in Japan?**
- 4. What are the signs that a person is an alcohol-dependent?**
- 5. Do you think it is necessary to send an alcohol-dependent person to a rehab center? Why?**
- 6. Does the family have an important role in the patient's care? Why?**