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## Drinking And Driving: a Serious And Deadly Crime

Driving and drinking is among the worst habits practiced by people all over the world. People think that it is okay to drive themselves somewhere or even to their homes after drinking. However, this is one thing that leads to occurrence of accidents on our roads leading to serious consequences. Drinking and driving mostly occurs after partying with friends or even just having alcoholic drinks at a local club in town. Most of the times when someone is under the influence of alcohol, they tend to think that they are invincible. One wrong choice, however, can lead to fatal consequences and should always be addressed and avoided at any and all times. All it takes is one mistake and it can literally cost you or someone else their life.

After having one drink it takes approximately one hour for your body to burn off the alcohol. You can't depend on yourself to be able to drive after an hour because everyone processes alcohol differently and you might even feel the effects long after you've been drinking. Your BAC is based on; your body weight, how much you have had to drink, the amount of food you may have eaten before drinking, the length of time over which you have had alcohol, and the speed at which your own body processes alcohol (once again, everyone's is different). There is no way to make your body burn alcohol faster, eating food, drinking coffee, exercising, or taking a cold shower may make you feel better but they have no effect on the rate that alcohol is processed.

The behavior of drinking and driving may result in various negative and devastating long term effects. For one, it is one of the main causes of accidents that can be fatal. A driver driving under alcohol influence is more likely to cause road accident as compared to a driving under no influence. In case of an accident, death may occur, reportedly in many countries across the world many deaths have occurred due to drinking and driving as a result of accidents. Those who are lucky to survive the accidents may suffer injuries including partial or total disability. Another effect of drinking and driving is the fact that when one is caught driving under alcohol influence then they get a bad record and their reputation is ruined. If one were to hurt another individual in his or her stupidity of drinking or driving, he will have to live and deal with the consequences for the rest of his or her life. Say someone was in the car when the wreck accrued and they got severely hurt or even killed, the driver of the car would feel responsible for that person forever. Even worse if two cars were to collide and one of the cars was being driven by a drunk driver, the sober driver is more likely to be injured. This is because a drunk person's body will remain limp throughout the wreck, where as a sober person will tense up and be more likely to be injured. In the outcome of the wreck if the innocent person is hurt or killed, the drunk person will have to live with that horrible burden for the rest of their life.

Due to the above information, there are many groups of people working very hard to end the problem of drunk driving. This includes a group Called M.A.D.D. (mothers against drunk driving). Another group involves students. It's called S.A.D.D. (students against destructive decisions). The sole mission is to provide people with the best prevention tools possible to deal with the issues of underage drinking, drinking and driving, and impaired and destructive decisions. There are many ways groups such as M.A.D.D and S.A.D.D are working to put an end to these tragedies. These include increasing public awareness through streams of education. Also it includes working with law enforcement and other public officials to have tougher penalties. Lastly they are supporting efforts to develop technology advances that would

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make it impossible for an intoxicated driver to start a vehicle.

Due to the devastating effects that result from drinking and driving, it is vital to consider looking for ways that may reduce or better eliminate incidents of drinking and driving. Furthermore, it is crucial that citizens are fully educated on the effects and consequences of drinking and driving. This way, they understand that driving and drinking is and should not be an option as it can be dangerous and even fatal. Strict laws should be enforced in every country against drinking and driving. Don't let alcohol destroy your life or someone else's. In conclusion, drinking and driving is not right. It is not worth the consequences, and it is not fair for a drunk driver to risk the lives of innocent people. For a solution to drinking in driving, every person who gets caught should have to serve at least one year in jail. Is drinking and driving worth risking your life, the lives of innocent people, and risking your entire future? Do not drink and drive. Drinking before driving is a very bad idea because it puts a person at a massive disadvantage and makes them more likely to cause injury to themselves and to the other people on and off the roads. Alcohol is a depressant and many people lack the skills needed to drive safely when they are sober, so to lower those skills any more than they already are is reckless and shows an extreme disregard for life and the other people on and around the roads. Sentences for drink driving should be increased fivefold and jail time should be given as a default to anybody that drinks and drives.

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