

TOP 5 REASONS TEENS DRINK ALCOHOL

1

To loosen up

- Alcohol can lower your inhibitions, but it is also a mind-altering drug.
- Ethanol (the chemical in alcohol) is a depressant and slows down your ability to think, speak, move, and impairs your judgment.
- When the alcohol begins to alter your behaviors and thinking process, your 'fun' may turn into a nightmare.

There are many other things you can do to relax and have fun without alcohol.

2

To forget problems

- Alcohol does affect your mind and you may 'temporarily forget your problems' but when you sober up your problems will still be there.
- Covering up your problems with alcohol will not solve the issue.
- Did you know that 40% of people convicted of violent crimes had been drinking before or at the time of the event and that 66% of sexual assaults of teens are linked to alcohol? Trying to forget your problems just may lead to other possible issues or consequences.

The faster you deal with the problem without alcohol, the better off you'll be.

3

Everybody does it

- Statistics show that 70% of high school students do NOT drink!
- If you do drink, realize that alcohol affects all of us differently and you never know what you'll do when you're under the influence.
- Did you know that a 12oz. beer, a 5oz. glass of wine, and a shot of liquor has the same alcohol content in them? Even with one drink your body is impaired.
- All too often, people forget the true nature of what alcohol is: a mind altering drug. They get behind the wheel of a car thinking they've only had a "couple of beers" or "just a little wine". By then it's too late.

It's hard to make responsible choices after you start drinking.

4

Peer Pressure

- The facts show that not all teenagers drink.
- Nobody should make you act on something that goes against your morals or beliefs.
- If your friends are true friends, they'll continue to be so even if you don't drink.
- That one refusal to drink may be saving you and others from far reaching negative consequences.

Know how to say **NO** and take the time to practice.

5

Media/Advertisers

- The media and advertisers show you only what they want you to see:
 - a way to have fun,
 - to celebrate special occasions, and
 - to solve your problems
- Unfortunately they don't show the reality of individuals puking their guts out, or crashing their car, or tearing apart their families.
- Alcohol abuse can negatively impact your life and continues to be the number one killer of youth today.

Don't believe the lies you see in the media. Advertisers are targeting you, don't let them fool you.