

**Under 21  
No Alcohol**

**It's Against  
The Law!**

UNDERAGE DRINKING RUINS LIVES.

IN THE KNOW:

# Underage Drinking

*What is the big deal?*

Alcohol is the most commonly abused drug among people aged 12-20 and kills over 5,000 people under 21 each year. It is a dangerous, addictive and deadly drug.

*A Gateway Drug*

Underage Drinkers are more likely to try tobacco, marijuana, and other illicit drugs. Forming an addiction at a young age can lead to a lifetime of problems.



## Physical Effects Of Underage Drinking

- SLOWER REACTION TIME
- POOR COORDINATION
- BRAIN DAMAGE
- NAUSEA / VOMITING
- LOW REASONING ABILITY
- SLOWER HEART RATE
- ANXIETY / DEPRESSION
- MEMORY LOSS
- DEATH FROM POISONING

## Consequences Of Underage Drinking

- SCHOOL ABSENCES
- FAILING GRADES
- ARREST & LEGAL TROUBLE
- PHYSICAL / SEXUAL ASSAULT
- ABUSE OF OTHER DRUGS
- JOB LOSS
- SCHOLARSHIP LOSS
- FIGHTING WITH PEERS
- LOSS OF FRIENDS
- DUI & HARM TO OTHERS



## DRINKING, DRIVING AND DEATH

- Drunk driving is the #1 killer of people under 21.
- Many states have zero tolerance for underage drunk driving. You may lose your license or worse...
- A DUI can result in heavy fines, jail time, and a criminal record.



## WHAT IS BINGE DRINKING?

- Consuming 4 or more drinks rapidly
- 90% of underage drinkers binge drink
- Binge drinkers are 14 times more likely to drive drunk.
- Causes alcohol poisoning and liver disease

## ALCOHOL AND SEXUAL HEALTH

- Abusing alcohol can lead to unplanned, unwanted and unprotected sex.
- Many adolescents make risky sexual decisions while under the influence of alcohol.
- Alcohol is a significant factor in teenage pregnancy, contraction of STIs and sexual assault.

## UNDER 21?

DRINKING IS AGAINST THE LAW!

You could...

- Lose your driver's license
- Pay heavy fines
- Go to jail



# Prevent the Problem

Drinking before 21 years of age puts you at a higher risk of developing alcohol dependency or abuse issues later in life.

## GETTING HELP

Make the healthy, smart choice and stay away from alcohol. If you do drink, talk to a teacher, counselor or doctor and get the help you need to quit.



# You Booze, You Lose!