YOU DON'T HAVE TO DRINK!!

Over the past two decades, rates of underage drinking have come down dramatically.

NOT EVERYONE IS DOING IT

HELP IS AVAILABLE

If you think you may have a problem with alcohol, there are resources available to help you take back control.

ONLINE TREATMENT LOCATOR

WWW.FINDTREATMENT.GOV

NATIONAL HELPLINE

Free, confidential, 24/7, 365-day-a-year treatment referral

1-800-662-HELP (4357). TTY: 1-800-487-4889

TEXT

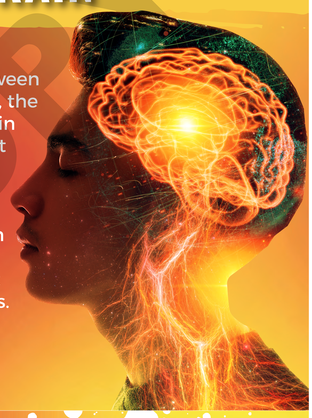
Text your zip code to HELP4U (435748) to find help near you.

WARNING!

Alcohol is the most widely used substance of abuse among youth. A higher proportion of young people use alcohol than tobacco, marijuana, or other drugs.

STOP it now!

UNDERAGE DRINKING AND THE BRAIN



During the transition between childhood and adulthood, the brain grows and changes in many important ways that are crucial.

When teens and young adults drink alcohol, it can interfere with brain development in ways that affect the rest of their lives.

TEEN DRIVERS HAVE A MUCH HIGHER RISK OF BEING INVOLVED IN A CRASH THAN OLDER DRIVERS AT THE SAME BLOOD ALCOHOL CONCENTRATION (BAC), EVEN AT BAC LEVELS BELOW THE LEGAL LIMIT FOR ADULTS.

PROTECT YOUR FUTURE

Adults 26 and older who began drinking before age 15 are 3.5x more likely to report having a problem with alcohol within the past year than those who waited until age 21 or later to begin.

IT'S ILLEGAL

UNDER 21? DRINK AND YOU COULD:

- Lose your license
- Pay a fine and be forced to do community service
- Go to jail

DRINK UNDERAGE

AND YOU ARE MORE LIKELY TO SUFFER:

- Academic and social problems
- Physical and sexual violence
- Memory problems
- Disrupted sleep

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