

Stay in Control. Stay Alcohol-Free.

The Facts



About 4,000 teenagers die from excessive alcohol use each year



Alcohol use leads to slower brain development



Drinking can make teens more likely to experience or take part in violent situations



Drinking makes it harder for the brain to recognize dangerous situations

What Can You Do?

There is always someone to talk to

- Coaches
- Teachers
- Counselors

It's ok to say **NO**



Still enjoy social activities, just **ditch the drink**

Your Mental Health Matters

Teens use alcohol to treat underlying feelings of depression and anxiety



Alcohol can numb problems for a moment, but it can't make them go away

Your future is worth protecting!

Further Resources

Centers for Disease
Control and Prevention.
“Underage Drinking.”

*Centers for Disease
Control and Prevention*



National Institute on Alcohol
Abuse and Alcoholism.
“Underage Drinking.” *National
Institute on Alcohol Abuse and
Alcoholism, National Institutes of
Health*



National Institute on Alcohol
Abuse and Alcoholism. “Alcohol
and the Adolescent Brain.”
*National Institute on Alcohol
Abuse and Alcoholism, National
Institutes of Health*



Horizon Services. “Healthy
Alternatives to Alcohol and
Drugs.” *Horizon Services*

