

# Alcohol Facts



~~~~~D.A.R.E. Lesson 4~~~~~

- Alcohol is **illegal** for anyone **under 21!**
- Alcohol **goes directly into your bloodstream** and can increase your risk for a variety of diseases.
- Alcohol **can damage every organ** in your body. Alcohol kills your brain cells. Once they're gone, you can't get them back!
- Even if you are not drinking, and you are with other people who have been drinking alcohol, there is an **increased risk of injury** to you, including car crashes and violence. **DON'T get into the car if the driver has been drinking alcohol!**
- Too much alcohol (alcohol abuse) can slow down your body and can lead to coma and death.
- Alcohol **slows down the brain** and body. Examples are:
  - Loss of Coordination and Self-Control
  - Slowed Reflexes and Poor Judgment
  - Slurred Speech and Memory Lapses
- **Mixing alcohol with medicine/drugs is very dangerous** and can kill you the first time.
- Per serving, a beer, a shot of liquor or glass of wine all contain about the same amount of alcohol.
- **Alcohol affects the growing body of a teenager more severely** than the body of an adult! Most teens DO NOT drink alcohol!
- The BEST CHOICE to drinking alcohol is to say NO!!!

