

Think before you drink

It's just one drink. No big deal? Think again.
The effects of drinking start with the first drink.

It's **illegal** for people under age 21 to drink alcohol.

Drinking alcohol gives you **bad breath**, and can make you gain weight.

Alcoholism is a **disease**. If someone in your family is an alcoholic, you have a higher chance of becoming an alcoholic.

It's **deadly**. Alcohol is involved in almost half of all motor vehicle deaths, one of the most common causes of death among teens.

Using alcohol can **ruin** your eligibility in activities and sports.

Alcohol companies spend a lot of money on **ads to make you want to drink**. Most people your age see 1,000 to 2,000 alcohol ads a year. Alcohol ads aren't supposed to help you make good decisions. Alcohol ads are meant to sell more alcohol.

If you get caught drinking you could lose your driver's license, get fined or go to **jail**.

When you drink, even a little bit, you are more likely to make **bad choices** and do things that you will later **regret**.



Drinking can cause **hangovers**, including headaches and vomiting.