

# Alcohol: Know the Facts

Alcohol is the most commonly used substance among young people in the U.S., but MOST teens choose NOT to use alcohol. Here are some reasons why:

## Alcohol & The Brain

- Alcohol use can lead to poor decision making skills, increasing the possibility for dangerous or risky behaviors
- Alcohol use can lead to memory loss
- Alcohol use during the teen years greatly increases the chance of developing an addiction as an adult
- Teens are more likely to binge drink, which can lead to alcohol overdose or poisoning



## Ways to say "No" or Avoid Alcohol

- Keep yourself busy by listening to music, dancing, laughing or engaging in conversation
- Put something else in your cup like seltzer or water
- Use sports, extra curricular activities, or goals as an excuse not to drink
- Find strength in numbers - be with friends you can trust



Learn more at NIDA for Teens: <http://teens.drugabuse.gov/>