

Alcohol



Don't Drink and Drive



Overdose Signs & Symptoms



**Shallow
Breathing**



Hypothermia



Vomiting



**Loss of
Consciousness**



Seizures

Consequences of Alcohol Use



**Impaired Brain
Development**



Liver Damage



**Increased risk of
injury**



**Alcohol
Poisoning**



Underage Drinking Is a Serious Problem

- Most widely used substance among youth in the U.S.
 - 20% of youth (ages 14–15) have had at least one drink.
 - 5.6 million youth (ages 12–20) drank more than “just a few sips” in the past month.



What Counts as One Standard Drink?

Drink Type	Serving Size	Alcohol Content
Beer	12 oz	5%
Wine	5 oz	12%
Liquor	1.5 oz	40%



How Alcohol Affects Your Body and Brain

- Impaired brain development in teens
- Poor decision-making and risky behavior
- Alcohol poisoning and liver damage
- Injuries from accidents or violence



Do NOT Drink and Drive

- Legal consequences:
 - fines
 - jail time
 - license suspension
- It's never safe, even after “just a few drinks”



Alcohol Overdose Warning Signs

- Vomiting
- Shallow breathing
- Seizures
- Hypothermia
- Loss of consciousness



Call 911 immediately if you suspect an alcohol overdose.



Stay Safe

- Know what a “drink” really means
- Understand how alcohol affects your body
- Don't let peer pressure affect your choices
- If someone is drinking, look out for the signs of danger