



Facts About Alcohol All Teens Should Know

Teens encounter alcohol on a more regular basis than adult would like to imagine, and they should know the following important facts. Teens are more likely to avoid substance use when they know how various substances affect their bodies. Local data suggests that there is a drop off in parent-teen conversations about alcohol in 11th and 12th grades. Here are some facts teens should know:



Alcohol affects your brain.

Drinking alcohol leads to a loss of coordination, poor judgment, slowed reflexes, distorted vision, memory lapses, and even blackouts.



Alcohol affects your body.

Alcohol can damage every organ in your body. It is absorbed directly into your bloodstream and can increase your risk for a variety of life-threatening diseases, including cancer.



Alcohol affects your self-control.

Alcohol depresses your central nervous system, lowers your inhibitions, and impairs your judgment. Drinking can lead to risky behaviors, such as driving when you shouldn't, or having unprotected sex.



Alcohol can kill you.

Drinking large amounts of alcohol at one time or very rapidly can cause alcohol poisoning, which can lead to coma or even death. Driving and drinking also can be deadly. In 2011, 20 percent of teen drivers who died in traffic accidents had been drinking alcohol. While the number of teens who drink and drive has dropped over recent years, 9.3% of Ohio high school teen drivers still report doing so.



Alcohol can hurt you – even if you're not the one drinking.

If you're around people who are drinking, you have an increased risk of being seriously injured, involved in car crashes, or affected by violence. At the very least, you may have to deal with people who are sick, out of control, or unable to take care of themselves.