

# inspired

[to make healthy choices]

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## Teens and Alcohol

**ALCOHOL** is the  
**#1 drug of choice**  
for teens and  
young adults,  
more than tobacco and  
all illicit drugs combined.

(SAMHSA)

## Alcohol Damages The Teenage Brain

and puts youth at risk for a variety of health & safety concerns.

The human brain *doesn't fully develop* until age 23 - 25. (NIH)

Studies of adolescent alcohol use indicates weaknesses in the areas of:

- attention
  - processing information quickly
  - spatial skills
  - learning & memory
  - complex behaviors  
i.e. planning and problem solving
- (NIAAA)

**MOST TEENS DO NOT  
DRINK ALCOHOL**

Misperceptions that "everybody's drinking" actually make youth more likely to drink.

Teens are less likely to drink alcohol when they realize that a majority of their peers are NOT drinking. (SAMHSA)

The under-developed *decision-making part of the brain*, combined with impaired judgement, puts drinking youth at **higher risk** for:

**Accidents & Fights**  
**Depression & Suicide**  
**Sexual Assault**  
**Other Substance Abuse**

(NIDA)

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