

inspired

[to make healthy choices]

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Busting Myths About Alcohol

Help prevent underage drinking and alcohol use disorders by learning and sharing the realities of alcohol!

Common misperceptions about alcohol use perpetuate social norms that can lead to health consequences and harmful impacts on communities.

Learn the **reality** behind each **myth** and help spread the word!

The **Myths** and **Realities** of Underage Drinking

Myth: “Having a few drinks will help me relax after a long, stressful day.”

Reality: Alcohol actually produces an increase in cortisol, also known as a stress hormone. (Verywell)

In addition, alcohol is a depressant on your central nervous system, which is why it doesn't provide the pick-me-up most people expect. (U.S. News)

Myth: “It's safe for my child to drink in my home. Teens who try alcohol under their parents' watch are less likely to do it outside the home.”

Reality: Supplying alcohol to minors actually increases the risk for continued drinking in the teenage years and leads to subsequent problem drinking later in life. (Partnership to End Addiction)

Parents are the #1 influence on a teen's decision to remain alcohol- and drug-free.

Myth: “I don't have a problem with alcohol. I consume all of my drinks on the weekends and am fine when I return to work on Monday.”

Reality: Binge drinking refers to consuming a significant amount of alcoholic drinks in a single setting – 4 or more by women and 5 or more by men. (American Addiction Centers)

Regardless of when heavy consumption occurs, there could be a problem. If your pattern of drinking results in repeated significant distress and problems functioning, you likely have alcohol use disorder. (Mayo Clinic)

Myth: “I can drive after drinking as long as I don't feel drunk. Besides, I can have a coffee or shower to sober up if I need to.”

Reality: Even a small amount of alcohol can impair your judgment, visual functions, coordination and more. (CDC)

Only time can make you sober again. If you have been drinking alcohol, get a ride home via a ride share service or call a taxi. Also, never allow another person to drive you who has been drinking.

If you think you may have a problem with alcohol, please contact the Georgia Crisis and Access Line (1-800-715-4225) for immediate, free and confidential support 24/7 to individuals seeking routine or crisis services.

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