

Save Brains

Alcohol damages the teenage brain!

DID YOU KNOW?

The human brain takes **23-25 years** to fully develop, which is why it's so important that youth don't drink underage.

Most alcoholics in America began drinking before age 18.

Alcohol has *serious effects* on many parts of the brain.

An effect of alcohol in the **Frontal Lobe** is impairment in emotional functioning including **loss of reason, caution, rationality and typical thought processing.**

When alcohol interacts with the **Prefrontal Cortex**, which is responsible for regulating behavior, **teens may act impulsively and engage in risky behaviors.**

Alcohol weakens the stress negotiator in the **Hypothalamus**, which may affect the brain's **ability to appropriately respond to mental or emotional strain or tension.**

The ethanol in alcohol has a toxic effect on the **Cerebellum**, which **decreases motor function and reaction time.**

If alcohol damages the **Hippocampus**, it can be **difficult to learn and retain knowledge.**

The depressant effects of alcohol on the **Medulla** are often responsible for **alcohol poisoning and overdose fatalities.**



Parents are the **#1** influence in a teen's decision **NOT** to drink.

Head over to guideinc.org/pledge to make the pledge!

Keep youth in your community safe by honoring underage drinking laws and not serving alcohol to minors!