



TEEN'S GUIDE TO **ALCOHOL**

WHAT IS ALCOHOL?

Alcohol is a depressant drug that is illegal for anyone under the age of 21.

HOW DOES IT AFFECT ME?

If you are under the age of 26, your brain is still developing and growing. Drinking alcohol:

- Affects the development of the frontal lobe of your brain, responsible for planning, organizing, short-term memory, cognitive control, and decision making.
- Interferes with the connections being formed in your brain that tell you what is important and what feels good to you.
- Increases the risk for dependence on alcohol and other drugs throughout your life.



Only **12%** of Sacramento County high school freshmen have had alcohol in the last month.

**IF YOU DON'T WANT TO DRINK,
YOU AREN'T ALONE!**



TALK WITH YOUR PARENTS

ABOUT THE EFFECTS OF ALCOHOL



WHAT DO I DO?

- Your mental health is important! Talk to a trusted adult about ways to take care of yourself instead of turning to alcohol.
- Hack the happiness chemicals in your brain! Find ways to do what you enjoy doing and challenge yourself! Check out [YouthLinkSac.org](https://www.youthlinksac.org) for ideas.
- Text or call a support line to talk about stress, feeling misunderstood, or overwhelmed, such as California Youth Crisis Line [800-843-5200](tel:800-843-5200).

GET INVOLVED

Concerned about this issue? Want to get involved? Join:

Sacramento County Coalition for Youth as a youth ambassador
[SacramentoCCY.org](https://www.sacramentoCCY.org)

Be Bothered Movement as a youth advocate
[BeBotheredMovement.org](https://www.BeBotheredMovement.org)

RESOURCES

NIDA For Teens

For videos, blog posts, and drug facts

[Teens.DrugAbuse.gov](https://www.nida.nih.gov/teens-drug-abuse)

Reach Out

For tips on how to relax, info on specific mental health disorders, and resources to help make safe plans when feeling suicidal

[AU.ReachOut.com](https://www.AU.ReachOut.com)

National Institute on Alcohol Abuse and Alcoholism

For facts on alcohol's effects on health

[NIAAA.nih.gov](https://www.NIAAA.nih.gov)