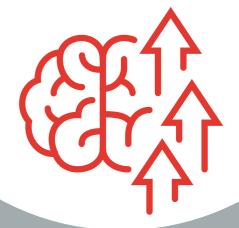
MAKERS® TOMORROW

ALCOHOL IMPACTS YOUR LIFE!

SAY NO TO UNDERAGE DRINKING.





THINK BEFORE YOU DRINK!

The effects of underage drinking are serious because your brain is still developing, and you are still learning how to navigate life with all its potential choices.



Underage drinking has negative effects on your brain, body, mind, relationships, studies, and future.

UNDER CONSTRUCTION!

Your brain is not fully developed as an adolescent and drinking alcohol at a young age can damage the part of your brain which helps you to learn and remember things.



ONE SIP, BIG SLIP!

Drinking at a young age not only
interrupts the growth of your
brain but could also lead you to
 make bad choices which can
 change the rest of your life.



IT'S MORE THAN JUST A HANGOVER!

In fact, drinking before you are
18 impacts your whole life in
ways you may not notice or have
even thought about.



Given the negative effects alcohol can have on your life, especially when you are young, the best choice you will ever make is to say NO to underage drinking.



HELP CONTACT DETAILS

If you need help to say NO to underage drinking, speak to a parent, older sibling, family member or adult you trust.

Department of Social
Development Substance
Abuse Helpline:
0800 12 13 14
(24 hours toll free)

SMS: 32312

Ke Moja Substance Abuse WhatsApp Helpline: 087 163 2025 South African
Depression and Anxiety
Group (SADAG):
011 234 4837
(8am to 8pm)
www.sadag.org





MAKERS® TOMORROW





Drinking alcohol can be addictive and lead to long-term health problems.



Drinking too much alcohol can even lead to alcohol poisoning, which can be life-threatening.



Drinking too much alcohol can make you sick, with symptoms like vomiting and stomach pain. Part of your brain tells your body when there is something dangerous in your blood. When there is too much alcohol in your blood, your body tries to protect itself by vomiting to get rid of the alcohol.



Remember, if you want to keep your skin looking healthy and glowing, it's best not to drink alcohol at all.



Drinking alcohol makes the brain slow down, which can cause confusion, making it difficult for you to speak and see, and even making it difficult for you to move.



Drinking alcohol causes changes at the back of the brain which leads to problems with movement and balance. So, even playing your favourite sport can become harder.

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