

**MAKERS^{OF}
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.



BRAIN DRAIN ALERT!

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.

POWER MOVE: SAY NO!

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

aware!org
association for alcohol responsibility and education

Pick n Pay
School Club

MAKERS^{OF} TOMORROW

DID YOU KNOW?



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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