

Alcohol

THE SOBERING TRUTH ABOUT ALCOHOL

Know the MYTHS

MYTH

It's ok because I only drink once in a while.

IT DOESN'T MATTER IF YOU ONLY DRINK ONCE IN A WHILE, IT PUTS YOU AT RISK

Binge drinking can cause serious problems.

MYTH

Everyone is doing it!

67% of HIGH SCHOOL STUDENTS in Vermont HAVEN'T USED ALCOHOL IN THE PAST 30 DAYS

MYTH

All alcohol is the same.

A 12 ounce **BEER** is about 5% alcohol.
CRAFT BEER is stronger than beer.
WINE is stronger than craft beer.
HARD LIQUOR is stronger than wine.

MYTH

It can't hurt me.

Alcohol use can make you feel depressed, anxious, or act aggressively. It can affect your grades and school work.

It also increases your chances of being the victim of a crime.

MYTH

There are no long-term effects.

ANY ALCOHOL USE AFFECTS YOUR BRAIN AND HOW IT DEVELOPS.

It increases your risk of alcoholism when you become an adult.

MYTH

But I'm not hurting anyone!

It can cause harm to the people around you and the people who care about you.

It's ok to talk about it and to have questions. If you are wondering about your alcohol use or just want to talk, you can call the Substance Abuse and Mental Health Services Administration (SAMHSA) 24 hours a day, 365 days a year. It's a free helpline in English or Spanish at 800-662-HELP (4357)