

underage drinking
isn't cool.

I know that there are many consequences to underage drinking. Problems at school like missed classes and failing grades; legal problems such as hurting someone while drunk or arrested for driving under the influence; and a higher risk of injuries such as from fights, falls, and drowning. It is important to me to be my best self not only for my future, but because others look up to me. Underage drinking is not for me.

GOING TO THE MOVIES

– favorite quotes
from the silver screen

“I know what I have to do
now. I've got to keep
breathing because tomorrow
the sun will rise. Who knows
what the tide could bring?”
– from *Cast Away*

“It is not our abilities that show what
we truly are. It is our choices.”
– Dumbledore, from *Harry Potter
and the Chamber of Secrets*

BECAUSE I AM A ROLE MODEL.



what's your reason?

Funded in whole or in part by the Illinois Department of Human Services,
Division of Substance Use Prevention and Recovery through a grant from the
Substance Abuse and Mental Health Services Administration.

underage drinking
isn't cool.

I am a work in progress. I know deep down that I have a special purpose in life. That requires smarts and skills. My brain is under construction and I'm improving my skills every day. That is what I think is cool.

Drinking alcohol now will definitely risk my progress. Youth who drink alcohol are more likely to experience memory problems, social problems like fighting and lack of participation in activities, and legal problems. My potential is worth more than the risk of underage drinking.

GOING TO THE MOVIES

– favorite quotes
from the silver screen

Do, or do not.
There is no "try".
– Yoda, *The Empire Strikes Back*

"Sometimes it is the people who no one
imagines anything of who do the things
that no one can imagine."
–Alan Turing, *The Imitation Game*

"Just keep swimming. Just keep swimming.
Just keep swimming, swimming, swimming.
What do we do? We swim, swim."
– Dory, from *Finding Nemo*

BECAUSE I HAVE POTENTIAL.



what's your reason?

Funded in whole or in part by the Illinois Department of Human Services,
Division of Substance Use Prevention and Recovery through a grant from the
Substance Abuse and Mental Health Services Administration.

underage drinking
isn't cool.

I'm one of a kind with my own strengths and talents. Sure, I've faced challenges, but life is a great big challenge for everyone. I matter to my parents, my friends, and especially myself and that should never be underestimated. Because I am one of a kind and matter, I care too much to risk that with underage drinking. I have value and the cost of drinking alcohol is not worth the price.

DID YOU KNOW?

231,770

Youth participated in the 2018 Illinois Youth Survey

91%

Adults admitted to picking their nose regularly. Ummm...ewww!

6.5

Facebook's population is 6.5 times greater than the USA's.

500/SECOND

500 hours of video is added to YouTube every second.

BECAUSE I MATTER.



what's your reason?

Funded in whole or in part by the Illinois Department of Human Services, Division of Substance Use Prevention and Recovery through a grant from the Substance Abuse and Mental Health Services Administration.

underage drinking
isn't cool.

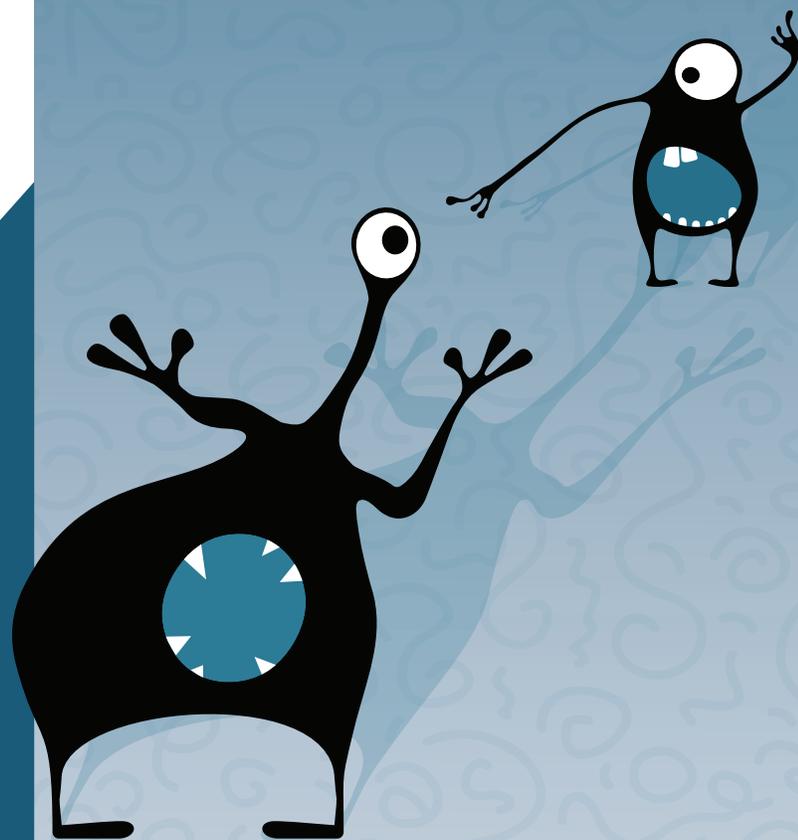
Your brain is still developing until about age 25 and alcohol can affect how it develops.¹ The big picture is that you are young and drinking alcohol can make learning new things more difficult. Not only that, but it can cause you to have accidents and get injured, jeopardize your friendships, and the relationship with your family. The harm caused by underage drinking is significant!

INTERESTING FACTS...

In the 2020 Tokyo Olympic Games, there will be five new events. Softball/Baseball, Karate, Sport Climbing, Skateboarding, and Surfing will be on the event schedule.

2020 is a leap year! Leap days are extra days added to the calendar to help synchronize it with Earth's orbit around the sun. Why do we need them? Blame Earth's orbit around the sun, which takes approximately 365.25 days.²

BECAUSE IT IS HARMFUL.



what's your reason?

Funded in whole or in part by the Illinois Department of Human Services, Division of Substance Use Prevention and Recovery through a grant from the Substance Abuse and Mental Health Services Administration.

1. U.S. Department of Health & Human Services. (2017). Facing addiction in America: The Surgeon General's report on alcohol, drugs, and health. Retrieved from <https://addiction.surgeongeneral.gov/surgeon-generals-report.pdf>
2. <https://earthsky.org/human-world/why-do-we-need-leap-years>

underage drinking isn't cool.

I admit it...I care about the way I present myself. There are immediate results to drinking alcohol – impaired decision-making, risky behaviors, and poor coordination.¹ That is not only unhealthy, but also unsafe. Did you know that there is research that shows that youth who drink alcohol are more likely to suffer from health issues such as disturbed sleep and headaches?² Oh no...I need my sleep!

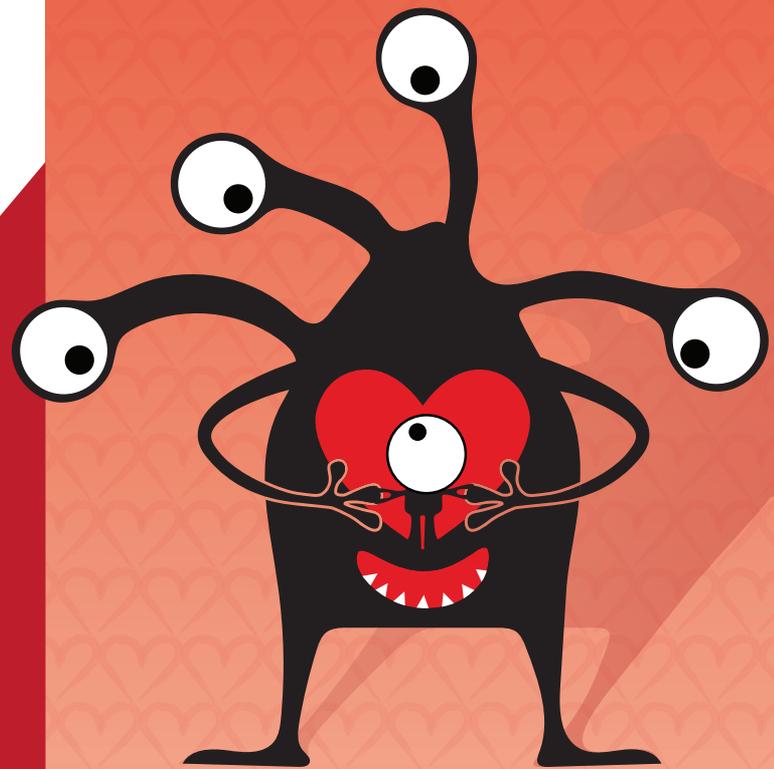
I am working to present my best self - fun, focused and FABULOUS! Underage drinking is not in my plan.

TRIVIA TIME

1. Where would you find the Sea of Tranquility?
2. If a carnivore eats meat, what does a frugivore eat?
3. What is the capital city of Illinois?

1. The moon 2. A fruit eater 3. Springfield

BECAUSE IT MESSES WITH THE WAY I LOOK.



what's your reason?

Funded in whole or in part by the Illinois Department of Human Services, Division of Substance Use Prevention and Recovery through a grant from the Substance Abuse and Mental Health Services Administration.

1. www.appa-net.org/eweb/docs/appa/pubs/UDIPPGCC.pdf

2. Newbury-Birch et al (2008) Impact of Alcohol Consumption on Young People: A Systematic Review of Published Reviews. Department for Children Schools and Families. Research Report DCSF-RR067. <http://dera.ioe.ac.uk/11355/1/DCSF-RR067.pdf>

underage drinking isn't cool.

Drinking alcohol can lead a person to do or say things that they normally wouldn't and likely don't mean. Alcohol is a depressant. That means it's a drug that slows down or depresses the brain. Like many drugs, alcohol changes a person's ability to think, speak, and see things as they really are. My friends, family and team are counting on me to be my best self and underage drinking clearly jeopardizes that.

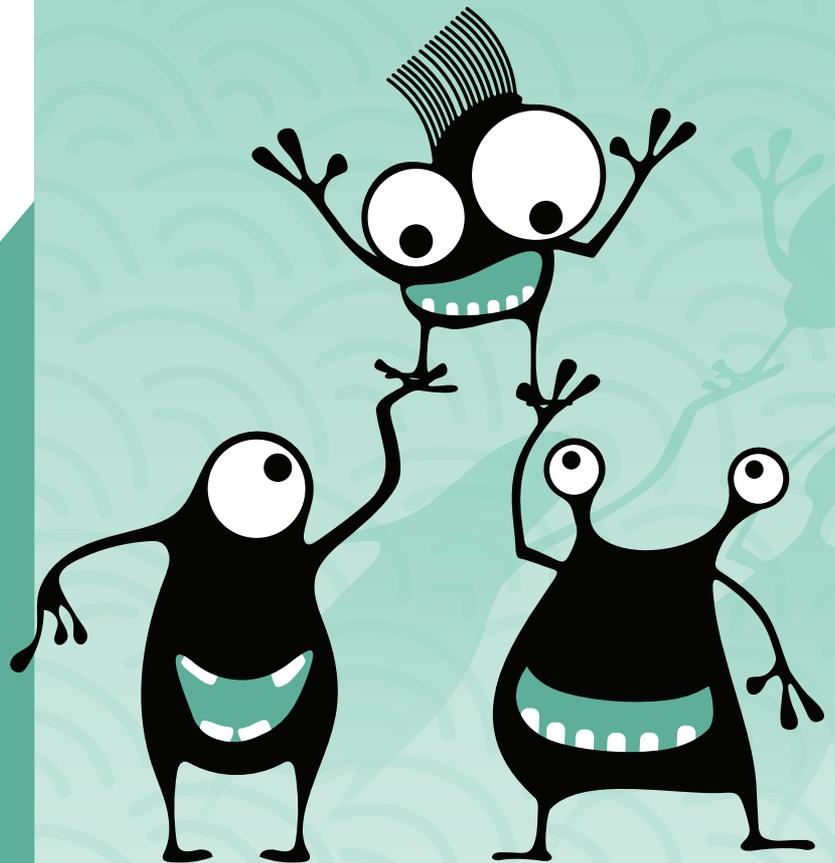
And if you're concerned about a friend who's drinking, you should tell a parent, a school counselor, or another trusted adult. That way, someone can talk with your friend before the alcohol causes a big problem.

TRIVIA TIME

1. How many curves are in a standard paper clip?
2. In Illinois, at what age is it legal to drink alcohol?
3. Whose face is on a dime?

1. 3 2. 21 3. Franklin Roosevelt

BECAUSE MY TEAM DEPENDS ON ME.



what's your reason?

Funded in whole or in part by the Illinois Department of Human Services, Division of Substance Use Prevention and Recovery through a grant from the Substance Abuse and Mental Health Services Administration.