

STAND OUT POUR IT OUT.

ALCOHOL

VS

YOUR

BODY

How does alcohol affect a consumer's physical wellbeing? There are long lists of potential negative effects, both short-term and long-term, but here are just a few:

- Impaired brain function, poor judgment, reduced reaction time, loss of balance and motor skills, slurred speech
- Dilated blood vessels that make the consumer feel warm despite a rapid loss of body heat
- Increased risk of car accidents and other accidental injuries like falls, burns, or drowning
- Chronic diseases and various cancers, high blood pressure, psychological disorders
- Potentially violent behaviors, coma, or death

Alcohol slows you down and compromises your ability to think clearly. Consumption is especially risky for underage drinkers (younger than 21) as it increases the risk of both fatal and nonfatal injuries.

Research studies have found that the younger a consumer is, the more likely they will be to develop a dangerous dependency on alcohol. There are also other dangers for youth, like increased risky social behaviors, poor performance in school, and increased risk of suicide and homicide.

The physical health effects of alcohol consumption have been known for a long time. If it's so bad for your health, why do teens still drink?

