**Your Body, Your Future** Read the infographic below. On a separate piece of paper, write two ways underage drinking can cause damage to your body and can affect your daily life.

**BRAIN**
The brain governs your nervous system, but alcohol can damage the frontal lobes, where decisions are made. Alcohol can also impair memory and disrupt sleep.

**BONES AND MUSCLES**
Your bones and muscles give your body structure and allow it to move. Alcohol can deprive the body of nutrients and water that your muscles need to function.

**LIVER**
The liver plays a crucial role in the digestive process, but alcohol can disrupt that process.

**SKIN**
Skin protects your body and regulates its temperature, but alcohol can contribute to discoloration or rashes.

**IMMUNE SYSTEM/THYMUS**
The thymus is part of your immune system. Alcohol can deplete the body of minerals and vitamins that your immune system depends on.

**STOMACH**
The stomach is a vital organ in the digestive process, but alcohol can lead to acid reflux disease, a chronic disorder in which acid travels from the stomach up into the esophagus.

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**FAMILY ACTIVITY**

**Cause-and-Effect Game**
Answer the following questions as a family. Whoever lists the most effects wins!

**What happens to a young person’s body when consuming alcohol?** The diagram above holds some useful hints. Many bodily systems suffer from the effects of alcohol, such as damage to the liver or depriving the body of nutrients and water.

**How might one disappoint one’s family or community if one engages in underage drinking?** Possible answers include missed commitments, a lack of support for others, and a failure to live up to one’s potential.

**Set Family Goals!**
Discuss the different ways your family could say “YES” to a healthy lifestyle. Set three family goals to help you all get healthier. For example, you could take more family walks or cook together one night a week.