

**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.

### SKIN

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

### 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.

### IMMUNE SYSTEM/THYMUS

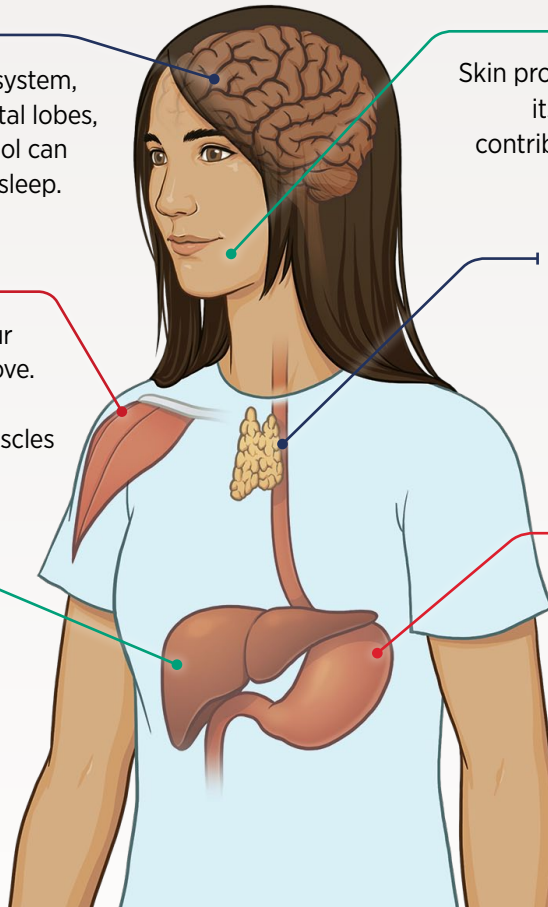
The thymus is part of your immune system. Alcohol can deplete the body of minerals and vitamins that your immune system depends on.

### LIVER

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

### 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.



### 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.**