

Brain Drain

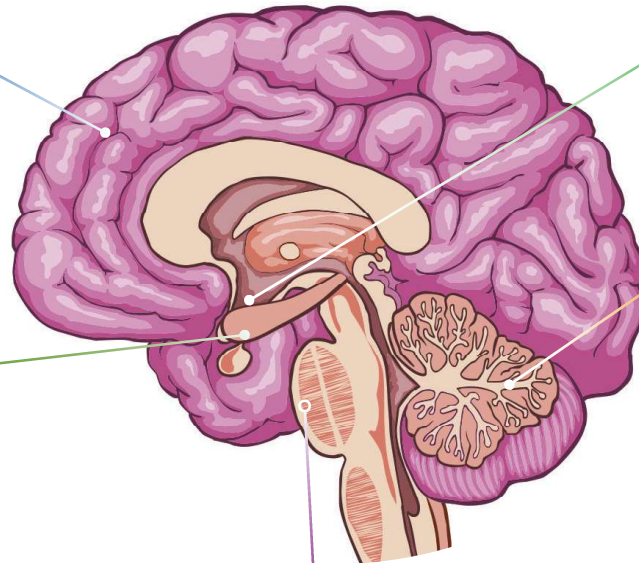
Did you know that scientists have found changes in brain cells as little as six minutes after the consumption of alcohol? These changes can create permanent damage, especially in the developing brain. Because your brain isn't fully formed, staying away from alcohol can help protect your developing brain.

Bad Decisions

Alcohol can permanently damage the **frontal lobes** and make people more prone to developing depression. The frontal lobes control emotions and impulses, and are responsible for planning, forming ideas, and making decisions.

Learning and Memory

Drinking alcohol can permanently damage the **hippocampus**, which is key for learning and remembering. Of all the damage that alcohol can do to a developing brain, underage drinking harms memory the most.



Basic Functions

Alcohol can impair the **hypothalamus**. This part of the brain controls body functions like blood pressure, body temperature, and heart rate.

Slowed Senses

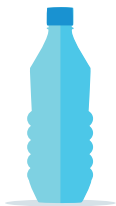
Alcohol affects the **cerebellum**, which the body relies on for awareness and coordination. After drinking too much, a person might misjudge dangerous situations or be too uncoordinated to prevent accidents.

Sluggish System

The **central nervous system**—made up of the brain and spinal cord— sends messages throughout the body. Alcohol can slow this system, delaying a person's responses to external stimuli—even in emergency situations.

A Work in Progress

Adolescence is a time of rapid and dramatic development—teen girls can grow as much as 9.5 inches, and boys up to 20 inches. It's important for teens to make healthy choices that support their developing bodies.



Water

Water helps with digestion, circulation, and transportation of nutrients. It also energizes your muscles.

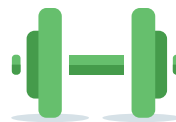
Alcohol increases urine output and causes dehydration, making it more difficult to build muscle.



Nutrients

Vitamins and minerals boost the immune system, help organs work properly, and are necessary for growth and development.

Large amounts of alcohol can slow or stop the digestive process, robbing you of the vitamins and minerals needed for growth.



Physical activity

Regular exercise strengthens bones, protects the heart, boosts mood, and can help prevent diseases such as diabetes and cancer.

Drinking can cause heart disease, mask depression, and contribute to weight gain, all of which impair physical activity.



Sleep

Sleep is key for overall health. It supports your attention, mood, physical health, and performance in school and sports.

Alcohol can interfere with sleep patterns, preventing you from getting the sleep you need.