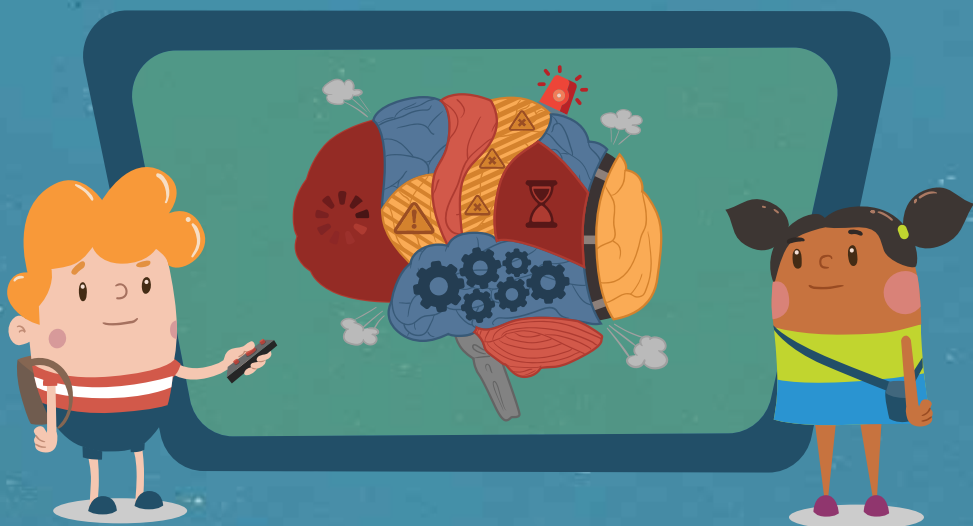


# Alcohol and Its Effects on the Brain

A FREE PROGRAM FROM THE FOUNDATION  
FOR ADVANCING ALCOHOL RESPONSIBILITY



All materials are available now at:

**AskListenLearn.org**

Program content regarding the effects of alcohol on the developing brain has been reviewed by the National Institute on Alcohol Abuse and Alcoholism (NIAAA) and is consistent with currently available science.

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FOUNDATION FOR  
ADVANCING ALCOHOL  
RESPONSIBILITY

# Hello, Teachers!



The Foundation for Advancing Alcohol Responsibility ([Responsibility.org](http://Responsibility.org)) has brand-new materials to help kids say “YES” to a healthy lifestyle and “NO” to underage drinking!

These videos, corresponding lesson plans, classroom activities, and research-based content take students on a journey through the brain, teaching the science of how the brain works and how alcohol affects it. The **Ask, Listen, Learn: Kids and Alcohol Don't Mix** materials are designed to present kids, teachers, counselors, and school nurses with facts and to stimulate important conversations in and out of the classroom.

Visit [AskListenLearn.org](http://AskListenLearn.org) to explore these new resources.



# FREE (and easy-to-use) Resources

## FOR THE CLASSROOM



7-part  
animated  
series

Classroom exercises  
and activities



Resources  
for counselors

Supports higher learning standards

## FOR PARENTS:



Tips for talking about  
underage drinking

Interactive games

Age-appropriate  
conversation starters



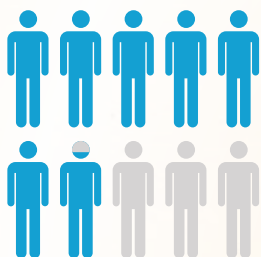
Engaging video series

# Underage Drinking by the Numbers



Only **1 in 4 parents** think their child will be faced with a decision regarding drinking alcohol during the school year.

(Source: Responsibility.org, Toluna, August 2016)



**69%** of parents have **talked with their children about the dangers of alcohol** in the past year.

(Source: Responsibility.org, Toluna, August 2016)



**91%** of 10- to 18-year-olds **say they had a conversation with their parents** about the dangers of drinking alcohol.

(Source: Responsibility.org, Toluna, August 2016)



According to the 2016 Monitoring the Future study, **23% of 8th graders report they have consumed alcohol at least once in their lifetime** and **9% report they have been drunk**. **53% of the same group report that it is “fairly easy” or “very easy” to access alcohol**, but **85% disapprove or strongly disapprove of peers who binge drink**.

(Source: Monitoring the Future, December 2016)



**Underage drinking is at an all-time low—and we applaud parents and caregivers for their efforts to talk to their kids.**

# SAY “YES!” to a healthy lifestyle AND “NO!” to underage drinking!



## Tips For Healthy Living

- 1 Drink water, stay hydrated!
- 2 Be active for at least 30 minutes each day
- 3 Get plenty of sleep each night
- 4 Pick exercises you enjoy
- 5 Always have a healthy snack handy
- 6 Encourage friends to be healthy too

