

OHNO SAYS "OH, YES!" to a Healthy Lifestyle

Apolo Anton Ohno is an Olympic athlete—and TV dance champion. The most decorated U.S. Winter Olympian knows you've probably heard the expression, "You are what you eat." But remember: You are what you drink, too.

Healthy liquids make you feel good. Drink the wrong stuff, like alcohol, and you'll feel bad—in many ways. Look at the picture and boxes to see how alcohol affects almost every part of your body. This is especially important when we're talking about young bodies.

TAKE A LOOK AT THIS PICTURE OF APOLO TO SEE HOW DRINKING MAY AFFECT YOU.

Not all these things happen to everyone or each time, but you can't be sure which ones will happen to you or when. How would Apolo's performance change if he didn't make the right choice?

EYES

Alcohol can make it hard to stay awake, but then it also disturbs your sleep. When you wake up, you will still be tired, and maybe grouchy, as well.

LUNGS

Large amounts of alcohol can make it hard for you to breathe. You can pass out. If you throw up, you may not be able to breathe easily and you might choke.

LIVER

Alcohol can cause fat to build up in your liver. That becomes scar tissue, which can lead to a liver disease that could eventually kill you.

SMALL INTESTINES/PANCREAS

Alcohol can damage the lining of your intestines. Your pancreas can become irritated.

BLOOD

Alcohol can affect your blood's ability to clot. That means if you are cut, it will be harder to stop bleeding and form a scab. Your white blood cells—the ones that fight germs—may not work as well, so you may get sick.

LEGS

Alcohol makes you clumsy. You can't walk straight and you trip, even over nothing.

KIDNEYS

Alcohol can make you go to the bathroom over and over and over. You become dehydrated.

STOMACH

Alcohol can irritate your stomach and make it produce too much acid. More acid in your stomach can cause you to throw up or feel sick now or later.

HEART

Alcohol can stress your heart. You may have an irregular heartbeat, high blood pressure, a stroke or even heart failure.

MOUTH

Alcohol can make you mumble your words. You may speak too loudly. You may say rude things that offend people. You may say things you'd never say if you hadn't drunk alcohol. Your breath may stink.

BRAIN

Drinking alcohol might depress you and affect the brain cells that help you think and move normally. This could make you do all sorts of things that you wouldn't normally do.

You might not be able to remember your address. You might start crying for no reason. You might get a fierce headache or have a hard time concentrating on what people are saying. You might become so dizzy that you are unable to do such basic things as tie your shoes. You might pick a fight with someone much bigger than you. You might commit a crime like theft or vandalism. You might run across a highway or do something else that's dangerous.

THE THREE C'S

To Apolo certain **choices** are clear. Some **chances** are just not worth taking. Bad choices increase your chances of suffering bad **consequences**.

The three star messages below are each missing a word.

Use each of the three Cs—choice, chances, consequences—once, to fill in the blanks.

Underage drinking can lead to bad _____.

The only smart _____ is not to drink alcohol when you're underage.

Any kid who wants a bright future doesn't take _____ on alcohol.

Visit asklistenlearn.com.



THE CENTURY COUNCIL
FIGHTING DRUNK DRIVING & UNDERAGE DRINKING

TIME
FOR KIDS

A Supplement to TIME For Kids