



ALCOHOL FACTS

HEALTH & SOCIAL PRESSURE

IMPACT OF ALCOHOL ON YOUTH

The short-term and long-term effects of alcohol on youth are different than adults because the body and brain are still developing.



Alcohol impacts regular sleep patterns, causes more sleep disruptions and prevents the body from getting enough REM sleep. REM sleep is critical for memory storage and muscle repair.³



Alcohol reduces blood flow to muscles, which can hamper muscle growth, cause weakness and hinder recovery. One night of drinking can negate as much as 14 days of athletic training.³



Drinking alcohol increases the chances of having unplanned, unprotected and unwanted sexual activity.^{1,2} Alcohol is involved in half of student sexual assaults and in 90% of date rape cases.⁴



Drinking during the teen years can interfere with normal brain development.³ To become more efficient, the brain strengthens and prunes neural pathways until the age of 25. This process is disrupted by alcohol use.⁵



School work can suffer as learning, memory, and the ability to pay attention are negatively impacted.¹



Reaction time, decision-making, motor coordination and peripheral vision are all diminished, increasing the chances of injuries and car crashes.^{1,2}



Arguments over alcohol-related behaviors can strain relationships with family and friends.¹



Youth who begin using alcohol before age 15 are nearly 4 times more likely to become dependent on alcohol than those who delay drinking until age 21 or older.²

BINGE DRINKING

Drinking 4 to 5 drinks within a few hours increases the risk of all of the above and can lead to blackouts and alcohol poisoning.^{1,2}

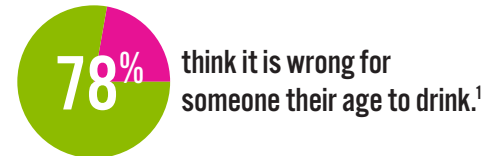
BLACKOUTS are gaps in a person's memory from when they were drunk. Alcohol in a person's system temporarily blocks the transfer of memories from short-term to long-term storage.²

ALCOHOL POISONING is an overdose of alcohol that can cause basic life-support functions to shut down—such as breathing, heart rate and temperature controls. Without medical attention, this can lead to brain damage and death. If someone passes out or shows signs such as mental confusion, vomiting, slow/irregular breathing or difficulty remaining conscious, call 911 immediately. "Home remedies" such as cold showers, hot coffee and walking around can make things worse.²

Sources: ¹ Centers for Disease Control and Prevention 2020 ² National Institutes of Health ³ Illinois Human Performance Project ⁴ Raising Children Network 2021 ⁵ Alcohol.org 2020



MOST DHS & HPHS STUDENTS CHOOSE TO BE ALCOHOL-FREE.



SOCIAL PRESSURE

There are two different types of social pressure to drink alcohol—direct and indirect.

- ▶ **Direct social pressure** is when someone offers you a drink or an opportunity to drink.
- ▶ **Indirect social pressure** is when you feel tempted to drink just by being around others who are drinking—even if no one offers you a drink.²

Local teens report that friends respect the choice not to drink and that any type of pushing tends to stop when you say you don't want to drink. Deciding what you want to say in advance will help you stay strong and stick to your values.

What would you say?

Be honest. Share your personal reason not to drink and what's most important to you, such as health, sports, your family, or following the law.

- ▶ Ask friends you trust to support you.
- ▶ Focus on yourself and not what others are thinking.
- ▶ Have an exit strategy and practice it.
- ▶ Be firm and friendly.

No, thanks.
I just don't like it.

My parents
would be so mad.
Not worth it.

No, thanks. I've got
a test tomorrow

Nah, big game
next week!

I promised my coach
I wouldn't drink.

?

TEENS, ALCOHOL & THE LAW

- ▶ You must be 21 to purchase or possess alcohol. Having alcohol in your vehicle is considered possession, regardless of who it belongs to.
- ▶ No one may give alcohol to a minor. This includes one teen giving alcohol to another.
- ▶ It is against the law for parents or other adults to permit underage drinking at their residence or on any property they own/control.
- ▶ Bannockburn, Deerfield, Highland Park, Highwood and Riverwoods all have a zero tolerance policy for underage drinking, which means minors may not have any level of alcohol in their system.
- ▶ Violations can result in fines, arrest and/or a suspended driver's license whether or not the incident occurs while driving.⁴



ANONYMOUS TEXT SUPPORT

Concerned about a friend or just want to talk to someone? Download the "Lake County Help" app to text a trained counselor for free 24/7. Texts go through a cloaking server so you remain completely anonymous.³

Sources: ¹ Delta Intercept Survey of 442 DHS & HPHS students, October 2019 ² National Institutes of Health ³ Lake County Help app, also known as Text a Tip or Text for Help. ⁴ Illinois 2021 DUI Handbook