

How alcohol can hurt

Follow this maze, and see what using alcohol can leave you with.

Science Tour of HORROR!



An overworked liver

Your liver helps remove alcohol from the body. But it can only process a little at a time.



A battered brain

Alcohol makes you react slower, stumble when you walk and also slur your speech.

EXIT

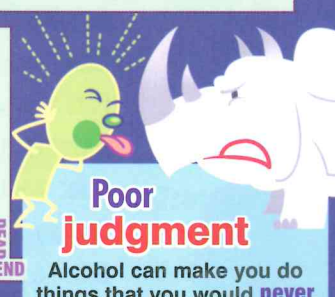


Let me out of here!



Pained parents

Imagine how your parents would feel if you used alcohol. Would they be hurt? Angry? Disappointed?



Poor judgment

Alcohol can make you do things that you would **never** do otherwise.



Violence

Using alcohol can bring out the worst in you. It can make you get involved in fights or take part in **vandalism**.



A bad reputation

What would you think of someone your age who used alcohol? What would your friends think?

Other ways alcohol can hurt you

It can:

- make you throw up
- make your breath stink
- make you fall and hurt yourself
- get you suspended from school
- hurt your grades
- lead to addiction
- lead to using other drugs
- get you arrested. (It's illegal in all states for people under 21 to buy or publicly possess alcohol.)

Using alcohol can also get you killed.

GO TO

Location: www.whoknewalcohol.com

(password: DoNotDrink) for more information and lots of fun activities.

The persons whose photographs are depicted are models. Any characters they are portraying are fictional.

What Have YOU Heard?

Look at the myths about alcohol below. Myths are false beliefs that people have. Connect each MYTH (1-6) to the correct TRUTH (A-F) by drawing a line. Mona has done one for you!

What's the word?
Myth—a belief or story that isn't really true

MYTH 1:

Drinking beer is not as bad as drinking wine or hard liquor.

MYTH 3:

Everybody drinks alcohol.

MYTH 5:

Drinking alcohol can't kill you.

MYTH 6:

It's nobody else's business if someone wants to drink alcohol.

MYTH 2:

Alcohol is not a drug.

MYTH 4:

Drinking alcohol is OK, as long as people don't drive after drinking.

TRUTH A:

Beer, wine, liquor and wine coolers all contain alcohol—and all are equally dangerous.

TRUTH B:

Many people of all ages decide not to drink alcohol, because it can cause too many problems.

TRUTH C:

Alcohol is a drug, just like marijuana and cocaine.

TRUTH D:

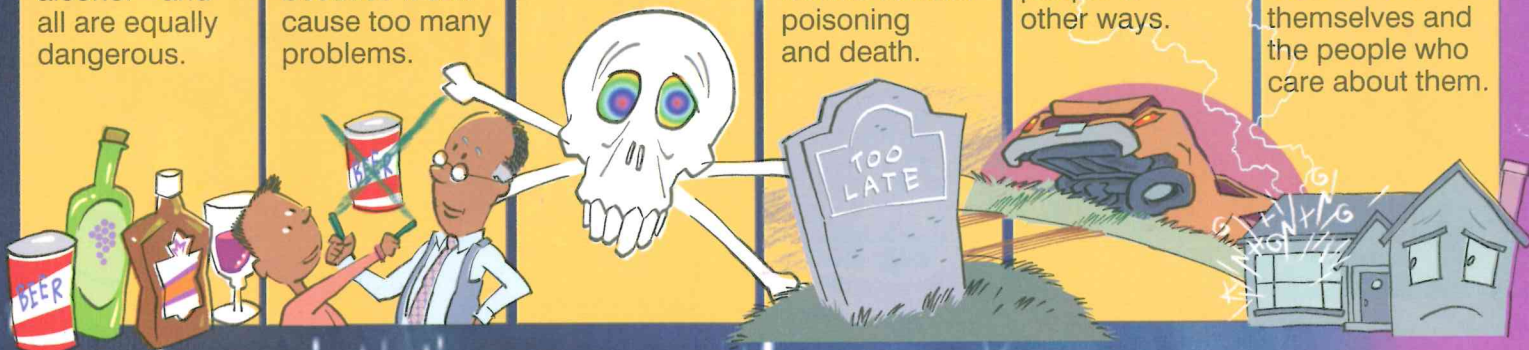
Alcohol can kill. Drinking too much alcohol can lead to alcohol poisoning and death.

TRUTH E:

Drinking alcohol can lead to car crashes, but it can also hurt people in other ways.

TRUTH F:

It is other people's business. Young people who drink alcohol hurt themselves and the people who care about them.



NOTE TO PARENTS: The publisher has taken care in the preparation of this magazine, but the information it contains is not intended as a substitute for the expertise and judgment of qualified health-care professionals. You should consult with a health-care provider about all health-care issues.

Word POWER!

Do you know what the words in **RED** in this magazine mean? If not, look them up. Check out Word Power on our Web site.