

# REASONS FOR ME TO BE ALCOHOL-FREE

## What the Ads Don't Tell You—How Alcohol Impairs

1. List three mental skills impaired by alcohol use.

- 1.
- 2.
- 3.



2. Describe two problems associated with the impairment of mental skills.

- 1.
- 2.

3. List three physical skills impaired by alcohol use.



- 1.
- 2.
- 3.

4. Describe two problems associated with the impairment of physical skills.

- 1.
- 2.

5. List two basic life support skills impaired by alcohol use.

- 1.
- 2.



6. Describe two problems associated with the impairment of life support skills.



7. Describe two reasons for you to be alcohol-free.

- 1.
- 2.

