

REASONS FOR ME TO BE ALCOHOL-FREE

Alcohol is a depressant.
It slows down the central
nervous system.

Reasons for me to be alcohol-free

Too much alcohol is deadly.

Reasons for me to be alcohol-free

All alcoholic beverages
contain ethyl alcohol.

Reasons for me to be alcohol-free

Alcohol depresses brain
activity and impairs function
in three main areas: mental
skills, physical skills and
basic life support skills

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All alcoholic beverages
contain ethyl alcohol.

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Alcohol increases the
risk of accidents

Reasons for me to be alcohol-free

REASONS FOR ME TO BE ALCOHOL-FREE

Alcohol is not digested or processed like most foods.

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The liver oxidizes alcohol from the body at a slow fixed rate.

Reasons for me to be alcohol-free

The only way to rid the body of alcohol is to let time pass.

Reasons for me to be alcohol-free

Alcohol is the leading cause of death and disability for young people.

Reasons for me to be alcohol-free

Drinking and driving are deadly.

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Alcohol is addictive.

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REASONS FOR ME TO BE ALCOHOL-FREE

There is no cure for alcoholism.

Reasons for me to be alcohol-free

Alcoholism is a family disease.

Reasons for me to be alcohol-free

People who drink don't just hurt themselves.

Reasons for me to be alcohol-free

Alcohol use has a huge impact on society.

Reasons for me to be alcohol-free

Alcohol is much more damaging to a young, growing brain than to an older fully developed brain.

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