

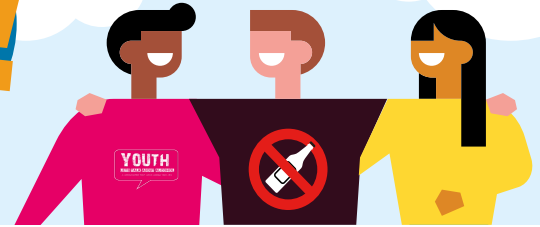


YOUTH AND ALCOHOL DON'T MIX

YOUTH
LET'S TALK ABOUT ALCOHOL
 A CONVERSATION THAT COULD CHANGE YOUR LIFE

Early drunkenness has been shown to increase the risk of a number of negative outcomes later in life, such as other substance use and substance use disorders, low academic performance, or legal conflicts.

In addition, alcohol use in adolescence may also be associated with psychosocial consequences such as reduced school performance, conflicts in social relationships with peers and parents, and sexual risk behavior.



Don't Drink

Affects BRAIN DEVELOPMENT: memory and educational attainment¹

Increased risk of alcohol **DEPENDENCE** in underage drinkers¹

VULNERABILITY to being a victim of crime^{2,3}

Higher chance of **VEHICULAR ACCIDENTS, unintentional injuries and violent acts, risky sexual behaviour**^{2,3}



THE LONG-TERM EFFECTS OF DRINKING ALCOHOL

Increases your **ADULT RISK** of **ALCOHOLISM** later in life

Increases your risk for developing **cancers and cardiovascular DISEASES, communicable diseases** such as TB and HIV/AIDS.

Increased risk of **premature DEATH**



Increased risk of social problems, **DEPRESSION** and suicidal thoughts.



Sources:
 1. WHO Global Status Report (GSR) on Alcohol and Health 2018
 2. Institute of Alcohol Studies. Factsheet series: Underage Drinking. www.ias.org.uk/uploads/pdf/Factsheets/FS%20underage%20drinking%20082016.pdf
 3. Chief Medical Officer Report, Guidance on the Consumption of Alcohol by children and Young people. Department of Health. 2009 Available at: www.cph.org.uk/wp-content/uploads/2013/09/Guidance-on-the-consumption-of-alcohol-by-children-and-young-people.pdf
 4. National Research Council (US) and Institute of Medicine (US) Committee on Developing a Strategy to Reduce and prevent Underage Drinking: Bonnie RJ, O'Connell ME, editors. Reducing Underage Drinking: A Collective Responsibility. Washington (DC): National Academies Press (US); 2004. Available from: www.ncbi.nlm.nih.gov/books/NBK37589/doi:10.17226/10729
 5. HCC 2nd Annual Caribbean Alcohol Reduction Day 2017 Infographic on Alcohol and Cancer. www.healthycaribbean.org/wp-content/uploads/2017/11/Caribbean-Alcohol-Reduction-Day-2017-Drink-Less-Reduce-Cancer-Infographic.pdf

