



# 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**

**THE LONG-TERM EFFECTS OF DRINKING ALCOHOL**

**Affects BRAIN DEVELOPMENT: memory and educational attainment<sup>1</sup>**

**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.**

**Increased risk of alcohol DEPENDENCE in underage drinkers<sup>1</sup>**

**VULNERABILITY to being a victim of crime<sup>2,3</sup>**

**Higher chance of VEHICULAR ACCIDENTS, unintentional injuries and violent acts, risky sexual behaviour<sup>2,3</sup>**

- 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](http://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](http://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](http://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](http://www.healthycaribbean.org/wp-content/uploads/2017/11/Caribbean-Alcohol-Reduction-Day-2017-Drink-Less-Reduce-Cancer-Infographic.pdf)

Supported by



Join the conversation

