



# THE SOBERING MYTHS & MISCONCEPTIONS

No level of Alcohol Consumption is safe!

**YOUTH**  
 LETS TALK ABOUT ALCOHOL  
 A CONVERSATION THAT COULD CHANGE YOUR LIFE

**MYTH**  
 Everyone's Doing It!



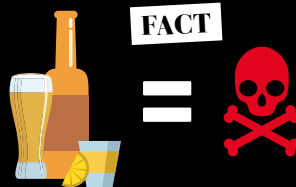
**FACT**

In Some Caribbean Countries as much as

**36% OF YOUNG PEOPLE**,  
 in the 15-24 age group,  
**HAVE NEVER HAD A DRINK OF ALCOHOL**



**MYTH**  
 It can't kill me!



Alcohol caused over  
**341,000 DEATHS**  
 in the Americas in 2016

**MYTH**  
 It's only a problem if I drive!

**FACT**

The use of **ALCOHOL IS LINKED TO MANY HEALTH RISKS** and conditions such as liver disease, cancers, cardiovascular disease, mental illness, injuries, homicides, suicides, poisoning and STIs including HIV.



**MYTH**  
 Its MY business if I drink!

**FACT**

**DRINKING AFFECTS THE PRODUCTIVITY OF THE ENTIRE COUNTRY.** And it can cause harm to the individuals around you when I you are intoxicated. Alcohol and its associated problems caused more than

**274 MILLION** years  
 of **HEALTHY LIFE LOST (DALYs)**  
 in the Americas in 2012

**MYTH**  
 Its ok to drink hard on the weekend, if I don't drink during the week.

**FACT**

Binge drinking is associated with serious health problems, including unintentional injuries, cancer, and heart disease.

**IT DOESN'T MATTER HOW INFREQUENTLY YOU DO IT**

No Level of Alcohol Consumption is **SAFE!**

**YOU'RE RISKING YOUR HEALTH**



**MYTH**  
 Its ok to start drinking young!

**FACT**

Teens who start drinking before the age of 15 are more likely to develop

**ALCOHOL DEPENDENCE** later on in life.



Sources

1. WHO Global Status Report (GSR) on Alcohol and Health 2018
2. Probst. Et Al. Alcohol Policy Relevant Indicators and Alcohol Use Amongst Adolescents in Latin America and the Caribbean. (January 2018). Journal of Studies on Alcohol and Drugs.
3. Burton et al. The Lancet Journal. level of alcohol consumption improves health. Volume 392, Issue 10152, P987-988, September 22, 2018

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