



## For Teens

### Drinking & driving kills teens.

The three leading causes of injury and death for teens –unintentional injuries, homicides and suicides – involve alcohol.

**Alcohol and driving can be a deadly mix** – you might kill or injure someone in a crash; you might be arrested for and convicted of drunk driving, which can result in court costs, legal fees, higher auto insurance rates, fines, loss of license and even imprisonment.

### WBNX wants you to KNOW THE FACTS

#### The Truth & Consequences:

- **It is ILLEGAL** in all 50 states to **drink** alcohol if you are **under 21**.
- **It's Costly:** If you drink and drive, an OVI could cost you an average of \$3,000-\$10,000 (not including attorney's fees), plus time, trouble, hassles, and embarrassment.
- **It's Dangerous.** Teen's bodies are still developing. Most young brains don't finish developing until a person is around 21 years old.
  - Alcohol is a depressant and a neurotoxin.
  - Alcohol slows your ability to think, speak, and move.
  - The younger a person starts drinking alcohol, the higher their risk for alcohol dependence later in life.
  - A teen's body is simply not metabolically ready to handle alcohol.
  - Symptoms of a hangover can include a pounding headache, nausea, vomiting, intense thirst, sensitivity to light and noise, blurred vision, shakiness, exhaustion, and more.
- **It's Fatal.**
  - Beer and wine are not "safer" than hard liquor.
  - Binge drinking (consuming 5 or more drinks on one occasion) is very dangerous. Ingesting large amounts of alcohol at one time and drinking very rapidly can create dangerous overdoses that can kill you in only a few hours.
  - Large amounts of alcohol can do major damage to your digestive system. You can hurt your heart, liver, stomach, and several other critical organs as well as lose years from your life.

## TIPS:

### How can teens avoid drinking?

- If you have respect for yourself, your friends will respect your right to be you. Respect yourself enough not to do something you know is not right, and will be harmful to you. You have to decide for yourself what is right for you.
- Be honest with your friends. Tell them you don't like to drink because it changes your personality and the way you feel. Your real friends will understand and may even respect you for your decision.
- Try to plan ahead to avoid gatherings where you know alcohol is going to be served.
- Choosing not to drink does not make you less "cool" than others. It is a sign of self-pride and maturity. To be treated like an adult, you must act like one. This means following the rules your parent/guardian establishes for you, obeying the law and making responsible decisions.
- Be a leader, not a follower. You can say "no" and keep your friends. The fact is more than half of all U.S. teens are NOT drinking alcohol.
- Involve yourself in positive activities. Encourage your school/community organizations to host alcohol and drug-free activities. You can build friendships around common interests, sports, or other activities. This is a much stronger basis for friendship than sharing a six-pack!

### Keys Pleez!

- Never ride with someone who has been drinking. The driver may seem okay to drive, but do not risk your life; take the person's keys if necessary.
- Alcohol is a depressant, which impairs a driver's judgment, vision and reaction. An individual's critical driving skills can become impaired at blood alcohol levels well below the legal limit.

## LINKS

The Cool Spot for Teens

<http://www.thecoolspot.gov/>

A Guide to safe & sober event planning

<http://www.nhtsa.dot.gov/people/injury/alcohol/PartiesRock/index.html>

Stop Underage Drinking

<http://www.stopalcoholabuse.gov>

Too Smart to Start

<http://toosmarttostart.samhsa.gov/teens/default.aspx>

Teens Health

<http://teenshealth.org/teen/>

Information obtained from [madd.org](http://madd.org), [nhtsa.dot.gov](http://nhtsa.dot.gov), [ncadd.com](http://ncadd.com), and [bmv.ohio.gov](http://bmv.ohio.gov). and [coolnurse.com](http://coolnurse.com)