

# ***Better Things to Do!***

## Public Service Announcement Contest K-6<sup>th</sup> Fact Sheet

*Here are some facts you may use for your PSA. Feel free to find other facts on your own.*

- **Alcohol is a drug.** Alcohol, just like other drugs, changes the way your body works.
- **Beer and wine are not “safer” than hard liquor.** One twelve ounce can of beer (or flavored malt beverage), 1.5 ounces of liquor, or a 5 ounce glass of wine all contain the same amount of alcohol.
- **Alcohol affects your brain.** Drinking alcohol leads to loss of coordination, poor judgment, slowed reflexes, blurred vision, and memory problems.
- **Alcohol can cause a hangover.** After drinking too much, a person may be sick the next day after they wake up. A hangover can make a person feel weak, dizzy, and shaky. It can also cause upset stomach and very bad headaches.
- **Alcohol affects your body.** It can damage every organ in your body because it is absorbed from your stomach directly into your bloodstream and is carried through your body. Long term, heavy use can cause:
  - Heart damage
  - Liver cancer
  - Cirrhosis (scarring of the liver)
  - Mouth, esophagus or stomach cancer
  - Ulcers
  - Malnutrition
- **Alcohol is a danger to youth.** There is never a safe time or place for youth to consume alcohol.
  - Children who begin drinking alcohol before the age of 15 are 5 times more likely to develop alcohol problems than children who wait till they are 21.
  - More youth are killed by alcohol than all illegal drugs combined.
- **Alcohol can have social consequences.** Some of the consequences are:
  - Missed learning opportunities
  - Academic failure
  - Psychological and/or emotional problems
  - Drinking and driving accidents

### SOURCES

SAMHSA Start Talking Before They Start Drinking: A Family Guide, US Department of Health and Human Services  
SAMHSA Tips for Teens: The Truth about Alcohol  
The Truth about Alcohol Booklet, Channing Bete Company 2004 Edition