

Better Things to Do!

Public Service Announcement Contest K-6th 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