

HELP YOUR GOALS BECOME A REALITY!

You've put a lot of time and work into school. Think about how many years you've spent in a classroom and how much you've learned since your first class.

Underage drinking increases your chances of skipping class, dropping out, or being expelled.

Whether school is your favorite thing or not, graduating is important. You likely will need your diploma for your next steps after high school.

Besides being important, education is helpful. Did you know graduating from high school increases your job opportunities and lifelong income? It also opens the door to better living conditions, healthier foods, and healthcare services.

**YOU DESERVE THE BEST
PATH POSSIBLE.
GET THERE WITHOUT ALCOHOL.**



STAY EDUCATED:

- For every year of high school that a student completes, their lifetime wealth increases by 15%.
- Thirty years ago, America had the highest percentage of high school diplomas, but now we're ranked 36th in the world.
- In the workplace, 85% of current jobs and 90% of new jobs require some or more college or post-secondary education.

SOURCE:

ncbi.nlm.nih.gov/pmc/articles/PMC4669962/

**NOT MISSING
THE MOMENT...**

YOUR MEMORIES MATTER.

You can't capture every moment with your phone, but thankfully your brain is already designed to help you remember experiences. However, when you drink underage, you disrupt that process in a few ways.

For starters, alcohol can damage the hippocampus. Think of the hippocampus as your phone storage. It's the part of the brain where memories are stored.

Like dropping your phone in a pool, when alcohol floods the hippocampus, it damages and compromises your brain's memory storage. Not only that – it also harms your spatial memory.

Think of spatial memory as your phone's location tracker. Alcohol can interfere with spatial memory, making it harder to remember where an object is located or where an event happened.



MIND-BLOWING MEMORY!

- A good night's sleep helps us better store memories.
- Closing your eyes may help you better remember things.
- Short-term memories last seconds to minutes, while long-term memories may last for months, years, or decades.

DON'T MAKE IT HARDER TO REMEMBER MEANINGFUL MOMENTS. CHOOSE NOT TO DRINK UNDERAGE.

SOURCE:

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NOT MISSING THE MOMENT...

OWN YOUR CHOICE NOT TO DRINK ALCOHOL.

Did you know that most Illinois high schoolers don't think underage drinking is cool? Most teens also don't drink alcohol.

Deciding not to drink is something to be proud of! It's a choice you won't regret, and it helps keep your developing brain and body healthy.

If you've already tried drinking, it's not too late to make different choices that set you up for success. If you or someone you know is struggling with using alcohol, find a trusted adult to talk with - like a parent, guidance counselor, or coach.



UNFORGETTABLE MOMENTS:

- **November 2009:** Obama won the election and became the first African American U.S. president.
- **February 2015:** Apple introduced racially diverse emojis.
- **May 2020:** SpaceX became the first private space company to deliver NASA astronauts to the International Space Station (ISS).

SOURCE:

2018 Youth Survey

NOT MISSING
THE MOMENT...