

**MOST ILLINOIS
HIGH SCHOOLERS
THINK UNDERAGE
DRINKING IS WRONG.**

WHILE EVERYONE MAY HAVE THEIR OWN REASON FOR THINKING UNDERAGE DRINKING IS WRONG...

MOST TEENS AGREE THAT UNDERAGE DRINKING ISN'T THE RIGHT MOVE. HERE ARE JUST A FEW OF THE RISKS THAT MAKE IT WRONG:

- Drinking under the age of 21 is illegal and could mean legal consequences.
- Drinking underage puts your developing brain at extreme risk for short and long-term damage.
- Drinking underage increases the risk of suicide and homicide.

**MAKE THE HEALTHY CHOICE AND LIVE
YOUR MOMENTS ALCOHOL-FREE.**

SOURCES:

2018 Illinois Youth Survey

[cdc.gov/alcohol/fact-sheets/underage-drinking.htm](https://www.cdc.gov/alcohol/fact-sheets/underage-drinking.htm)

NOT MISSING
THE MOMENT...

**DON'T FORFEIT
THE FOCUS YOUR
BIG MOMENTS NEED.**

UNDERAGE DRINKING IS LINKED TO A LOWER ATTENTION SPAN.

*THIS MEANS ALCOHOL MAKES IT
HARDER TO FOCUS AND EASIER
TO GET DISTRACTED.*

While focusing may come more naturally for some people, we likely can all agree that it's not helpful to do something that steals your attention (like drinking alcohol).

Whether you're trying to learn a new song, or study for a test, there are moments every day that deserve your full focus.

Think about some of those important moments and write them here:

SOURCE:

bit.ly/3w394Lp

NOT MISSING
THE MOMENT...