

BE REAL.

BE YOURSELF.

BE TRUE.

Let's be real.

Underage drinking can really ruin things! It affects your memory, your concentration and your learning.

Choosing not to drink alcohol is acting on healthy beliefs.

IT IS BEING REAL!

- Drinking alcohol can cause you to do things you would not have otherwise done.
- Acting on your beliefs about not drinking alcohol is being true to yourself.
- Truth is, most students your age feel it is wrong for someone their age to drink alcohol.

TRIVIA SPOT

1. What 2 letters don't appear on the telephone dial? (no cheating!)
2. What is the capitol of Illinois?
3. What is the name of Harry Potter's pet owl?

1. Q & Z; 2. Springfield; 3. Hedwig



COOL / KÜL / :

YOU

WHO DEFINES COOL? YOU DO!

It's all about your attitude and behavior.
Making the choices each day that make you...well, you.

Did you know that drinking alcohol underage can actually alter the brain?

This is because the brain is still developing and growing through about age 25. Changing your brain?! That changes attitude and behaviors ...not cool.

Look, you get to define your cool.
Don't let anything harm you,
like underage drinking.

STRANGE...BUT TRUE!

- In 2015, a silver coin with Superman on the heads side was made which is legal tender in Canada. There was only 350,000 produced.
- If you made \$1 every second, it would take you 2,921 years to have more money than Bill Gates (over \$92.1 billion dollars).
- An ant can carry 50 times its body weight. That's like you carrying a car!



ALWAYS MOVING

FORWARD

**THE TRUTH IS THAT LIFE IS GOING TO HAPPEN
– SOMETIMES FOR GOOD AND SOMETIMES NOT.**

One true thing is that you always have control over your response.
Making decisions to move you forward puts you in control.

The thing is, when a person drinks alcohol they have a harder time making good decisions. They are less aware that their behavior may be inappropriate or risky. They are even less likely to recognize potential danger. Deciding not to drink alcohol puts you in control and keeps you always moving forward.

INSPIRING WORDS...

“Just keep swimming. Just keep swimming.
Just keep swimming, swimming, swimming.
What do we do? We swim, swim.”

– Dory, from Finding Nemo

“Just because someone stumbles and loses
their path, doesn’t mean they’re lost forever.”

–Professor X, X-Men: Days of Future Past



RESPECT

YOURSELF

THAT IS AN IMPORTANT THING YOU CAN DO FOR YOURSELF.

You are probably thinking Oh, I've heard this hundreds of times...
but it doesn't mean you won't do it!

Many kids get in huge trouble when they don't act like themselves. Sometimes people think that they can just pretend to be someone they're not; the thing is if you have ever tried that, you will know that if someone finds out that you aren't who you say you are, everyone soon knows, and it's very embarrassing.

You have power - use it!

Respecting yourself is taking the knowledge you have, making decisions and acting on them. You know that underage drinking is super risky, so you choose to stay away from it. That's how to respect yourself.

TRIVIA SPOT

1. How many curves are in a standard paper clip?
2. What is the name of the kart-racing game in Wreck-It Ralph?
3. What percentage of our body weight is water?
40%, 60% or 80%?

1. 3 2. Sugar Rush 3. 60%



YOU'RE JUST

THAT GOOD.

YOU KNOW THE TRUTH – UNDERAGE DRINKING IS SERIOUS.

It is not funny or clever. Drinking alcohol when you're underage puts your health and safety at risk.

Your brain is who you are. It's what allows you to think, breathe, move, speak, and feel.

It's just 3 pounds of gray-and-white matter that rests in your skull, and it is your own personal "mission control." Your brain is particularly vulnerable to damage from alcohol while it is still developing – well into the 20s!

Knowing that when alcohol enters the brain it can interfere with normal tasks and lead to changes in how well it works makes choosing not to drink underage easy.

You are just that good!

STRANGE...BUT TRUE!

- If you run in the rain, you will get about 50% wetter than if you stand still.
- Slugs have 3,000 teeth and 4 noses.
- Approximately 1,000,000 dogs in the U.S. are named as the heirs of their owners' wills.



SIMPLY STATED....

YOU ROCK!

**NO MATTER WHICH WAY YOU LOOK AT IT, YOU ARE AWESOME.
YOU TRULY ARE!**

At your age there are all these crazy changes that leading up to something amazing! Have fun, dream big, and make good choices.

You know what is important to you and don't want to risk it with things that will harm you. That includes underage drinking. Alcohol can alter your vision, hearing and coordination. It can also impair your judgement, which can lead to accidents and other risky behaviors. That is just too much to risk.

STRANGE...BUT TRUE!

- Even though Froot Loops are different colors, they all have exactly the same flavor.
- Dead people can get goosebumps!
- New Zealand has more sheep than people