



# USE YOUR BRAIN TO MAKE DECISIONS *THAT COUNT.*



Did you know? Underage drinking can permanently harm your growing brain.

DON'T DAMAGE YOUR BRAIN—it's the only one you get. You have lots of decisions to make with that brain EVERY SINGLE DAY.

## PROTECT IT, DON'T HURT IT!

Think about your daily life. How many decisions do you make daily?

(Hint: IT'S A LOT.)

Start with when you:

- ★ Wake up (What kind of mood am I in today?)
- ★ Brush your teeth (Where did my toothbrush go?)
- ★ Get dressed for school (What should I wear today?)
- ★ Eat breakfast (Who ate the rest of the Frosted Flakes®? What do I eat now?)
- ★ Pick music for your earbuds (Am I feeling techno or metal today?)

WOW, you've made many decisions before walking out the door.

Keep your brain in top condition by taking care of it.

Don't drink alcohol. Your brain will thank you.

**YOUR LIFE  
MATTERS**

# **YOU ONLY HAVE ONE LIFE TO LIVE, SO MAKE IT COUNT.**

You want to be healthy enough to do all your favorite activities. Underage drinking is linked to health issues like depression and anxiety. When you suffer from depression or anxiety, you don't feel like doing the things that usually bring you joy.

It makes you feel alone even when surrounded by people who love you. Depression and anxiety are VERY IMPORTANT mental health matters.

Call or text Suicide & Crisis Lifeline at 988 if you're experiencing a mental health crisis.

Here are FOUR more tips to care for yourself:

1. Talk to an adult you trust. It helps to say your feelings out loud.
2. Write in your journal. Expressing thoughts through written words can be therapeutic.
3. Try not to isolate yourself. Instead, spend face-to-face time with people who make you feel comfortable and happy.
4. Volunteer. Get involved in your local community by doing something you love that also helps others. We call that a win-win!

**THIS IS YOUR LIFE. MAKE IT HEALTHY;  
MAKE IT AWESOME!**

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MATTERS**