

# DOUBLE DAMAGE

Your brain is the body's control center. It controls your breathing and heartbeat and helps you think and learn. All your body systems depend on the brain to work correctly.

Underage drinking interferes with your brain's ability to do its job. It puts both your brain AND body at risk. Check out the parts of the body that alcohol can do real (and irreversible) harm to:



## THE REAL DEAL!

- Brain information travels up to 268 miles per hour.
- Your heart beats about 100,000 times each day and pumps 2,000 gallons of blood.
- Your eyes are your fastest muscle.



Source: <https://bit.ly/3wsyDdX>  
<https://bit.ly/3MVjy4m>

Funded in whole or in part by the Illinois Department of Human Services, Division of Substance Use Prevention and Recovery through a grant from the Substance Abuse and Mental Health Service Administration.

# SEE YOUR SUCCESS

**You're the real deal!** Every day you're growing physically and mentally. Choosing to drink alcohol can get in the way of the learning you need to reach your goals.

Alcohol harms memory and makes it harder to understand and remember things you're taught. Plus, it has a greater impact when you're under 25 and your brain is still developing. Succeed alcohol-free!

## REAL OR FAKE?

1. The human brain weighs about three pounds.

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2. Your brain is mainly made up of fat.

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3. There are 22 main organs in the human body.

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ANSWERS:  
1. Real!  
2. Real!  
3. Fake - There are 78 main organs



Source: <https://bit.ly/3G1m7zB>

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# PROTECT REAL RELATIONSHIPS

Your friends and family matter. It's not right to hurt the people you care about by choosing to drink alcohol. Underage drinking can lead to problems that harm your friendships or relationships with your family. Studies show it increases fights (even violent ones) and can make you more likely to withdraw. That's not the best move!

Protect your friends and family by saying no to underage drinking.

## THE REAL DEAL!

- Listening to music can be good for your heart health.
- Skin is the body's largest organ.
- An eyelash stays on your eye for an average of 150 days.



# THE REAL DEAL

Did you know most Illinois eighth graders don't think they'd be cool if they drank alcohol? That could be because they know that most youths don't drink and that alcohol can do real physical and mental damage.

If you or someone you know is considering drinking or struggling with it, you can always talk with a trusted adult- a coach, a teacher, or a parent. If you feel pressure to drink, consider these replies:

- "I have schoolwork, and alcohol makes it harder to concentrate."
- "I can't risk getting in trouble with the law or my parents."
- "Drinking can cause problems with friends, and they matter too much to me."
- "No thanks, I'm good."

## REAL OR FAKE?

1. The brain is the only muscle that doesn't get tired.  
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2. Your sense of smell is 10,000 times more sensitive than your sense of taste.  
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3. The brain uses more than a quarter of the oxygen used by the human body.  
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ANSWERS:  
1. Fake - That's your heart! The brain isn't a muscle  
2. Real!  
3. Real!



Source: <https://bit.ly/3LS1119>  
<https://www.cdc.gov/alcohol/fact-sheets/underage-drinking.htm>

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