

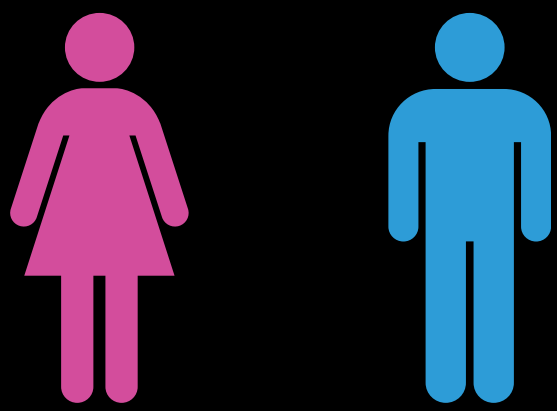
# ALCOHOL AWARENESS

## ALCOHOL CAN AFFECT PEOPLE DIFFERENTLY

Age, gender, weight, number of drinks, type of alcohol, and time elapsed are all factors in how alcohol can affect an individual

TALK TO YOUR CHILDREN ABOUT THE RISKS OF ALCOHOL USE

## BINGE DRINKING



4+ drinks 5+ drinks  
Within a 2 hour span

## WHAT IS CONSIDERED ONE "DRINK"



12OZ BEER



5OZ WINE



1.5OZ OF 80 PROOF LIQUOR

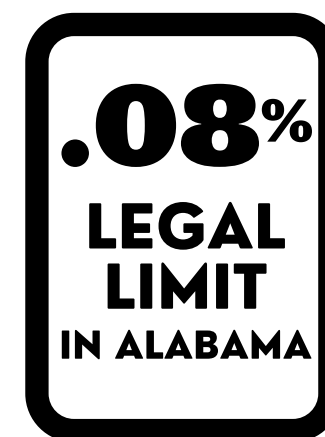
## THE COST OF DRINKING

### FINANCIAL

- Alcohol can be expensive
- Increases likelihood of **Impulse Buying**

### DUI COSTS

- Insurance Increases
- Fines & Attorney Fees
- DUI Classes



### HEALTH

- **Long Term Effects:** Liver Disease, Heart Disease, Cancer, Diabetes, Brain Damage
- **Mental Health:** Alcohol is a depressant and can cause anxiety and low moods
- **Appearance:** Weight Gain, Premature Aging

### RELATIONSHIPS

- Alcohol can lower inhibitions causing individuals to do or say things they later regret.
- Children who are raised with alcohol abusing parents may have long term affects

### LIVES

- Alcoholism is one of the top contributors of Preventable Deaths
- Driving drunk is a major cause of traffic crashes resulting in injuries or death



Amount of time it takes for your body to process 1 oz of alcohol

## DRINK RESPONSIBLY

- Keep track of your drinking and set limits
- Alternate drinking water and alcohol
- Eat before and while drinking
- **DO NOT DRINK & DRIVE**

