



**Are they
in pain?**

**Does their
head hurt?**

Headache

- Drinking alcohol makes people go to the bathroom a lot more, which can lead to dehydration.
- Alcohol also affects the liver's ability to give sugar/energy to the organs and tissues.
- The brain needs lots of water and sugar to work properly. If you are going to the bathroom a lot, and/or drinking a lot of alcohol, the brain is not getting enough water and energy it needs which leads to headaches (also known as a hangover).

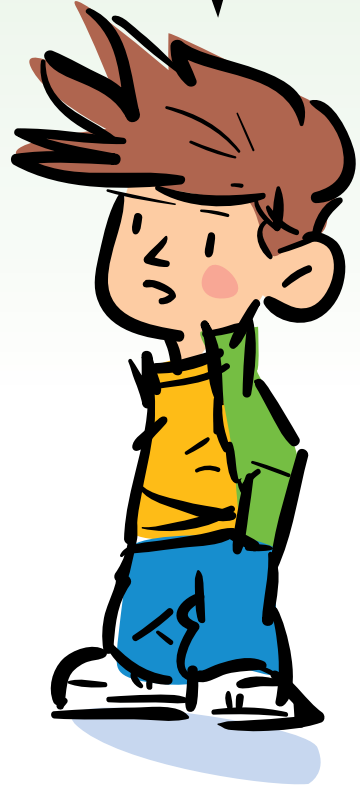
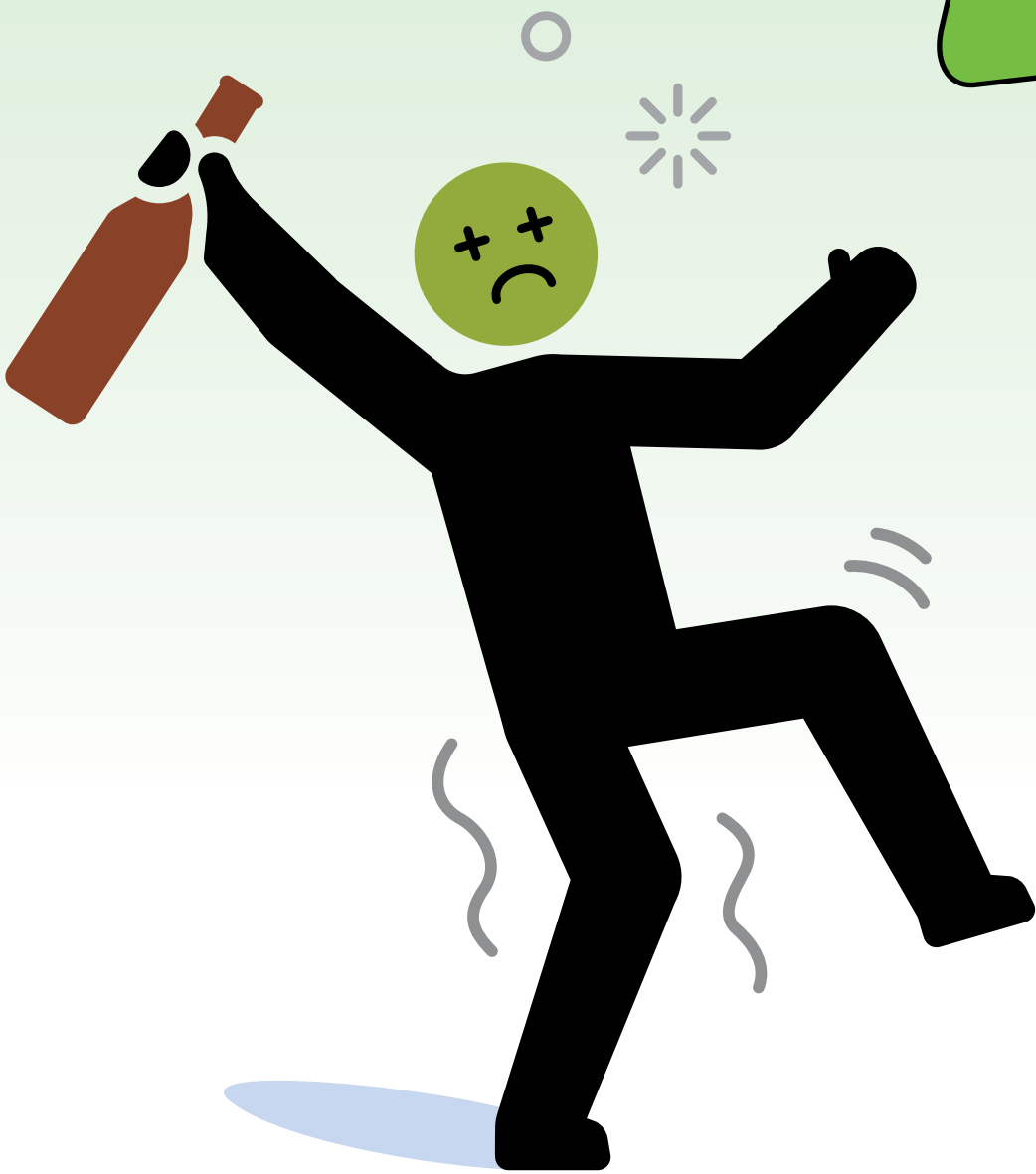


Alcohol: The
whole truth

The logo is contained within a blue, irregular, rounded shape. To the right of the text, there are three small decorative icons: a green swirl, a blue circle, and a yellow starburst.

**What is wrong
with them?**

**Are they
sick?**



Nausea and Vomiting

- Drinking too much alcohol can lead to alcohol poisoning and death. The body attempts to prevent this by getting rid of the extra alcohol, which is why individuals who drink too much often feel sick and may vomit.



**Can you really
die from alcohol?**



Death

- Drinking alcohol can lead to death.
- Some of the reasons include alcohol poisoning, crashes (car, boat, ATV etc.), violence, and health problems (liver damage, cancer, high blood pressure etc.).

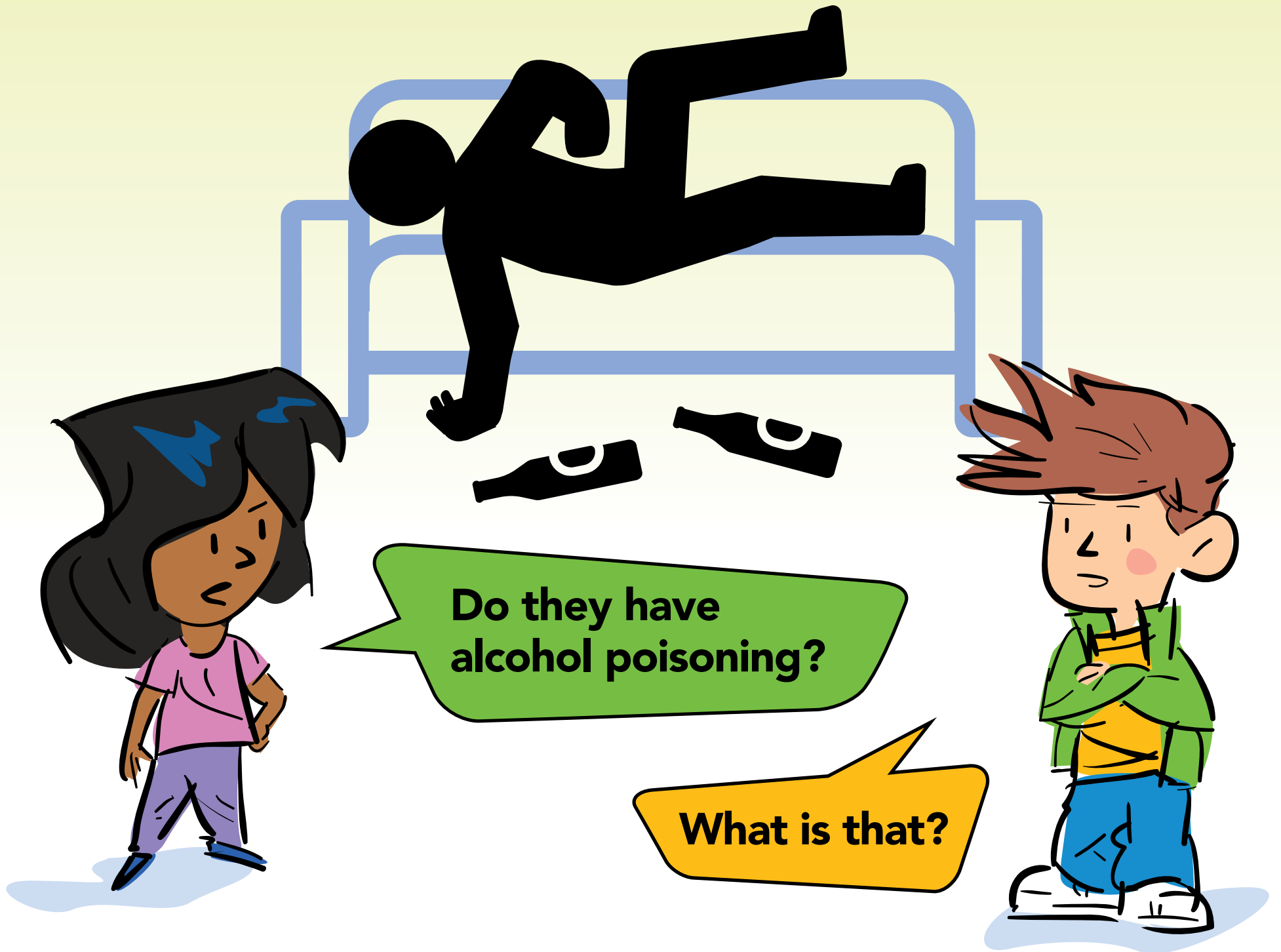




Crashes

- Remember that alcohol is a depressant. This means it slows things down in the brain and body.
- Alcohol can affect balance, vision, coordination, and reaction time, all of which are needed to drive a car.





**Do they have
alcohol poisoning?**

What is that?

Alcohol poisoning

- Alcohol is a depressant. That means it slows things down in the brain and body, like breathing.
- If someone drinks too much, it can lead to alcohol poisoning.
- You only need to see one of these signs to call 911:
 - won't wake up
 - vomits while asleep
 - has slow breathing or pulse
 - has cold, pale, or bluish skin.
- Turn them on their side (recovery position) and call for help.





Risky behaviours

- Drinking alcohol lowers inhibitions (acting without thinking first), decreases concentration and the ability to make good decisions.
- This can lead to risky behaviors such as violence and fighting, or you may say or do something that you later regret.



**Did they get
arrested?**



**Are they going
to jail?**

Criminal record

- It is illegal in Ontario to:
 - drink or buy alcohol under the age of 19.
 - be given alcohol under the age of 19.
 - drive a car after drinking alcohol.
 - drink alcohol in public places like playgrounds and parking lots etc.
- You can be fined and charged for doing any of these things.





They look
tired.

Drowsy

- Alcohol is a depressant, which means it slows down the functions of the brain and body.
- This means your body and brain work at a slower pace which can make you feel sleepy (drowsy) or move slower than normal.





**They must feel
embarrassed.**



Embarrassed

- Drinking alcohol can cause you to say and do things that you wouldn't normally do or say.
- This can lead to embarrassment and can affect your self-esteem.



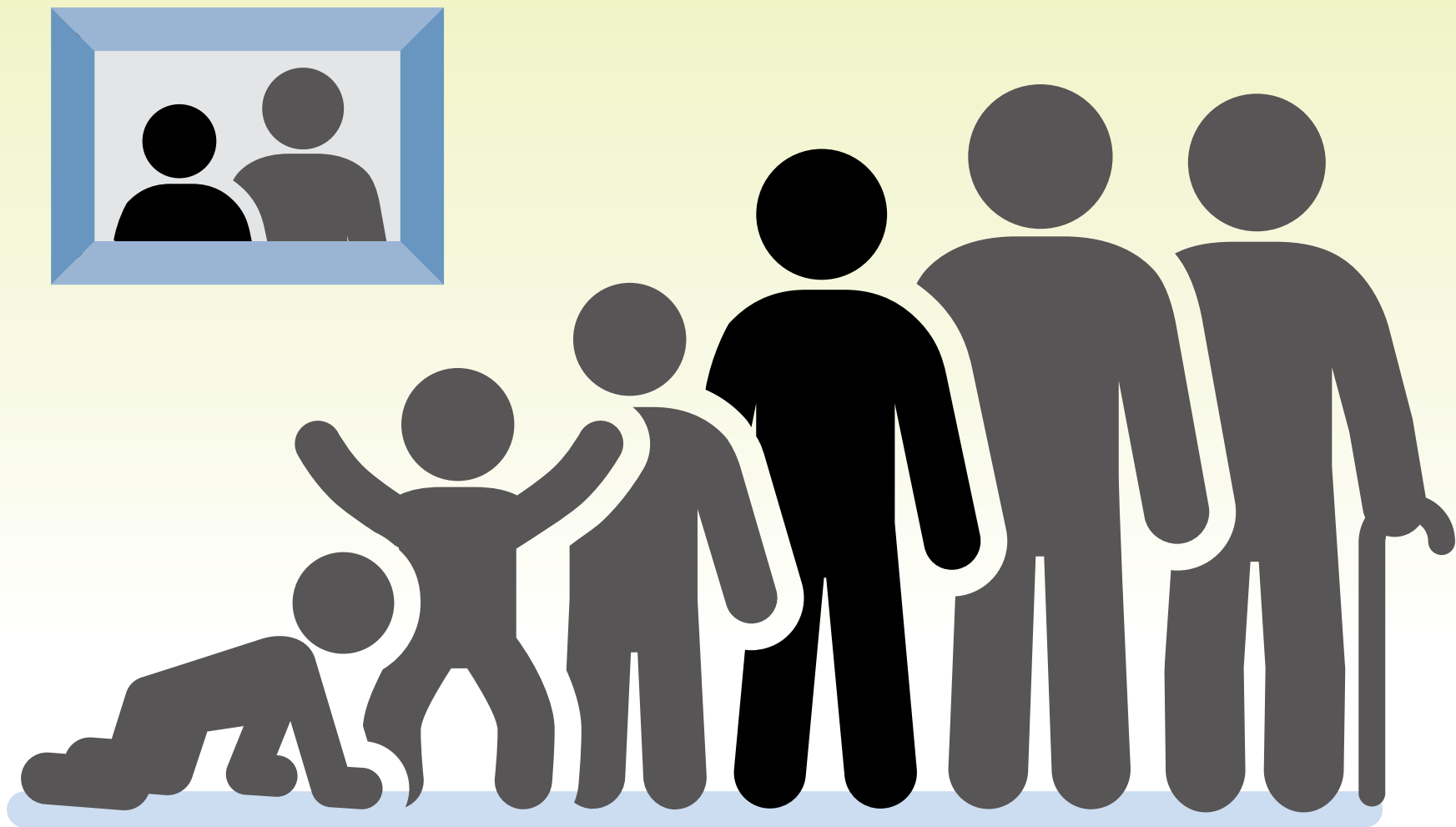
**I don't think
they did well
on their test.**



Failing grades

- Drinking alcohol can affect your motivation, ability to concentrate (such as studying for tests) and your ability to make good decisions (such as doing your homework).





Our family

Family history

- If someone in your family (parent, grandparent etc.) had or has a problem with alcohol, it can increase your risk of having a problem with alcohol.



**Do they have
health problems?**



Health problems

- Alcohol is processed by the body in the liver. On average, it takes two hours to process one standard drink.
- Over time, drinking too much can lead to liver damage, cancer, damage to the heart, high blood pressure, and brain/nerve damage.





Are they injured?

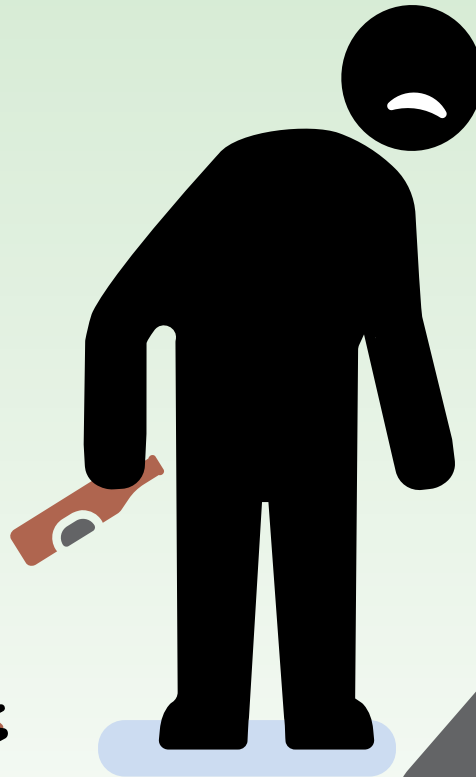
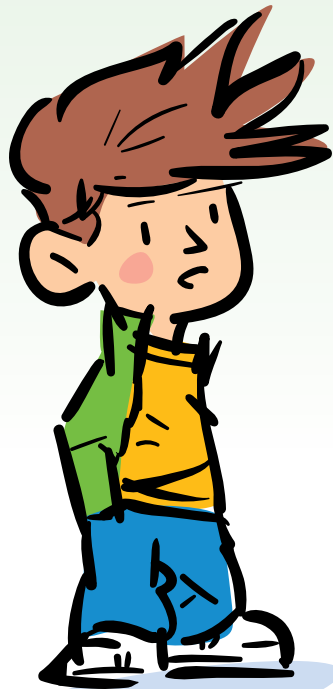


Injuries

- Alcohol is a depressant which slows down the body and brain including vision, coordination, and balance.
- When someone drinks too much, they might lose their balance, stumble, fall, and injure themselves.



**Aren't
they friends
anymore?**

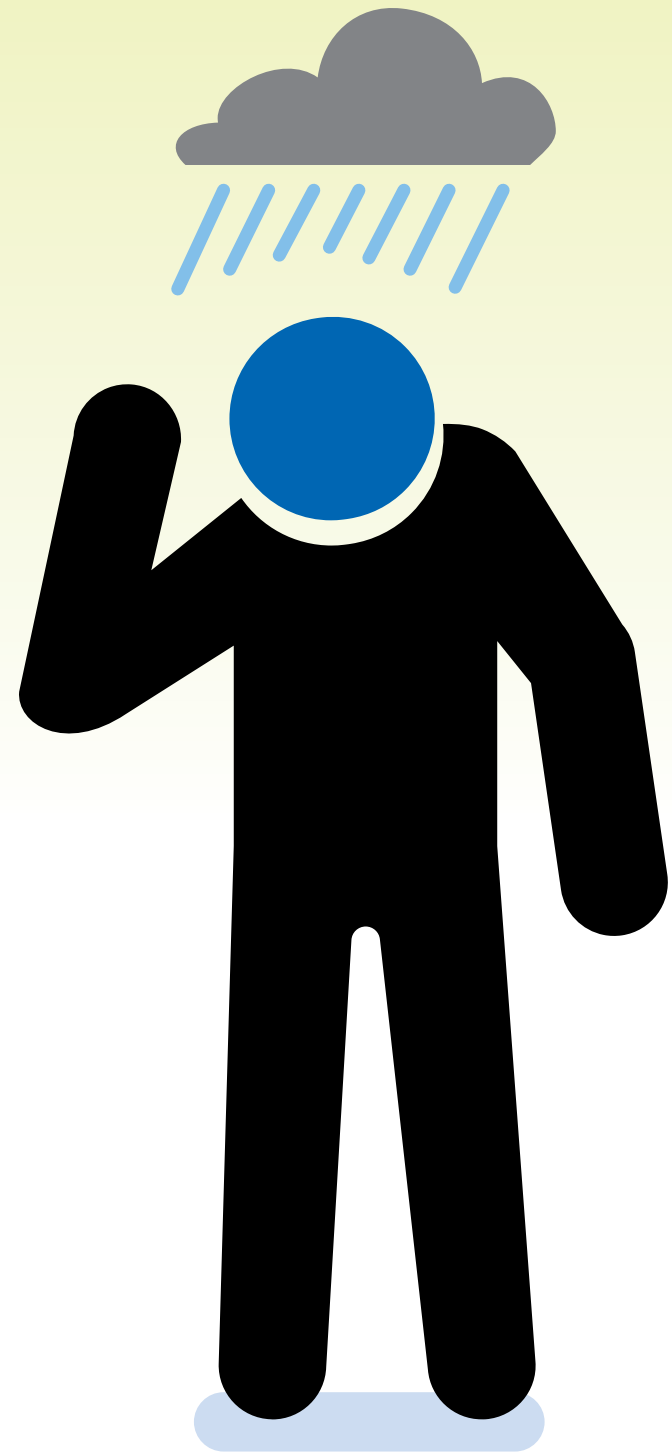


Losing friends

- Drinking alcohol can change the way you act, which can affect relationships with family and friends.
- You (or they) may:
 - choose different friends to hang out with.
 - act differently.
 - embarrass or offend a friend.



They seem depressed.



Mental health

- Drinking alcohol affects how the brain works which may result in mental health disorders such as depression, suicide, anxiety, violence, hallucinations etc.



**They seem
really stressed.**



Stressful life events

- People who experience stressful life events might turn to alcohol to deal with their problems.
- Alcohol might help them to ignore the issue, and they think it makes them feel better.
- Stressful events need to be dealt with in a healthy way.





Getting in trouble

Drinking alcohol can lead to trouble with:

- parents (family rules around drinking alcohol).
- the Law (illegal to drink alcohol before the age of 19 in Ontario).
- school (there are school rules around drinking alcohol on school property or going to class drunk).



**I don't think they
can concentrate.**



Difficulty concentrating

- Drinking alcohol affects your ability to concentrate because it slows down the brain and body.
- It can also affect you the next day because of headaches, nausea, and other side effects as your body needs time to process all the alcohol you drank (i.e., hangover).



Why are they fighting?



Violence

- Drinking alcohol causes people to lower their inhibitions or act without thinking first. This can lead to fighting and violence.

