



Bonneville Communities That Care Corner

Underage Drinking

Isn't it a harmless rite of passage? NO! It can be extremely harmful to young brains.

Here are some common underage drinking myths:

Myth: Alcohol isn't as harmful as other drugs.

Fact: Your brain doesn't stop growing until about age 25, and alcohol can affect how it develops. Plus, alcohol increases your risk for many diseases, such as cancer. It can also cause you to have accidents and injuries, sending you to the emergency room.

Myth: Beer and wine are safer than liquor.

Fact: Alcohol is alcohol. A 12 oz beer, a 5-oz glass of wine, and a shot of liquor (1.5 oz) all have the same amount of alcohol.

Myth: You can sober up quickly by taking a cold shower or drinking coffee.

Fact: There's no magic cure to help you sober up. On average, it takes 2-3 hours for a single drink to make it through your body. And there's nothing you can do to make that happen quicker.

Myth: There's no reason to wait until you're 21 to drink.

Fact: When you are young, drinking alcohol can make learning new things more difficult. Also, people who begin drinking before they turn 15 are more likely to develop a drinking point than those who begin drinking at age 21 or older.

Learn more about how to prevent underage drinking and misuse of other drugs – attend our Bonneville Communities That Care meetings. Email us for more information: BonnevilleCTC@weberhs.org