

IT MAY BE
A CHALLENGE
TO SAY NO TO ALCOHOL,
BUT LIFE IS FULL OF
CHALLENGES.

WHETHER YOU ARE PREPARING FOR
A CHAMPIONSHIP BASKETBALL
GAME, PRACTICING FOR A CONCERT,
OR STUDYING FOR A HARD TEST,
YOU WANT TO KEEP THAT WINNING
EDGE. WHEN YOU DRINK ALCOHOL,
YOU LOSE THAT EDGE.

IF YOU WANT
TO GIVE YOURSELF
THE BEST CHANCE
TO SUCCEED, THEN...

NOW IS THE TIME
FOR YOU TO RISE
TO THE CHALLENGE
AND BE ALCOHOL-FREE.

THE PENNSYLVANIA
LIQUOR CONTROL BOARD'S
BUREAU OF ALCOHOL EDUCATION
OFFERS A VARIETY OF ALCOHOL
EDUCATION MATERIALS
FREE OF CHARGE.

FOR MORE INFORMATION, PLEASE CONTACT US:

PENNSYLVANIA LIQUOR CONTROL BOARD
BUREAU OF ALCOHOL EDUCATION

NORTHWEST OFFICE BUILDING
HARRISBURG, PA 17124-0001

WWW.LCB.STATE.PA.US

OR CALL OUR TOLL-FREE LINE:

1 (800) 453-PLCB (7522)

HEARING IMPAIRED:

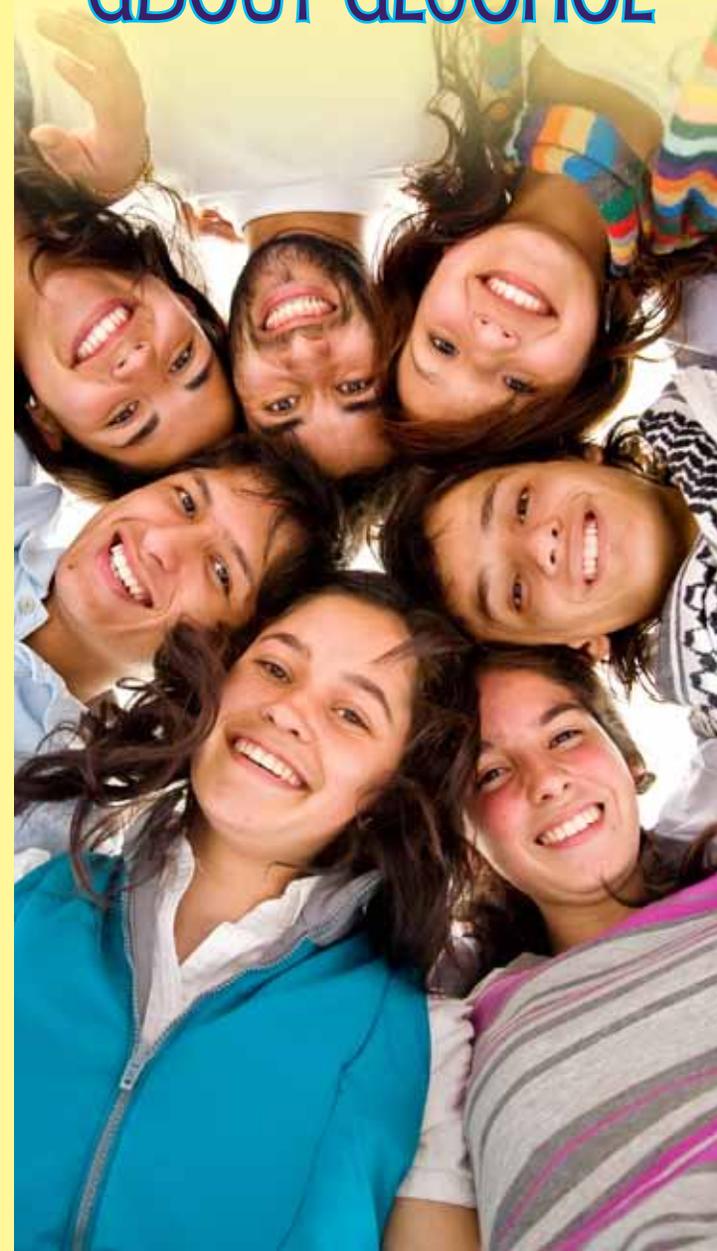
TDD/TTY (717) 772-3725

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THIS INFORMATION IS NOT INTENDED TO BE LEGAL ADVICE,
BUT MERELY CONVEYS INFORMATION PERTINENT TO
ALCOHOL-RELATED OFFENSES. FOR MORE INFORMATION OR FURTHER
CLARIFICATION, PLEASE CONTACT YOUR LOCAL DISTRICT ATTORNEY'S
OFFICE OR A PRIVATE ATTORNEY.



THE
TRUTH
ABOUT ALCOHOL



SEPARATING MYTH FROM REALITY

EVERY DAY WE ARE BOMBARDED WITH MESSAGES ABOUT ALCOHOL. INFORMATION COMES FROM ALL SOURCES: SCHOOL, PARENTS, FRIENDS, COMMERCIALS, MUSIC, AND MAGAZINES. THERE IS SO MUCH INFORMATION IT IS SOMETIMES HARD TO FIGURE OUT WHAT IS TRUE AND WHAT IS NOT.

MYTH: "ALL TEENAGERS DRINK ALCOHOL."

REALITY: IN A NATIONAL SURVEY, 74% OF 12-20 YEAR OLDS REPLIED THAT THEY DID NOT DRINK. WHEN ASKED IF THEY HAD CONSUMED ALCOHOL IN THE 30 DAYS PRIOR TO THE SURVEY.¹

MYTH: "I'LL LOSE MY FRIENDS IF I DON'T DRINK."

REALITY: A TRUE FRIEND WILL NOT PRESSURE YOU TO DO ANYTHING THAT YOU DO NOT WANT TO DO, ESPECIALLY SOMETHING THAT IS DANGEROUS OR COULD GET YOU ARRESTED. YOUR REAL FRIENDS WILL RESPECT YOUR DECISION NOT TO DRINK. MANY TEENS WHO DRINK SAY THAT THEY HAVE HURT A FRIEND OR A FAMILY MEMBER WHEN THEY HAVE BEEN DRINKING. IN FACT, STAYING AWAY FROM ALCOHOL IS A GOOD WAY TO KEEP YOUR FRIENDS.

MYTH: "IT'S OK TO DRIVE IF I ONLY DRINK A LITTLE BIT."

REALITY: GETTING BEHIND THE WHEEL AND DRIVING AFTER YOU HAVE CONSUMED ANY ALCOHOL IS DANGEROUS. IN 2010, NEARLY ONE-THIRD (31%) OF DRIVER DEATHS ON PENNSYLVANIA ROADWAYS WERE DRINKING DRIVERS.²

MYTH: "I CAN ONLY BE CHARGED WITH DRIVING UNDER THE INFLUENCE (DUI) IF I HAVE A BLOOD ALCOHOL CONTENT (BAC) OF .08% OR GREATER."

REALITY: NOT IF YOU ARE UNDER THE LEGAL DRINKING AGE. PENNSYLVANIA'S ZERO TOLERANCE LAW HAS MADE IT POSSIBLE FOR A MINOR (THOSE UNDER 21) TO BE CHARGED WITH DUI IF THEIR BAC IS .02% OR GREATER.

MYTH: "I CAN'T LOSE MY DRIVER'S LICENSE IF I DON'T HAVE IT YET."

REALITY: IF YOU ARE CAUGHT DRINKING, POSSESSING ALCOHOL, TRYING TO BUY ALCOHOL, OR USING A FAKE ID BEFORE YOU ARE 21, YOU WILL GET INTO SERIOUS TROUBLE. PENALTIES MAY INCLUDE FINES, LOSS OF DRIVING PRIVILEGES, AND/OR JAIL TIME. IF YOU ARE UNDER 16, A 90-DAY SUSPENSION OF DRIVING PRIVILEGES BEGINS WHEN YOU APPLY FOR YOUR LEARNER'S PERMIT.

MYTH: "TEENS CAN'T BECOME ALCOHOLICS."

REALITY: ANYONE CAN BECOME AN ALCOHOLIC. RESEARCH HAS SHOWN THAT YOUTH WHO USE ALCOHOL BEFORE AGE 15 ARE FIVE TIMES MORE LIKELY TO BECOME ALCOHOL DEPENDENT THAN ADULTS WHO BEGAN DRINKING AT AGE 21.³

MYTH: "YOU HAVE NOTHING TO LOSE BY DRINKING."

REALITY: YOU CAN LOSE YOUR CONTROL, INDEPENDENCE, PHYSICAL ABILITIES, FRIENDS, DRIVER'S LICENSE, OR EVEN YOUR LIFE. MANY YOUTHS DIE EACH YEAR IN ALCOHOL-RELATED DROWNINGS, FIRES, SUICIDES, AND AUTO ACCIDENTS.

MYTH: "IT'S OK IF I DRINK AT HOME AS LONG AS I DON'T GO ANYWHERE."

REALITY: REGARDLESS OF WHOSE HOUSE YOU ARE AT OR WHO SUPPLIED YOU WITH THE ALCOHOL, IT IS ILLEGAL TO DRINK ALCOHOL IF YOU ARE UNDER 21 YEARS OLD.

MYTH: "DRINKING ALCOHOL ISN'T HARMFUL TO MY BODY."

REALITY: REGULAR USE OF ALCOHOL CAN HAVE A SERIOUS IMPACT ON THE LIVER, STOMACH, BRAIN, KIDNEYS, AND OTHER ORGANS. HEAVY DRINKING CAN INHIBIT THE FIRING OF THE NERVE CELLS THAT CONTROL BREATHING, WHICH COULD CAUSE A CONDITION KNOWN AS RESPIRATORY DEPRESSION THAT COULD HAVE FATAL CONSEQUENCES. EVEN OCCASIONAL USE COULD LEAD TO DISTURBED SLEEP, NAUSEA, VOMITING, OR EVEN A HANGOVER.

MYTH: "I CAN SOBER UP IF I JUST DRINK SOME COFFEE OR TAKE A COLD SHOWER."

REALITY: COFFEE WILL WAKE YOU UP AND A COLD SHOWER WILL MAKE YOU COLD BUT NEITHER OF THESE WILL HELP YOU SOBER UP. YOUR LIVER CAN ONLY METABOLIZE ALCOHOL AT ONE SPEED, WHICH MEANS THE ONLY THING THAT CAN HELP YOU SOBER UP IS TIME.

MYTH: "ALCOHOL WILL MAKE ME FEEL BETTER AND GIVE ME ENERGY."

REALITY: ALCOHOL IS A DEPRESSANT AND AFFECTS YOUR CENTRAL NERVOUS SYSTEM (CNS). ALCOHOL CAN MAKE YOU MOODY, SLEEPY, OR EVEN ANGRY. IT ALSO SLOWS DOWN THE MOTOR SKILLS THAT CONTROL THE WAY YOU MOVE, SPEAK, AND ACT. ALCOHOL IMPAIRS YOUR DECISION-MAKING ABILITY, WHICH COULD RESULT IN YOU DOING THINGS THAT YOU NORMALLY WOULD NOT DO.

MYTH: "DRINKING ALCOHOL WON'T AFFECT MY GRADES OR ACTIVITIES."

REALITY: STUDENTS WHO DRINK OFTEN GET LOWER GRADES AND ARE LESS LIKELY TO FINISH SCHOOL. ALCOHOL AFFECTS BOTH YOUR CONCENTRATION AND COORDINATION. IT WILL NOT ONLY HURT YOUR PERFORMANCE ON TESTS BUT ALSO KEEP YOU FROM DOING YOUR BEST IN SPORTS, MUSIC, ART, OR ANY OTHER ACTIVITIES IN WHICH YOU ARE INVOLVED.

MYTH: "BEER AND WINE COOLERS ARE NOT AS BAD FOR ME AS WINE OR LIQUOR."

REALITY: DIFFERENT DRINKS MAY CONTAIN DIFFERENT AMOUNTS OF ALCOHOL, BUT ONE 12-OUNCE CAN OF BEER HAS AS MUCH ALCOHOL AS A 5-OUNCE GLASS OF WINE, ONE 12-OUNCE WINE COOLER, OR 1.5-OUNCES OF LIQUOR (80-PROOF DISTILLED SPIRITS).

