

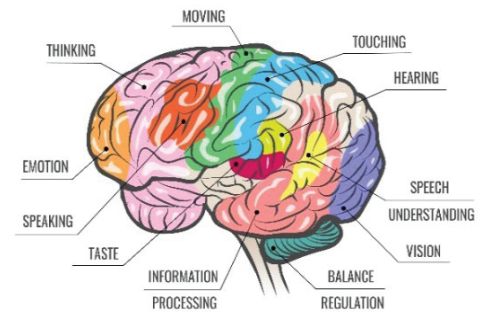
# Alcohol **Myths** vs. **Facts**

## Myth

There is no reason to wait until you're 21 to drink alcohol.

## Fact

People who begin drinking before age 15 are 3.5 times more likely to develop a drinking problem at some point in their lives than those who begin drinking at age 21 or older.



## Myth

Drinking alcohol isn't as risky as other drugs.

## Fact

Drinking alcohol can cause you to make poor decisions and engage in risky/harmful behavior that can result in a variety of serious consequences such as injuries, sexual assault, legal trouble, and even death.

**#DYK** | Your brain doesn't stop developing until you're 25 years old!

Underage alcohol use can impair the development of the parts of your brain that control memory, emotional regulation, learning, and decision making.

**#DYK** | About one in four teen car crashes involves an underage drinking driver.

## Myth

You need to drink alcohol in order to "fit in".

## Fact

Research shows that the majority of young people don't drink alcohol! Besides, drinking alcohol can make you puke, stumble around, or pass out. That's not definitely not going to help you "fit in" with your peers.

**Be a thinker, not a drinker!**

Learn about the real cost of using alcohol @ [LearnMoreAZ.org](http://LearnMoreAZ.org).

Talk to your friends about the risks.

Be the positive influence!



# Helpful Resources

## Statewide Resources

- **1-800-662-HELP (4357) | SAMHSA's National Helpline**  
Free, confidential treatment referral and information service *available 24/7* (in English and Spanish).
- **Al-Anon.org | Al-Anon**  
For people whose lives have been affected by someone else's drinking.
- **DrugFree.org | Partnership for Drug-Free Kids**  
Peer support for parents and caregivers. Text **JOIN** to **55753** to get help and hope by text.
- **FindTreatment.gov**  
Find treatment resources available in your area.
- **TalkNowAZ.com**  
Get tips on talking to youth about alcohol and other substances.

## Youth Resources

- Text **HELLO** to **741741** | *Available 24/7*  
Text anonymously with a trained crisis counselor for free.
- **Teen Lifeline** | *Available 24/7* **1-800-248-TEEN (8336)**  
Arizona support line for teens operated by teens.
- **9-8-8 Suicide and Crisis Lifeline** | *Available 24/7*  
Helps individuals in suicidal crisis with support.
- **Teens Helping Teens** | *Available 6p to 9p PST*  
**1-800-TLC-TEEN** OR text **TEEN** to **839863** to speak with another teen.
- **Al-Anon-AZ.org/Teens-2 | Alateen: Arizona Al-Anon for Teens**  
For youth whose lives have been affected by someone else's drinking.
- **LearnMoreAZ.org**  
Get the facts on underage drinking and other substances.