

DID YOU KNOW?

Facts About Alcohol Use

- Alcohol is illegal for anyone under 21.
- There are 88,000 alcohol related deaths each year in the U.S.
- Most teens don't drink alcohol.
- Mixing alcohol with medicine is dangerous.
- Teen bodies are still growing; therefore, alcohol affects them more severely than adults.

Health Effects of Alcohol Use

- Alcohol slows down the brain and body. Effects may include:
 - ✧ loss of coordination
 - ✧ poor judgement
 - ✧ memory loss
 - ✧ loss of self-control
 - ✧ slow reflexes
- Alcohol weakens the heart muscle, and reduces the amount of blood pumped to and from the heart.
- Too much alcohol can slow down the body and lead to coma and death.
- Alcohol goes directly into the bloodstream and can damage every organ of your body.

ALCOHOL FILL IN THE BLANKS:

1. Alcohol is _____ for anyone under the age of 21.
2. Mixing _____ with _____ is dangerous.
3. There are _____ alcohol related deaths each year in the U.S.
4. Most teens _____ alcohol.
5. Alcohol slows down the _____ and _____.
6. Two health effects of alcohol are _____ and _____.



DID YOU KNOW?

Facts About Tobacco Use

- In the United States, it is illegal to sell tobacco products to anyone under the age of 21.
- There are more than 200 known harmful chemicals in cigarette smoke.
- Cigarettes contain nicotine, a powerfully addictive substance.
- Smoking is the leading preventable cause of death in this country.
 - ∴ More than 480,000 Americans die from tobacco related causes each year.
 - ∴ Almost 45,000 deaths per year can be attributed to secondhand smoke.

Health Effects of Tobacco Use

- Nicotine in cigarettes and chewing tobacco reduces the amount of blood that flows to the brain.
 - ∴ This interferes with the way the brain works.
- Smoking causes heart disease.
- Smokers have more colds and upper respiratory problems.
- Smoking causes lung cancer.
- Chewing tobacco can cause mouth cancer, tooth loss, and other health problems.
- Smoking can:
 - ∴ Yellow your teeth and cause bad breath.
 - ∴ Dry your skin and cause wrinkles.

TOBACCO FILL IN THE BLANKS:

1. There are more than 200 known _____ in cigarette smoke.
2. Cigarettes contain _____, a powerful substance that causes addiction.
3. More than _____ Americans die from tobacco-related causes each year.
4. Smokers have more _____ and _____ problems.
5. Smoking can cause yellow _____ and smelly _____.
6. It is _____ to sell tobacco to anyone under age of _____.

