



KNOW THE SIGNGS

- Acting unusually confused
- Repetitively throwing up, and/or dry heaving and salivating
- Loss of other bodily functions
- Breathing is different than normal
- Skin looks pale or bluish
- Snoring unusually or loudly
- Passed Out- you can't wake them up



SAVE A LIFE

Call or Text 911
Stay
Cooperate

Alcohol Awareness



LEARN THE LAW

The Lifeline Law provides legal amnesty from prosecution for underage drinking and many related offenses, for a medical emergency, sexual assault, or other crime. The law protects the person in need, and all who call stay & cooperate.

MAKE GOOD

DECISIONS

TELL YOUR FRIENDS

@MKGDDecisions

#MakeGoodDecisions

makegooddecisions.org

Make the pledge:

**"I will do my best to Make Good Decisions,
If someone needs help, I will Make the Call,
If I need help, I give You permission to Make the Call for me."**



ALCOHOL IS A SNEAKY DRUG

Q? How long does it take for one drink to affect the body?

A: About 30 minutes to feel it, and about 1 hour to process it

Problem! If someone has another drink too quickly, the liver can't process it. The alcohol can spill into other organs causing damage, injury, or even death.

Factors such as gender, rest, hydration, food, and other substances can all impact how alcohol impacts the body.

CONTENT LEVELS ARE CONFUSING

Q? What is considered one drink?

A: Beer is typically 12 oz, wine is typically 5 oz, hard alcohol is typically 1.5 oz

Problem! It all depends on the % of alcohol in each item. The label should indicate the % but every product is different.

It is important to read labels, be aware of what is in anything you consume, and use safety tools like a Blood Alcohol Content app.



EXPERIMENTING IS DANGEROUS

Q? Is alcohol really that bad?

A: About 5000 teens die each year from alcohol related causes

Problem! About 90% of Americans with a substance abuse problem started smoking, drinking or using other drugs before age 18.

Too many deaths occur from alcohol poisoning and other drug use.



STAY SAFE

Q? How do I know if my friend needs help?

A: Don't try to play doctor or let them sleep it off. Call for help if something is unusual or you are unsure about what to do. Learn the signs.

Problem! Many young people are too scared or unsure if 911 should be called.

The Lifeline Law is there to provide amnesty and save lives. Make a plan to stay together with friends & make the pledge.





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