

# WHAT ARE THE FACTS ABOUT UNDERAGE DRINKING?



**MAKE GOOD**

**DECISIONS**

## **MYTH:**

Drinking will make me cool.

There's nothing cool about stumbling around, passing out, or puking on yourself. Drinking alcohol also can cause bad breath and weight gain.

## **MYTH:**

Drinking is a good way to loosen up.

Drinking can make you act silly, say things you shouldn't say, and do things you wouldn't normally do, like get into fights.

## **MYTH:**

I can sober up with a shower or coffee.

On average, it takes 2 to 3 hours for a single drink to leave the body. Nothing can speed up the process, not even a cold shower or drinking coffee.

## **MYTH:**

I need to drink to fit in.

If you really want to fit in, stay sober. Most young people don't drink. Research shows that more than 70% of youth ages 12 to 20 haven't had a drink in the past month.

## **MYTH:**

Adults drink, it should be ok for kids.

A young person's brain and body are still developing. Drinking alcohol can cause learning problems or lead to adult alcoholism.

Learn more: [makegooddecisions.org](https://makegooddecisions.org)

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