



Talking about NOT drinking underage now can protect your teen's developing brain.

**KEEP SHOWING UP**

**THEY'RE STILL GROWING UP**

## There is more research about youth and alcohol than when you were a teen. We know that alcohol is the number one substance used by youth. Here are other things we now know:

- We know that drinking as a teen means a higher risk for alcohol use disorder later in life.
- We know drinking alcohol underage can change the actual structure of your teen's brain causing cognitive problems.
- We know underage alcohol use can cause your teen to make risky choices they would not have otherwise leaving a bad mark on their future plans.

Alcohol can cause damage to the brain, which is still developing into our mid-20s! Underage drinking can leave effects long after the alcohol leaves a child's body. When we know better, we can do better.

Sources: [niaa.nih.gov](http://niaa.nih.gov), [monitoringthefuture.org](http://monitoringthefuture.org)

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