



**Alcohol:**
the whole truth

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Stressful life events

- People who experience stressful life events might turn to alcohol to deal with their problems
- Alcohol might help them to ignore the issue and they think it makes them feel better
- Stressful events need to be dealt with in a healthy way

I think she
got in trouble



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Getting in Trouble

- **Drinking alcohol can lead to trouble with:**
 - **Parents (family rules around drinking alcohol)**
 - **The Law (Illegal to drink alcohol before the age of 19)**
 - **School (There are school rules around drinking alcohol on school property or going to class drunk)**



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Trouble Concentrating

- **Drinking alcohol affects your ability to concentrate because it slows down the brain and body**
- **It can also affect you the next day because of headaches, nausea, and other side effects because your body needs time to process all the alcohol in your system (i.e. hangover)**



why are they fighting?

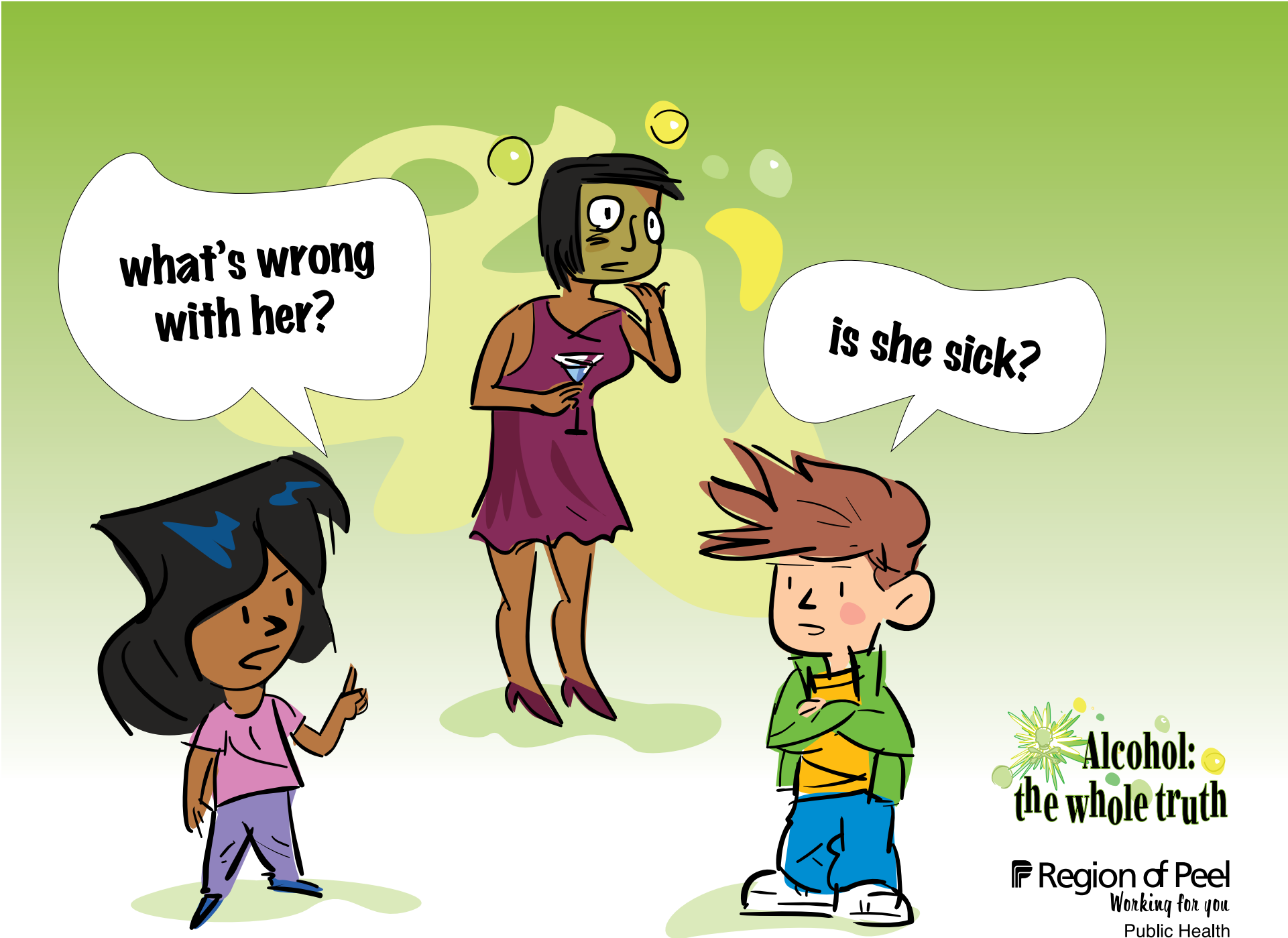


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Violence

- **Drinking alcohol causes people to lose their inhibitions or act without thinking first. This can lead to fighting and violence.**



what's wrong
with her?

is she sick?

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Nausea and Vomiting

- **Drinking too much alcohol can lead to alcohol poisoning and death**
- **The body will try to prevent this by trying to get rid of all the extra alcohol. That's why people who drink too much get sick and may vomit**