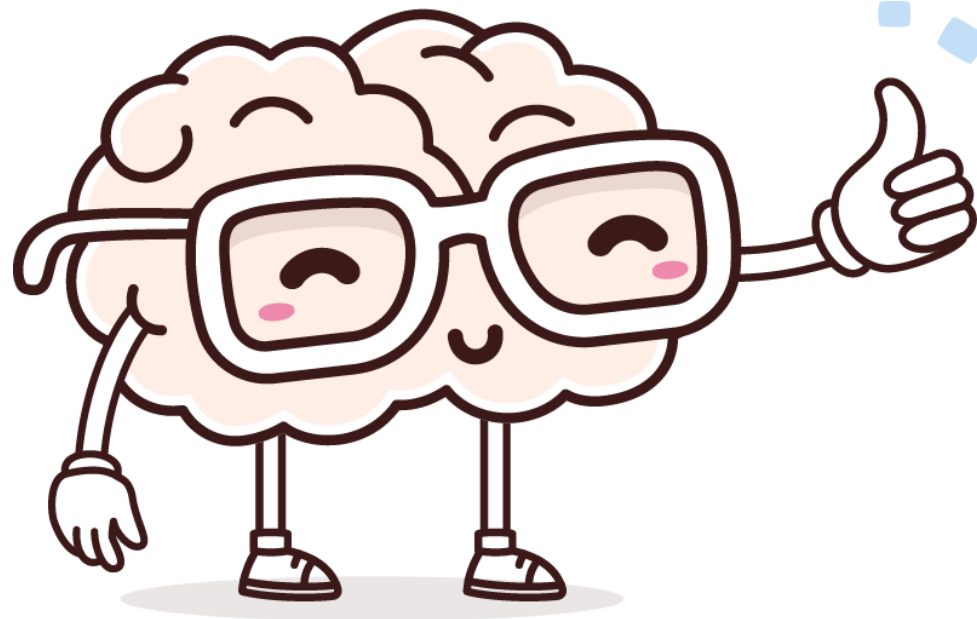


LET'S GET REAL

About sex and drinking



THE EFFECTS OF DRINKING ON THE BRAIN

Although a 'buzz' may be only temporary, the effects of alcohol on the brain can cause permanent damage over time.



Do you use alcohol to feel better or fit in with **friends**?



Alcohol **blocks some of the messages trying to get to your brain**. This changes how people feel and move and, affects vision and hearing.



Alcohol might actually make you feel worse as it is a **depressant**, meaning it slows down how you react to your environment.



If you are **cold**, don't think alcohol will warm you up. It actually puts you at greater risk for hypothermia.



You could talk to your doctor about more ways alcohol affects your **stomach, heart, liver**, and other parts of your body.

Safer Drinking Tips

- It's smartest to **delay drinking** to give your brain its best chance to develop.
- **Eating** before and while you're drinking alcohol helps protect your body.
- **Pace yourself**. For every alcoholic drink, have a non-alcoholic drink like water.
- **Be open & honest**. Speak to your caregivers about drinking. It is better to be open and honest.
- **Eating** before and while you're drinking alcohol helps protect your body.

WHICH DRINK IS THE STRONGEST?



Beer
341 ml (12 oz.)
5% alcohol content



Cider/Cooler
341 ml (12 oz.)
5% alcohol content



Wine
142 ml (5 oz.)
12% alcohol content

Distilled Alcohol
(rye, gin, rum, etc.)
43 ml (1.5 oz.)
40% alcohol content



ALL EQUALLY STRONG!

Safest not to drink alcohol during pregnancy.

CHECK OUT THE LOW RISK DRINKING GUIDELINES PAMPHLET IF YOU CHOOSE TO DRINK ALCOHOL.