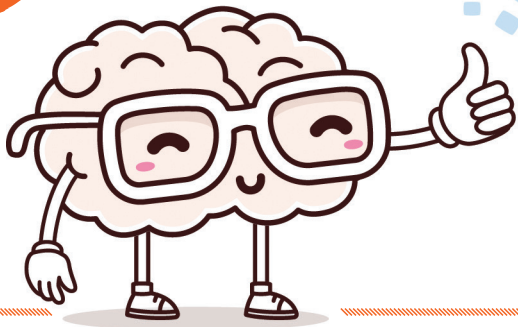


LET'S
GET
REAL

About
sex and
drinking

LET'S GET REAL ABOUT ALCOHOL

Tip Sheet 1



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 of hypothermia.



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

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.

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.

WHICH DRINK IS
THE STRONGEST?



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.