

Top ten reasons for teens and children not to drink

1. It can have an adverse effect on brain development up to the age of 26.
2. It makes you smell, feel, look and act bad while it impairs your judgment.
3. You can't know if you are an alcoholic until you are one. (Alcoholism has strong genetic factors.)
4. It has no positive benefits, yet it gives you a false sense of thinking it has benefits.
5. It is expensive and illegal until you are 21.
6. You might blackout and be out of control of what you do. Alcohol poisoning in teens and young adults can be lethal.
7. It may cause you to vomit and be sick.
8. It may conflict with any medications you are taking.
9. If you happen to get pregnant or get someone pregnant while drinking, it is likely to cause birth defects.
10. **It's one of the biggest things that can prevent you from becoming who you are supposed to be.**

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