

BEER MYTHS

The worst thing that can happen is a raging hangover
TRUTH: death is worse, alcohol can and does kill

Everybody reacts the same to alcohol
TRUTH: body size, age, sex and mood change how you react

It can't permanently damage you
TRUTH: heart and liver damage is permanent



People who drink only hurt themselves
TRUTH: family and friends will worry about you

A cold shower or a cup of coffee will sober you up
TRUTH: only time will sober you up

Alcohol gives you energy
TRUTH: alcohol is a depressant

KNOW THE TRUTH

Most teens don't drink.

Madd.org