



2018 Forsyth County Community Survey

1 Grant, B.F., & Dawson, D.A. (1997). Age at onset of alcohol use and its association with DSM-IV alcohol abuse and dependence: Results from the National Longitudinal Alcohol Epidemiologic Survey. *Journal of Substance Abuse*, 9, 103–110.

2 Georgia Student Health Survey 2.0 2017. <http://www.gadoe.org/Curriculum-Instruction-and-Assessment/Curriculum-and-Instruction/GSHS-II/Pages/GSHS-Results.aspx>
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2892678/>

3 Johnson, S. B., Blum, R. W., & Giedd, J. N. (2009). Adolescent Maturity and the Brain: The Promise and Pitfalls of Neuroscience Research in Adolescent Health Policy. *The Journal of Adolescent Health : Official Publication of the Society for Adolescent Medicine*, 45(3), 216–221. <http://doi.org/10.1016/j.jadohealth.2009.05.016>

<https://www.forsyth.k12.ga.us/ihaveachoice>

I Have A
CHOICE



ALCOHOL

is **THE DRUG**

most commonly used

BY YOUTH

IN FORSYTH COUNTY²

People who begin drinking before they turn 15 are more likely to **DEVELOP A DRINKING PROBLEM** at some point in their lives than those who begin drinking at age 21 or older¹

ALCOHOL and the TEEN BRAIN

MEDULLA

Keeps the body alive, controlling crucial involuntary actions such as breathing, swallowing and heart rates.

Alcohol interferes by slowing or stopping functioning altogether—which could impede breathing, eating or pumping blood to the body.

HIPPOCAMPUS

Regulates emotions, memory, and natural human drives (such as hunger.) Alcohol Interferes by making it difficult to learn new information and store memories. Large chunks of time could become blurry.

HYPOTHALAMUS

Keeps the body's organs and important bodily functions in a state of harmony.

Alcohol interferes by mixing up hormones. Blood pressure, hunger, thirst and the urge to urinate increase while body temperature and heart rate decrease.

CENTRAL NERVOUS SYSTEM

Carries messages along the spinal cord, between your brain and every part of your body. Alcohol Interferes by slowing the flow of information from the brain to other parts of the body. This can result in slowed reaction time.

CEREBELLUM

Controls physical and verbal coordination.

Alcohol Interferes by affecting your body's coordination—you might lose your balance, fall or slur your words.

BRAIN

The brain is your body's control center! Learn about what each part does, and how alcohol affects its function.

CEREBRAL CORTEX

Helps you make smart decisions and assess risks.

Alcohol interferes by inhibiting your ability to think clearly and make decisions.

ALCOHOL IS A DRUG

that can
disrupt a
young
person's
brain
development.

The adolescent brain continues
to mature into the mid to late 20s³

