TAKE ACTION

- Make a pledge with your friends that you will help each other avoid alcohol and other drugs.
- If someone you know has an alcohol or other drug problem, encourage them to get help.
- If you belong to any club or other youth group, suggest that its members organize an anti-drinking project.
- Make a presentation to your school's PTA meeting about how teachers and parents can help kids avoid drugs and alcohol.
- Ask for help if someone is pressuring you to try alcohol or other drugs. Talk to someone you trust.
- Organize alcohol-free post-prom and graduation parties.

For Information

National Clearinghouse for Alcohol and Drug Information (NCADI)
PO Box 2345
Rockville, MD 20852
800-SAY-NO-TO, 301-468-2600
800-662-HELP

This toll-free 24-hour hotline can tell you how and where to get help for alcohol and other drug problems.

TAKE A BITE OUT OF CRIME®

Crime Prevention Tips from
National Crime Prevention Council
1700 K Street, NW, Second Floor
Washington, DC 20006-3817
and

BJA
The National Citizens' Crime Prevention Campaign, sponsored by the Crime Prevention Coalition is substantially funded by the Bureau of Justice Assistance, U.S. Department of Justice.

ADT Security Systems
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ALCOHOL is NUMBER ONE

Alcohol is the number one drug of choice for teenagers.

Alcohol-related car crashes are the number one killer of teenagers in the United States.

Alcohol is the number one drug problem in America.

If you think it can't happen to you, look around. Check your school's yearbooks for the last ten years. How many have been dedicated to a student who was killed in a drunk driving crash?

Ask your friends how many people they know who have had bad things happen to them when they were drinking.

You don't even have to be the one doing the drinking — most teenage passenger deaths are the result of alcohol-impaired teenage drivers.

HOW DOES ALCOHOL AFFECT YOU?

- You see double, speech slurs, you lose your sense of distance.
- Alcohol loosens inhibitions; you make bad judgments that can result in car crashes, unwanted pregnancy, sexually transmitted diseases, or rape.
- A significant proportion of violent crimes and vandalism among and by youth involve alcohol.
- Using alcohol can cost you your freedom. You can be grounded by parents, lose your driver's license, or even end up in jail.

BE AWARE OF ADVERTISING

Take a good look at how the alcohol industry is trying to convince people to use its products.

- Wine coolers are displayed in stores next to fruit drinks. Maybe they don't think you'll notice the difference between a fruit drink and one with alcohol.
- Different brands of beer and other alcoholic beverages are slipped into the movies you watch. They think if you see your favorite actor drinking it, you will too.
- The models on the beer commercials are always young, thin, and beautiful. But alcohol has plenty of calories and little nutritional value. Drinking it will not make you younger or more beautiful.
- Advertisements feature celebrities and sports figures. But drinking will not make you famous or athletic.
- Alcohol advertisers are now trying to be more responsible by telling you not to drink and drive. But drunk driving is not the only way alcohol can affect your life.

Advertisers hope you won't stop and think when you see their ads. Don't be conned. Use your best judgment and learn the facts.

SOME MORE FACTS ABOUT ALCOHOL

- Drinking coffee, taking a cold shower, or breathing fresh air will not sober you up. The only thing that sobers you up is time.
- One beer, one shot of whiskey, and one glass of wine all have the same amount of alcohol. Don't fall for the notion that beer and wine are less intoxicating than hard liquors.
- Only 3-5 percent of alcoholics are what we think of as bums. Most alcoholics are just like the people you know. Anyone can become an alcoholic — young, old, rich, poor, married, single, employed, or out of work.
- The earlier young people start drinking and using drugs, the more likely they are to become addicted.
- Alcohol ages and damages the brain.