

DOLPHINS ARE VERY CLEVER



Alcohol use can affect your school grades. Stay clever.

The brain continues to develop until the age of 25.
Delaying alcohol use can benefit:

- Attention
 - Learning
 - Memory
-

STAY SHARP. KNOW THE FACTS.
USE YOUR iNSTiNCTs.

www.swpublichealth.ca/en/my-health/use-your-instincts.aspx



Adapted from a publication produced by the City of Hamilton Public Health Services. Distributed by Southwestern Public Health.

**DOGS ARE
NATURAL
PROTECTORS**



Guard your safety.
**Alcohol increases your risk
of getting hurt.**

Using alcohol increases your risk of injury from:

- Alcohol Poisoning
 - Car Crashes
 - Assaults
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GUARD YOURSELF. KNOW THE FACTS.
USE YOUR iNSTiNCTs.

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**ARMADILLOS
WEAR
ARMOUR
TO PROTECT
THEMSELVES**

Shield your mental health by not using alcohol.

**Alcohol is a drug and changes the chemical
makeup in your brain. It can alter your:**

- **Mood**
- **Concentration and memory**
- **Energy levels**
- **Sleeping patterns**

**PROTECT YOURSELF. KNOW THE FACTS.
USE YOUR iNSTiNCTS.**

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EAGLES ARE KNOWN FOR THEIR "EAGLE EYE" VISION



**Most youth don't drink
alcohol. Keep your eye on
the facts.**

**Social media and marketing makes it LOOK like
everyone is drinking alcohol. But that is
not reality. See the whole picture.**

**SPOT THE TRUTH. KNOW THE FACTS.
USE YOUR iNSTiNCTs.**

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