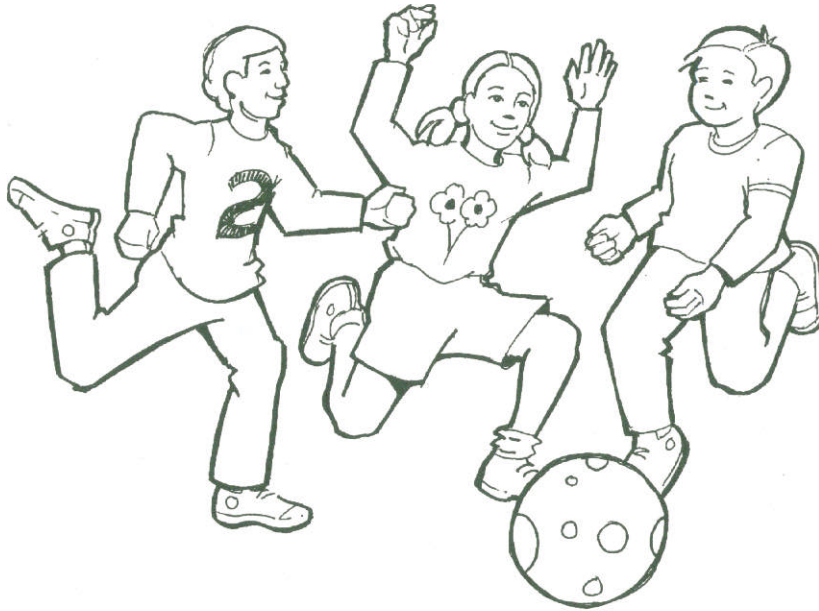


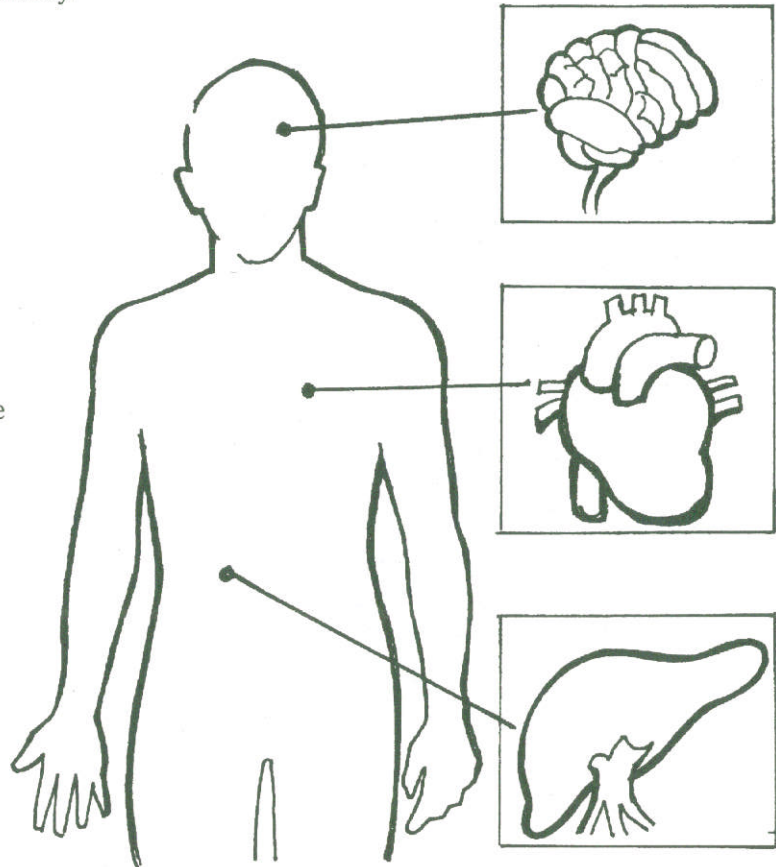
ALCOHOL AND CHILDREN



Drinking alcohol (wine coolers, beer and liquor) during childhood or the teen years can prevent them from learning and growing normally.

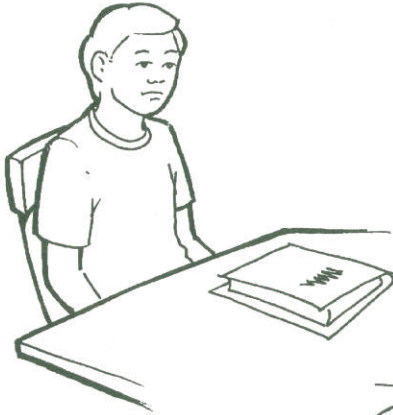
Alcohol kills brain cells, damages the liver and changes the heartbeat and blood pressure.

It is also against the law for children to drink!

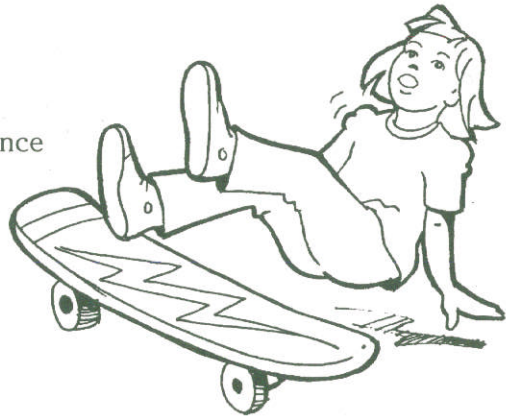


Signs:

1. Cannot think or study clearly.



2. Loses sense of balance



3. Becomes moody



4. Acts differently to family and friends.



How to help your child say "No" to alcohol.

1. Be an example.
2. Talk about their feelings on drinking. Say "What would you do if someone offered you a beer?"



3. Remind your child, drinking alcohol is against the law.



4. Give your child activities and duties such as playing ball, helping in the house or hobbies.



5. Meet your child's friends.
6. Get help and advice from your health clinic.

Remember: Children who drink are hurting. They need love, attention and understanding. They need to know that drinking does not solve problems — it causes more problems!