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!
**Alcohol and Children**

**Signs:**
1. Cannot think or study clearly.

   ![Illustration of a child with a book]

2. Loses sense of balance

   ![Illustration of a child losing balance]

3. Becomes moody

   ![Illustration of a child being unhappy]


   ![Illustration of a child with a friendly and unfriendly family member]

**How to Help Your Child Say “No” to Alcohol:**

1. Be an example.

   ![Illustration of a child holding a glass of alcohol]

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.

   ![Illustration of crossed-out bottles]

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

   ![Illustration of a child playing soccer and helping]

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!