

Your brain doesn't stop growing until around age 25 and alcohol can affect how it develops. Alcohol increases your risk for many diseases such as cancer, and can cause accidents and injury.

When you're young, drinking alcohol can make learning new things more difficult. People who begin drinking before they turn 15 are more likely to develop a drinking problem at some point in their lives.



ALCOHOL ISN'T AS HARMFUL AS OTHER DRUGS



Excessive drinking is associated with 95,000 deaths annually in the U.S., along with an increased risk of car accidents, falls, burns, other injuries, and alcohol poisoning. While many are aware of the connection between alcohol abuse and liver disease, heavy drinking is also linked to higher rates of heart disease, stroke, certain cancers, a weakened immune system, depression, anxiety, and memory problems.



ALCOHOL IS LEGAL SO IT CAN'T BE THAT HARMFUL



Scan the QR code to learn more about Light and Unite Red Week 2025 and check out RISE Drug Free MKE's events and resources.



Light and Unite Red Week 2025

MYTH BUSTERS

Debunking common misconceptions about:

ALCOHOL



What is Light and Unite Red Week?

Each year, partners across Milwaukee County join forces for Light and Unite Red Week to promote community-wide substance use prevention education and is in alignment with National Drug and Alcohol Facts Week, from March 17-23.

What is National Drug and Alcohol Facts Week?

National Drug and Alcohol Facts Week is an annual observance to inspire dialogue about the science of drug use and addiction among youth. It allows for students, educators, healthcare providers, and community partners to help address youth drug and alcohol use in communities and nationwide.

source: nida.nih.gov



Don't believe everything you hear at school or online. Curiosity around substance use is normal, but make sure you're getting your information from reliable sources. RISE Drug Free MKE is here for you with information and resources on alcohol, marijuana, commercial tobacco, nicotine, prescription medication, and other drugs.

Our MythBusters series of zines aims to debunk common misconceptions about alcohol and other drugs with facts and statistics that come from substance prevention professionals.