

Light and Unite Red Week 2025

MYTH BUSTERS

“Alcohol isn’t as harmful as other drugs.”

Fact: 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.




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