

Males ages 21-34

**have the highest
number of
fatal drunk
driving crashes.**



**Most alcohol
overdose victims
are
under 21.**

alcohol

Beer, wine, liquor, and wine coolers are all forms of alcohol. Alcohol is a drug. It changes the way your body works.

Alcohol is a mind-altering drug that slows down your central nervous system. Drinking alcohol can lead to poor judgment, slowed reflexes, distorted vision, memory lapses, loss of coordination, and even blackouts. **Drinking large amounts can lead to coma or even death.** Alcohol can damage every organ in your body. You may think drinking alcohol is cool, but it may only take a few drinks before you pass out and risk the chance of getting extremely sick or dying.

It is illegal to buy or possess alcohol if you are under 21. One drink can make you fail a breath test. In some states, people under the age of 21 who are found to have ANY amount of alcohol in their systems can lose their driver's license, be subject to a heavy fine, or have their car permanently taken away.

drinking & driving

Driving Under the Influence or Driving While Intoxicated (alcohol, illicit drugs, and/or intoxicating medication) is against the law for ANYONE. People who drive when impaired put themselves and everyone they encounter at risk. Every 2 minutes a drunk driver injures one person. Every 30 minutes one person is killed by a drunk driver.

Alcohol continually affects your ability to operate a vehicle safely, depending on the amount consumed over a period of time. It takes only 20-30 minutes for a drink to take effect, but it takes the body one hour to burn off one ounce of alcohol. Once absorbed, nothing (coffee, cold showers, etc.) will reduce its effects. By consuming 1-2 drinks and then driving you are 7 times more likely to be killed in an accident; 3-4 drinks, 40 times more likely; 4-6 drinks, 90 times more likely.

Never let anyone drive drunk and never ride with someone who is intoxicated.

distracted driving

There are 3 main types of driving distractions: Visual (taking your eyes off the road); Manual (taking your hands off the wheel); and Cognitive (taking your mind off what you're doing). **Distracted driving is any non-driving activity a person does that may distract him or her from the primary task of driving and increases the risk of crashing.** Almost 6,000 people died and 500,000 were injured from driver distraction crashes. 2,500 of those were caused by cell phone use.

Some call **Driving While Texting** the new DUI. It slows down reaction time by 35% and impairs steering wheel control by 91%, making you 8-23 times more likely to be in an accident. Texters are unable to keep a safe distance from other cars and drift out of their lanes more often. Texting while driving is illegal in at least 25 states.

Use the car OR your cell phone. Put the cell phone in the glove compartment before even starting the car to avoid the temptation.