

# ABOUT ALCOHOL: TEN TIPS FOR TEENS

- 1. Know the law.** Alcohol is illegal to buy or possess if you are under 21.
- 2. Get the facts right.** One 12-ounce beer has as much alcohol as a 1.5-ounce shot of whiskey or a 5-ounce glass of wine.
- 3. Stay informed.** Wine coolers look like juice sparklers but they have just as much alcohol as a 12-ounce beer. One glass of clear malt can give a teenager a .02 on a breathalyzer test. In NH that is enough for anyone under the age of 21 to lose his/her driver's license.
- 4. Be aware of the risks.** Drinking increases the risk of injury. Car crashes, falls, burns, drowning, and suicide are often linked to alcohol and other drug abuse.
- 5. Keep your edge.** Alcohol can ruin your looks, give you bad breath, weaken your sports performance, and make you gain weight.
- 6. Play it safe.** Drinking can lead to intoxication and even death.
- 7. Do the smart thing.** Drinking puts your health, education, family ties, and social life at risk.
- 8. Be a real friend.** If you know someone with a drinking problem, be part of the solution.
- 9. Remain alert.** Be aware of claims that alcohol means glamour and adventure. Stay clear on what's real and what's illusion.
- 10. Sweep away the myths.** Having a designated driver is no excuse to drink. Drinking only at home, or sticking only to beer, does not make drinking any "safer."

**For more information check out these web sites!**  
[www.abovetheinfluence.com](http://www.abovetheinfluence.com), [www.checkyourself.com](http://www.checkyourself.com)  
[www.alcoholscreening.org](http://www.alcoholscreening.org), [www.drugfreeNH.org](http://www.drugfreeNH.org)

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# FACT SHEET

## Alcohol, Tobacco and Other Drug Clearinghouse

Promoting Prevention and Recovery

**NHBDAS**  
New Hampshire Bureau of Drug and Alcohol Services

Bureau of Drug and Alcohol Services  
105 Pleasant St., Concord, NH 03301  
800.804.0909 / 603.271.2677  
[www.dhhs.nh.gov/debcs/bdas](http://www.dhhs.nh.gov/debcs/bdas)

NH Department of Health and Human Services