

**DOLPHINS  
ARE VERY  
CLEVER**



**Alcohol use can affect your  
school grades. Stay clever.**

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**The brain continues to develop until the age of 25.  
Delaying alcohol use can benefit:**

- **Attention**
  - **Learning**
  - **Memory**
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**STAY SHARP. KNOW THE FACTS.  
USE YOUR INSTINCTS.**

[www.swpublichealth.ca/en/my-health/use-your-instincts.aspx](http://www.swpublichealth.ca/en/my-health/use-your-instincts.aspx)



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**DOGS ARE  
NATURAL  
PROTECTORS**



**Guard your safety.  
Alcohol increases your risk  
of getting hurt.**

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**Using alcohol increases your risk of injury from:**

- Alcohol Poisoning
- Car Crashes
- Assaults

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**GUARD YOURSELF. KNOW THE FACTS.  
USE YOUR INSTINCTS.**

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**ARMADILLOS  
WEAR  
ARMOUR  
TO PROTECT  
THEMSELVES**

## **Shield your mental health by not using alcohol.**

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**Alcohol is a drug and changes the chemical  
makeup in your brain. It can alter your:**

- **Mood**
- **Concentration and memory**
- **Energy levels**
- **Sleeping patterns**

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**PROTECT YOURSELF. KNOW THE FACTS.  
USE YOUR INSTINCTS.**

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# EAGLES ARE KNOWN FOR THEIR "EAGLE EYE" VISION



**Most youth don't drink  
alcohol. Keep your eye on  
the facts.**

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**Social media and marketing makes it LOOK like everyone is drinking alcohol. But that is not reality. See the whole picture.**

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**SPOT THE TRUTH. KNOW THE FACTS.  
USE YOUR INSTINCTS.**

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