

Don't drink, don't sink - choose the future, stop and think.

Alcohol harms the body even in small amounts.
It damages the brain and liver and makes you tired.
Staying alcohol-free keeps you fit and focused.

Teenagers are especially at risk because their bodies are still developing. Alcohol can hurt school performance, sports, and friendships. That's why staying clear is the smarter choice.



Beyond the Buzz

Youth Voices on Substance Use
2025-2026 Winner



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