

# ALCOHOL'S EFFECTS on the BRAIN

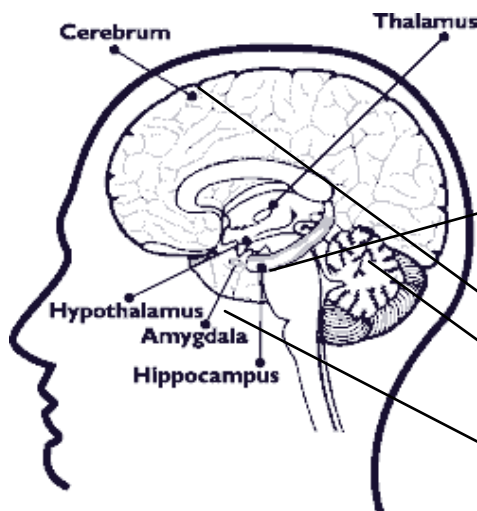
## Brain Facts

The frontal region of the brain, or the judgment region, is very sensitive to alcohol. This region of the brain is the last region to become functionally mature between the ages of 21 –25. When a child or adolescent consumes alcohol, inhibitors are relaxed, causing thoughtless, impulsive and often irrational behavior.

In children and adolescents even very low blood alcohol levels, as a result of having even one drink can produce significant changes in rational judgment and self-control.

Alcohol shrinks memory signals, reduces memory acquisition and harms the ability to learn at much lower dosages in children's and adolescent's brains than in mature brains.

Alcohol affects neural receptors that exist throughout the brain; therefore, alcohol is capable of affecting almost every function of the brain.



Alcohol use in children and adolescents is scientifically proven to do the following, over the long and short term:

1. impairs learning
2. impairs memory
3. impairs coordination
4. impairs reflexes
5. impairs judgment
6. impairs decision making