

**ILLINIOIS LIQUOR  
CONTROL COMMISSION  
YOUTH ALCOHOL AWARENESS**

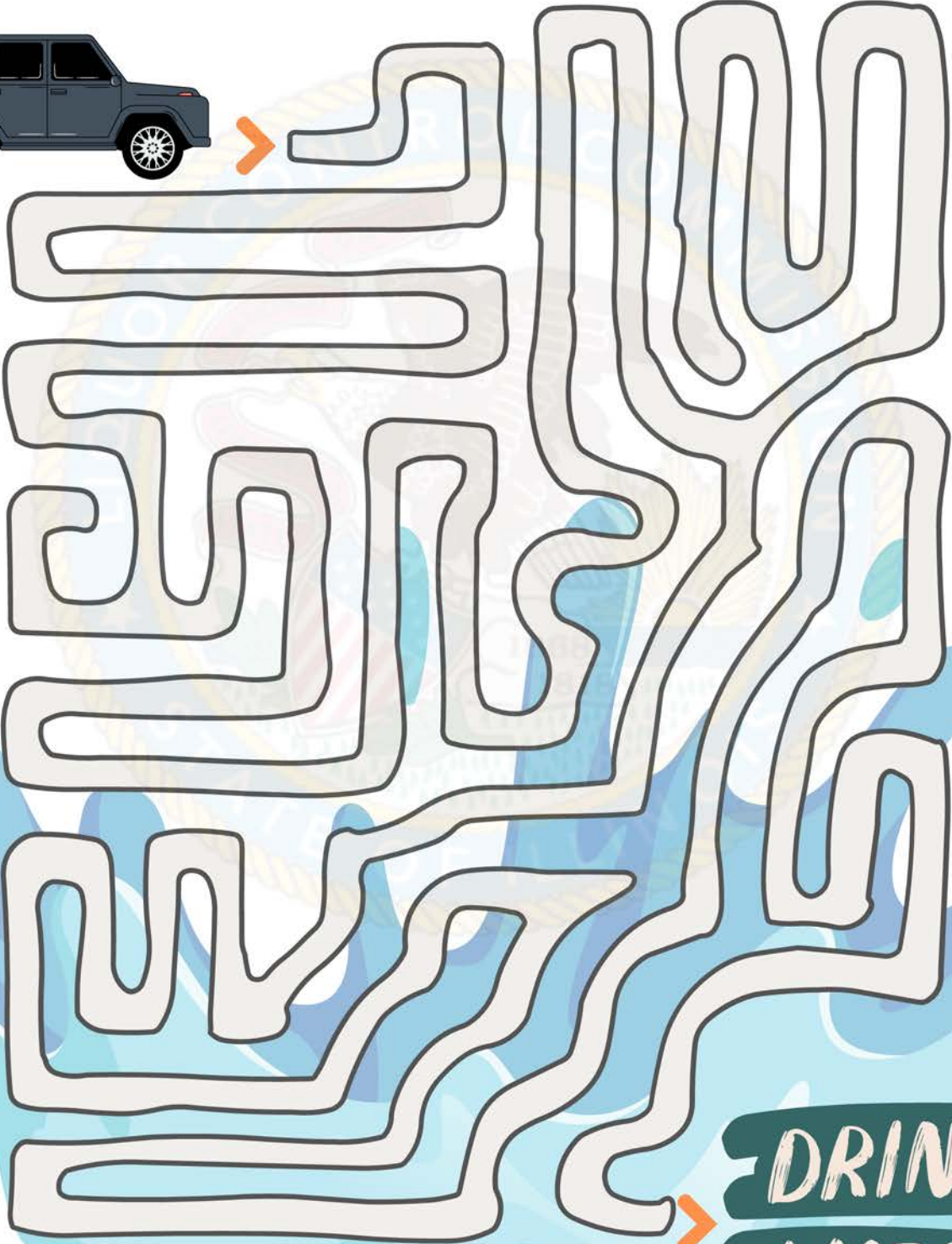


**ACTIVITY BOOK**

Name : .....

**SPECIAL  
EDITION**

ACCORDING TO THE 2024 ILLINOIS DUI FACTBOOK,  
932 UNDERAGE DRIVERS WERE ARRESTED FOR DUI  
AND RECEIVED SUSPENSIONS IN 2023. (ILSOS.GOV)



**DRINK  
WATER**

**UNDERAGE DRINKING AND DRIVING DEATHS  
DURING PROM SEASON ILLINOIS STAT.  
1/3RD OF TEEN DRUNK DRIVING FATALITIES  
HAPPEN DURING PROM SEASON.**

(DRUNK DRIVING DEATHS FROM ILLINOIS (BING.COM))

**PROM AND GRADUATION ARE A RITE OF  
PASSAGE WHICH DESERVE  
CELEBRATION. WE URGE PARENTS TO  
COMMUNICATE THE IMPORTANCE OF  
UNDERAGE DRINKING DURING THESE  
MEMORABLE AND SIGNIFICANT EVENTS  
IN THEIR LIVES.**



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# HOW DOES ALCOHOL USE PRESENT ITSELF IN YOUR LIFE?

**1** When was the first time you witnessed someone drinking alcohol?

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**2** What was your first impression of people consuming alcohol?

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**3** What negative effect(s) have you seen alcohol have on someone's life?

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**4** How does alcohol affect your life?

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**5** What damage can alcohol have on your mind and body?

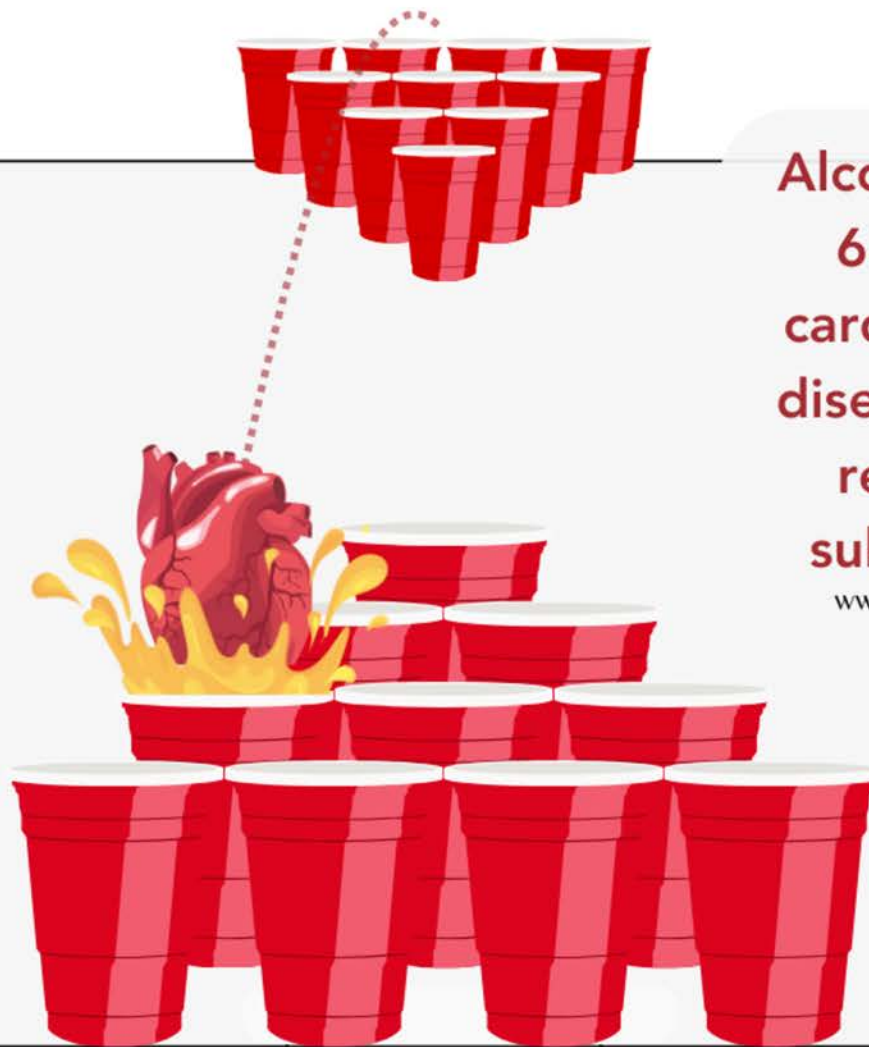
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Illinois Liquor  
Control Commission



# DON'T THROW YOUR HEART AWAY



Alcohol causes  
65% of all  
cardiovascular  
disease deaths  
related to  
substances.

[www.healthline.com](http://www.healthline.com)

**#ALCOHOLAWARENESSMONTH**

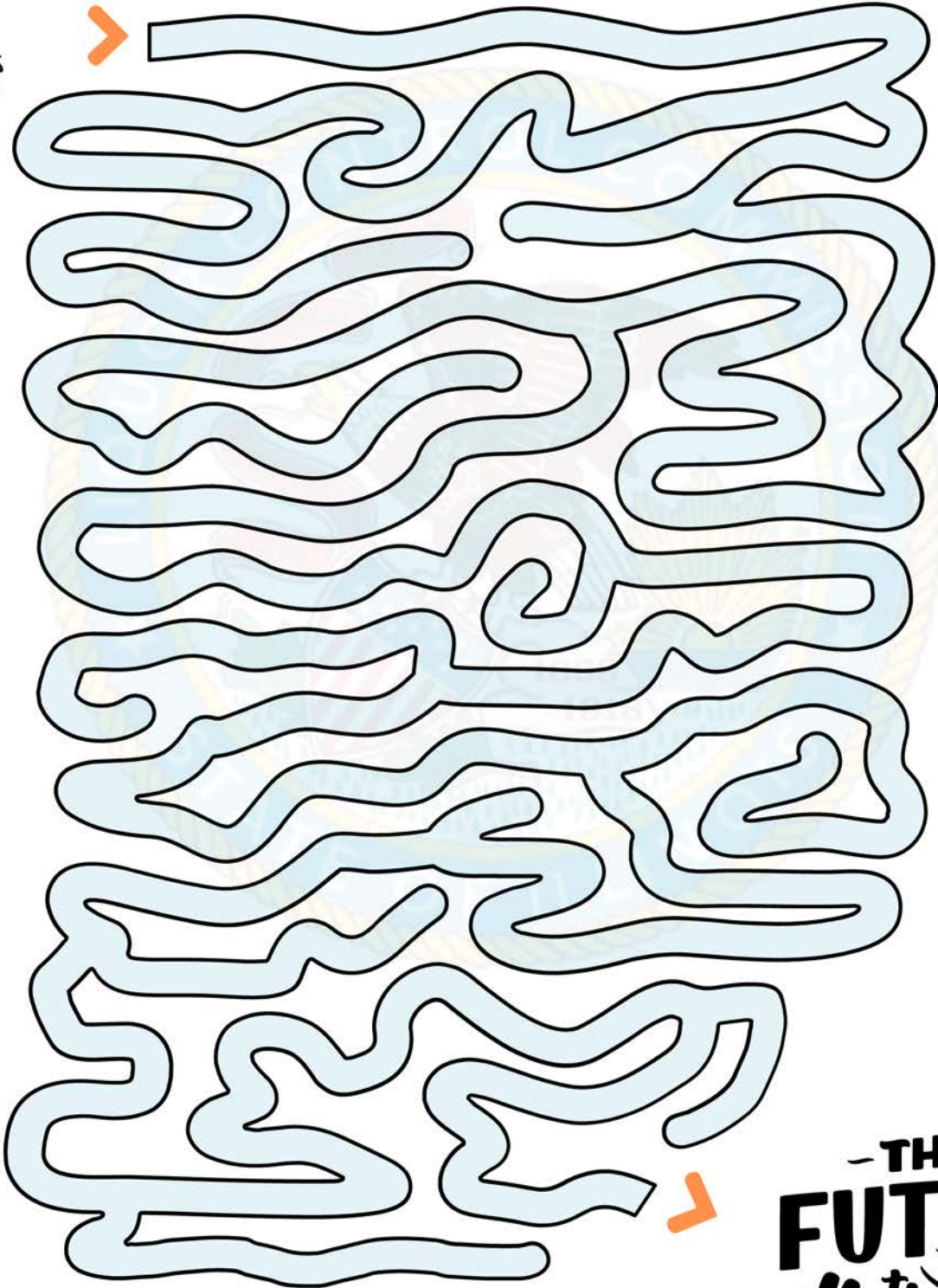
What does your future look like to you?

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- THE -  
**FUTURE**  
IS YOUR  
Moti-  
-vation



BE THE

BEST

VERSION

OF YOURSELF



90% Of People Who  
Consume 2 Drinks a  
Day Develop a  
Fatty Liver

Drinkaware.co.uk



# What Are Your Odds?



Illinois Liquor Control Commission

**#ALCOHOLAWARENESSMONTH**



**EVERY 39 MINUTES**

**1 American  
Dies Due to  
Drunk Driving**

[PTTCNETWORK.ORG/ALCOHOL-AWARENESS-TOOLKIT](http://PTTCNETWORK.ORG/ALCOHOL-AWARENESS-TOOLKIT)



**ILLINOIS LIQUOR CONTROL COMMISSION**

# CHOOSE SOBER!

## WORD SEARCH

**Consumption** of **Alcohol** while **Underage** is a **Choice** that doesn't make you **Popular**. It is **Illegal**. Avoid the **Safety Risk** that can land you in **Police** custody or worse. Breaking the **Trust** between you and your loved one's isn't worth it. Stay **Sober** and choose to **Hydrate** with **Water** or other non-alcoholic beverages.

H	S	P	C	L	L	S	A	R	I	S	K
Y	C	O	N	S	U	M	P	T	I	O	N
D	E	L	S	I	N	G	O	A	M	I	L
R	M	I	O	S	D	R	P	C	P	L	S
A	M	C	B	K	E	O	U	H	T	L	E
T	O	E	E	I	R	O	L	O	R	E	E
E	N	S	R	O	A	T	A	I	U	G	D
Q	G	L	O	N	G	S	R	C	S	A	Y
W	A	T	E	R	E	Y	C	E	T	L	E



# It's Worse Than A Hangover!

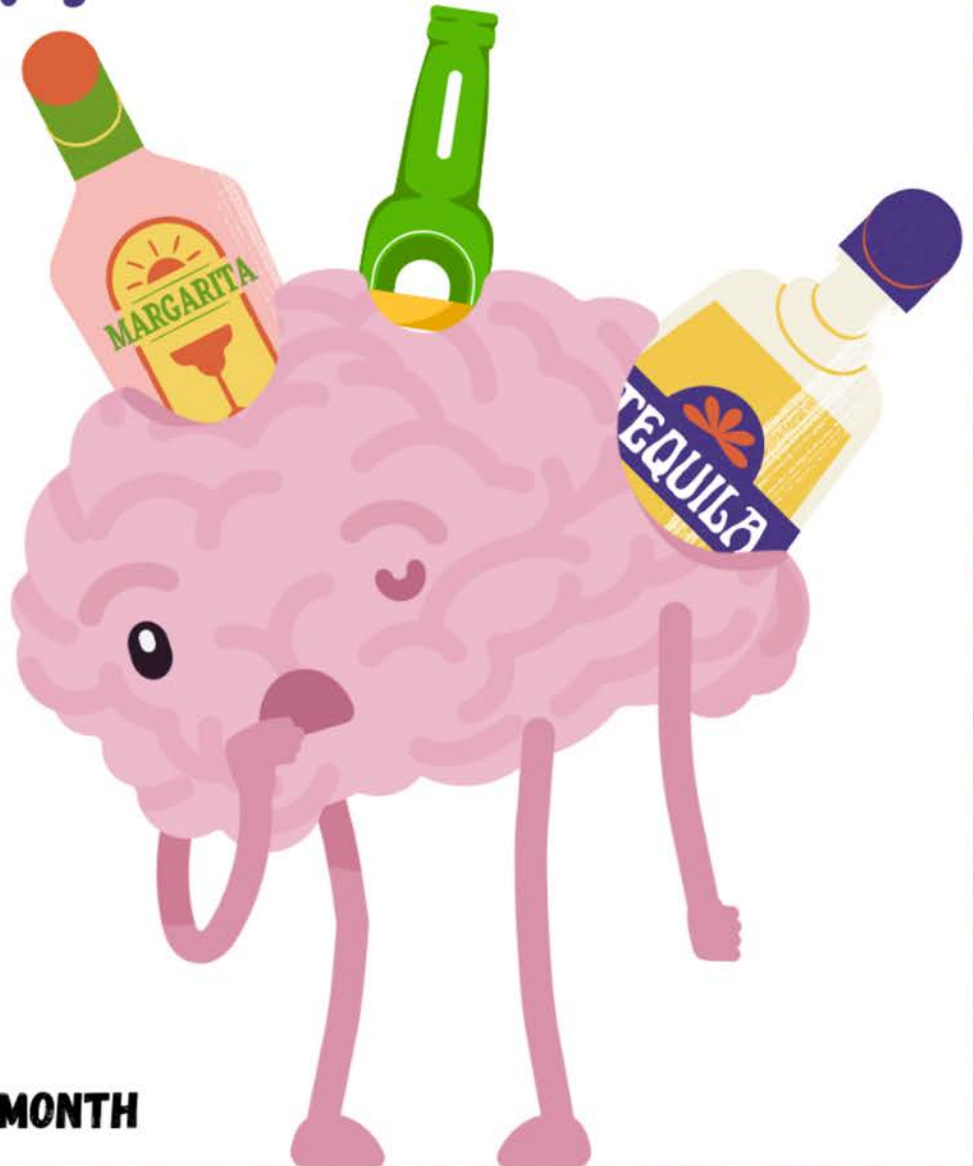
Illinois Liquor Control Commission



Alcohol can cause significant brain damage making memory, speech, and judgment more difficult.

[niaaa.nih.gov](http://niaaa.nih.gov)

**#ALCOHOLAWARENESSMONTH**



Name: \_\_\_\_\_

Date: \_\_\_\_\_

# Avoid the Buzz

Alcohol is part of society. How do you avoid drinking as a minor?

1 How much water should you drink every day?

\_\_\_\_\_

2 What are some ways that you can stay alcohol free?

\_\_\_\_\_  
\_\_\_\_\_

3 What activities can you do other than drinking alcohol?

\_\_\_\_\_  
\_\_\_\_\_

4 What will you say if you are peer pressured into drinking alcohol?

\_\_\_\_\_  
\_\_\_\_\_

5 How can you keep your family and friends informed about the dangers of alcohol?

\_\_\_\_\_  
\_\_\_\_\_

6 Do you have someone you can trust to help you out of risky situations involving alcohol?

\_\_\_\_\_  
\_\_\_\_\_

7 Have you ever had a conversation with a parent or mentor about alcohol?

\_\_\_\_\_  
\_\_\_\_\_



**PLEDGE TO EDUCATE YOURSELF AND OTHERS ON THE  
RISKS ASSOCIATED WITH ALCOHOL**

**LET'S KEEP OUR COMMUNITIES SAFE AND HEALTHY!**

**PLEDGE TO  
STAY INFORMED!**

