

## What is it ?

Alcohol is a neurodepressant, meaning it slows down brain functions that control thinking and behavior as well as breathing and heart rate. Drinking in moderation is not a punishment or a constraint, but on the contrary, it is the basis for pleasure.

## 7 BENEFITS OF MODERATION

- 1 Less impact on sleep
- 2 Goodbye to the hangover
- 3 Better for weight control
- 4 Designated driver: not always available
- 5 Quality is preferred over quantity
- 6 More focus
- 7 More patience

## DID YOU KNOW ?

Early alcohol use can affect a young person's physical and mental development. Delaying the age of first use as much as possible is recommended.

Teens who start drinking should only do so under parental supervision, with no more than 2 drinks and no more than twice a week.

