



Your teen's emotional health matters. Talk to them about not drinking while underage and explain how alcohol can lower their ability to manage emotions.



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KEEP SHOWING UP.

They're still growing up.

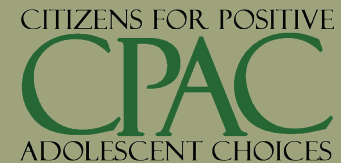
Help protect your child's well-being by learning how alcohol can affect teens' emotions:

- Heavy drinking as a teen can permanently alter the function of the amygdala, the part of the brain that helps regulate emotions, which may increase the likelihood of anxiety.
- Alcohol is a depressant. This means that if someone is predisposed to mental health disorders, including anxiety and depression, alcohol can heighten the effects of certain conditions.
- Research shows that alcohol can make individuals more emotional and more prone to aggression.

Sources:

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Havana Area
PREVENTION TEAM