**THE SOBERING MYTHS & MISCONCEPTIONS**

No level of Alcohol Consumption is safe!

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**MYTH**
Everyone’s Doing It!

**FACT**

In Some Caribbean Countries as much as **36% of persons**, in the 15-24 age group, **HAVE NEVER HAD A DRINK OF ALCOHOL**.

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**MYTH**
It can’t kill me!

**FACT**

Alcohol caused over **300,000 deaths** in the Americas in 2012.

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**MYTH**
It’s only a problem if I drive!

**FACT**

The use of **ALCOHOL IS LINKED TO MANY HEALTH RISKS** and conditions such as liver disease, cancers, cardiovascular disease, mental illness, injuries, homicides, suicides, poisoning and STIs including HIV.

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**MYTH**
Its ok to drink hard on the weekend, if I don’t drink during the week.

**FACT**

Binge drinking is associated with serious health problems, including unintentional injuries, cancer, and heart disease.

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**MYTH**
Its ok to start drinking young!

**FACT**

Teens who start drinking before the age of 15 are more likely to develop **ALCOHOL DEPENDENCE** later on in life.

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**MYTH**
It's only a problem if I drive!

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**FACT**

**36%** of persons, in the 15-24 age group, **HAVE NEVER HAD A DRINK OF ALCOHOL**.

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**FACT**

**274 MILLION** years of **HEALTHY LIFE LOST** (DALYs) in the Americas in 2012.

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Sources:
1. WHO Global Status Report (GSR) on Alcohol and Health 2018