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â€œEverybody drinks, right? So here, have a bottle!â€• This is a popular statement among kids today. Drinking alcohol is dangerous, especially for kids and teens, but it is easy for the youth to get the wrong message about it. They might have seen mom sneak a drink or two when they thought no one was around, or dad down a bottle while watching a sports game.

Alcohol is a depressantâ€”this means it slows your brain down. This affects the way you think, speak, and act. While intoxicated, you might say things you donâ€™t mean or get into an accident. Drinking too much can also lead to a sickness known as alcohol poisoning, which can do a lot of damage to your body. Because alcohol is such a problem, the government has decided that it is illegal for non-adults to buy it.

Alcoholism

People who have a problem with alcoholâ€”those who canâ€™t stop drinking, for exampleâ€”are alcoholics people who suffer from alcoholism. This usually happens to people who learn to drink alcohol when theyâ€™re still young. These people grow up needing alcohol to the point that they canâ€™t stop drinking without help.

Say No

Itâ€™s normal to be curious about things, especially when you see your friends trying it out. However, donâ€™t believe people who say everyone else is doing it and you should too. Saying no to something you know is dangerous means that youâ€™re actually being strong and smart, and are making sound decisions.

Dealing with Peer Pressure

There will be times when itâ€™s hard to say no though. Austin parents are very understanding however, and you can talk to them about it. If not, you can talk to someone elseâ€”the point is you need to talk to someone. And if the time comes that you succumb to the pressure and become addicted to alcohol, you can contact the alcohol rehab Austin TX patients go to for help.

Help a Friend

If you have a friend whoâ€™s an alcoholic, you should tell someone. This isnâ€™t tattlingâ€”itâ€™s helpin their lives back on the right track. You should do it soon too, especially if you think your friend might do something dangerous. Alcoholics do a lot of things like dropping out of school or disappearing, so itâ€™s best to nip things in the bud and get them to the rehab Austin Texas residents endorse.

With appropriate help from the alcohol rehab Austin TX alcoholics need, anyone can become sober and stay sober. Alcohol doesnâ€™t have to ruin lives, and you can get help by talking to a former sufferer about your problems. For more information, you can visit brainz.org/10-practical-tips-dealing-addiction/.

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