

Things you should know about **alcohol**

Providing you with information to make your own decisions



You have the choice to drink or not drink alcohol. Having more information can help you make decisions. Here's some general information about alcohol and some examples of how alcohol can affect you and others around you:

What is alcohol?

Alcohol is a clear liquid that is produced by fermenting or distilling various fruits, vegetables or grains. It is found in many different beverages. Alcohol is a drug, even though many people don't think of it that way. When people consume alcohol, they may not feel the effects of it right away.

Drinking alcohol can make you feel and act:

- more calm and relaxed
- more talkative and less shy
- reactive and confrontational
- more emotional or depressed.

It can make it harder for you to:

- think clearly
- make decisions
- do various tasks
- control your emotions.



No matter how often you drink alcohol, it has many short-term and long-term effects on your body.

Things to know about alcohol



Drinking alcohol poses a greater physical and mental health risk than cannabis and many illegal drugs. It's important to learn more about the substances you put in your body.

Drinking alcohol can affect many areas of your health, including:

- changes in appetite and sleep
- loss of interest in hobbies
- changes in your relationships with family and friends
- increased irritability
- feeling useless, depressed or hopeless, or having low self-esteem
- impacts on your emotional and mental health.

Alcohol can cause issues with:

- friends and family
- school and work
- the law and money.

If you're having trouble reaching out, try to talk or text with a helpline—like Kids Help Phone (1 800 668-6868), or text CONNECT to 686868 to chat with a volunteer crisis responder.



1 in 4

About one in 4 people who drink alcohol may develop an addiction. Some people may find it hard to stop drinking, even if they want to.