



EASTERN CAPE
LIQUOR BOARD

**FIGHTING
UNDERAGE
DRINKING**

**TAKE RESPONSIBILITY
FOR YOUR LIFE
ALCOHOL IS NOT FOR
LEARNERS**

**Underage
Drinking**

**FOR ALL YOUR LIQUOR TRADING PROBLEMS CALL OUR
COMPLAINTS TOLL-FREE LINE**



0800 000 420

Also find us on
Twitter: @ECLiquorBoard
Facebook: Eastern Cape Liquor Board
Complaints WhatsApp number: 076 403 6223

CHECK OUT OUR WEBSITE
www.eclb.co.za



A Sober Youth

is the Future of this Country

**UNDERAGE DRINKING
IS
DANGEROUS!**

DID YOU KNOW?

- Your brain goes through dynamic changes during adolescence
- Your brain is developing and vulnerable to alcohol
- Damage to your brain during this growth phase can be permanent, affecting your memory, your learning capacity and your behavior
- Damage from alcohol during adolescence can be long-term and irreversible
- Teenagers need only drink half a glass of alcohol to suffer the same negative effects as Adults
- Alcohol affect your sleep cycle, resulting in impaired learning and memory as well as disrupted release of hormones necessary for growth and maturation
- Teen drinkers perform worse at school, are more likely to fall behind and have increased risk of social problems, depression, suicidal thoughts