

# ALCOHOL AND OUR DEVELOPING BRAIN

Alcohol affects the development of decision making, self-control, thinking, and emotions

The human brain does not fully develop until a person's

**MID-20s**



Alcohol slows down the central nervous system which controls the body's movement

Alcohol affects the part of your brain which **controls coordination**

Alcohol affects how your brain controls **the body's temperature**, causing the body's temperature to fall below a safe level

Alcohol can have long lasting effects on the brain and affect brain structure



**THE BRAINS OF  
ADULTS AND TEENS PROCESS  
ALCOHOL DIFFERENTLY**

