

# KEEP UP THE CHANGE

## DID YOU KNOW?

Among Native American students in Oklahoma who took the 2018 Oklahoma Prevention Needs Assessment Survey

**80%**  
reported  
**NOT DRINKING**  
alcohol in the  
past month!



That means that at least 8 out of 10 students didn't drink.



## UNDERAGE DRINKING



### MYTH vs. FACT



All of the other kids in your school drink alcohol. You need to drink to fit in.

Don't believe the hype! Over 80% of students in Oklahoma reported NOT drinking in the past month.

Drinking alcohol will make you look cool and more people will like you.

There's nothing cool about passing out and puking on yourself. Drinking can also make you say and do things you wouldn't normally do.

Alcohol isn't as bad or harmful to your mind and body as other drugs.

Drinking can affect how your brain develops and cause increased risk for cancer and other diseases.

You can get sober fast by taking a really cold shower or drinking a cup of coffee.

Sorry, that won't help! It usually takes 2 to 3 hours for 1 drink to pass through your system and you can't speed it up.

You can have alcohol at a house party and not get in trouble because it is at your house.

Oklahoma's Social Host Law says anyone who provides a place for people under age 21 to drink can be punished by fines and possible jail time.

#### SOURCES

Self reported results from the 2018 Oklahoma Prevention Needs Assessment Survey, Oklahoma Department of Mental Health and Substance Abuse Services  
SAMHSA Underage Drinking Myth vs. Fact Health and Human Services Pub 5M-18-4299  
Oklahoma's Social Host Law Brochure, <https://www.ok.gov/odmhsas/documents/19Social%20Host%20Law%20Brochure.pdf>  
Self reported results from the 2018 Oklahoma Prevention Needs Assessment Survey, Oklahoma Department of Mental Health and Substance Abuse Services