

# Was last night really worth it?

Under 18. No alcohol. The safest choice



southernforests  
alcoholthinkagain

Alcohol can have more effects than just a hangover from hell. Especially as your brain keeps developing until your early 20's. Drinking alcohol while your brain is still developing can affect your development, and your mental health. Not to mention your performance on the field. So don't regret what you do at next weekend's party ...

When it comes to alcohol: **Under 18. No alcohol. The safest choice.**