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Donation
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Please make check out to: **MADD**

Name _____

Address _____

City _____ State _____ Zip _____

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Check for information about volunteer opportunities.

Mail to: **MADD, Northern Virginia**
P.O. Box 1066
Fairfax, VA 22030

For more information, call:
(703) 352-3944

Mothers Against Drunk Driving (MADD) is more than just a bunch of angry moms. We're real people just trying to make a difference. We can even be pretty cool. We are determined to stop drunk driving. And we're here to help you deal with the major problems that surround underage drinking. For more information or just someone to talk to call 1-800-GET-MADD.

MADD®

Mothers Against Drunk Driving

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Myth: *Drugs are a bigger problem than alcohol.*

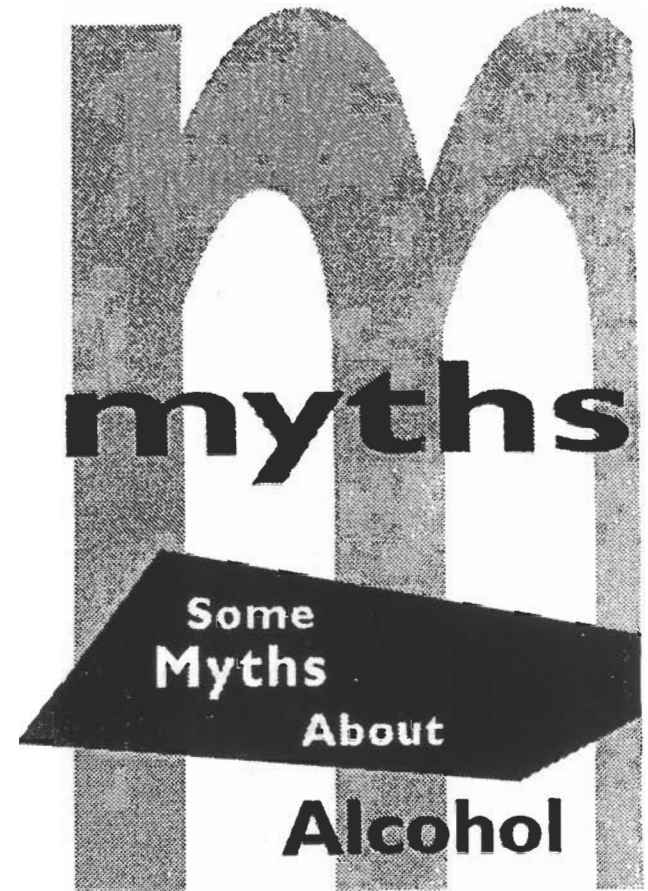
Alcohol and tobacco kill more than 50 times the number of people killed by cocaine, heroin, and every other illegal drug combined. Ten million Americans are addicted to alcohol. It is a drug.

Myth: *Alcohol makes you more sexy.*

The more you drink, the less you think. Alcohol may loosen you up and make someone more interested in sex, but it interferes with the body's ability to perform. And then there's pregnancy, AIDS, sexual assault, car crashes and worse, to worry about. Not sexy at all.

Myth: *People who drink too much only hurt themselves.*

Every person who drinks has a mother, grandfather, sister, aunt, best friend, boyfriend or someone who worries about them. Each of the 12 million problem drinkers in this country affects four other people.



IT'S TIME.

It's time to blast some of the most wacked-out lies about alcohol. You've probably heard them all. So, why waste our time trying to de-bunk a bunch of harmless myths? Because they can be pretty fierce.

You may want to say no to your friends, but it's tough. And all these myths are just out there. You have heard all kinds of stuff, but this is the real story. And the next time some loser tries these lines on you, you'll know your stuff.

Myths on alcohol

Myth: *Alcohol gives you energy.*

Nope. It's a depressant. It slows down your ability to think, speak, move and all that other silly stuff you like to do.

Myth: *Switching between beer, wine and liquor will make you more drunk than sticking to one type of alcohol.*

Whatever! Your blood alcohol content (BAC— the percent of alcohol in your blood) is what determines how drunk you are. Not the flavors you selected. Alcohol is alcohol.

Myth: *You'll get drunk a lot quicker with hard alcohol than with a beer or wine cooler.*

Did we mention that alcohol is alcohol?

Myth: *Everybody reacts the same to alcohol.*

Not hardly. There are dozens of factors that affect reactions to alcohol— body weight, time of day, how you feel mentally, body chemistry, your expectations, and the list goes on and on.

Myth: *A cold shower or a cup of coffee will sober someone up.*

Not on your life. Nothing sobers you up but time. You may be clean and awake, but you're still drunk.

Myth: *It's just beer. It can't permanently damage you.*

Large amounts of alcohol can do major damage to your digestive system. You can hurt your heart, liver, stomach, and several other critical organs as well as losing years from your life.

Myth: *It's none of my business if a friend is drinking too much.*

If you are a real friend, it is your business. You can't make someone change but you can be honest. Maybe they'll listen. You might even talk them into getting help.

Myth: *The worst thing that can happen is a raging hangover.*

Sorry. If you drink enough alcohol, fast enough, you can get an amount in your body that can kill you in only a few hours.