



**PROJECT
BRAIN**

Do you know what “Project Brain” is all about?

1. Yes
2. No



A blue brain is the central focus, surrounded by a network of glowing blue lines that radiate outwards, symbolizing neural activity or cognitive processes. The background is dark, with a faint silhouette of a human head in profile, suggesting the brain's location within the skull. The overall aesthetic is futuristic and scientific.

**What you need to
know about your
BRAIN!**

Just the Brain Facts Movie



<http://faculty.washington.edu/chudler/flash/facts.html>



What is the Brain?

- 3 lb. lump of wrinkled tissue
- No moving parts, joints or valves
- Motherboard for the body's other systems
- Fattest organ in the body

Look around the room, how do you **perceive** the “health” of the other students? Are they healthy?

1. Yes
2. No



Perception is...

The way you think, or your beliefs, without having all of the facts.



Because you really don't know about their health, your **perception** is based on....

- Observation
- Culture (music, movies)
- Conversation
- Media (TV, newspaper)



REALITY CHECK!!

Do you consider yourself to be generally healthy?

1. Yes
2. No



Perception.



Reality.



Do you believe that most Broward students prefer NOT to drink alcohol?

1. Yes
2. No



Your **perception** is based on....

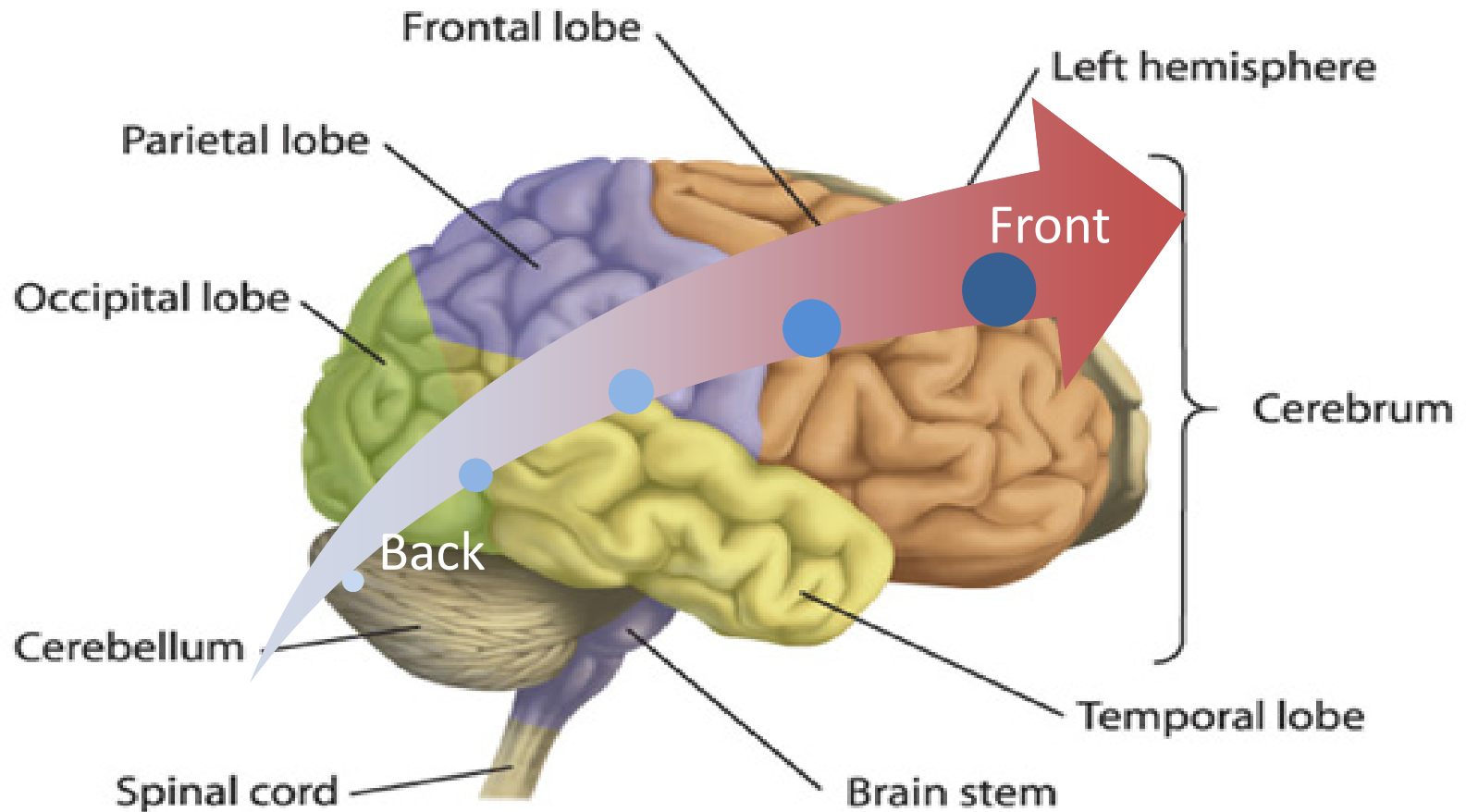
- Observation
- Culture (music, movies)
- Conversation
- Media (TV, newspaper)



The image features a central blue brain with a glowing, textured surface. It is set against a dark background with a faint silhouette of a human head. Numerous bright blue lines radiate from the brain, creating a network-like effect. The text is overlaid in white, bold, sans-serif font.

**TEEN BRAIN
DEVELOPMENT
&
ALCOHOL USE**

A Regular Brain

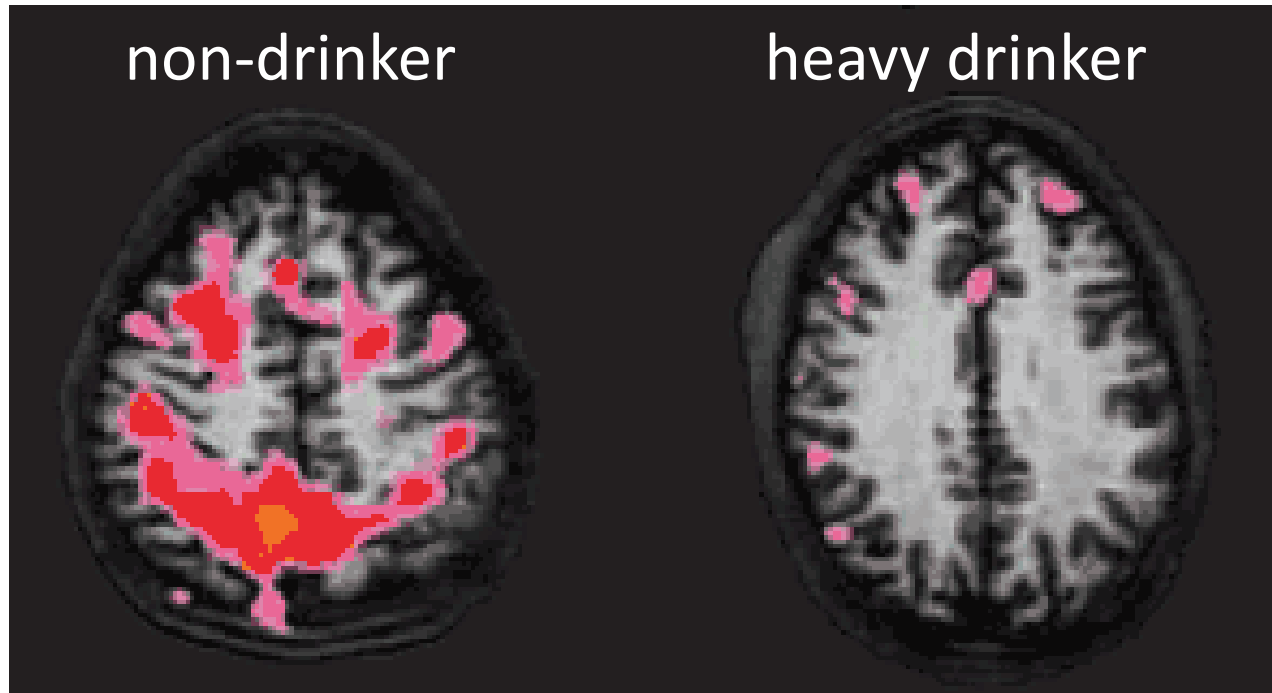


Brain Imaging



Teen brains are still under construction
until past age 21.

Alcohol Harms 15-Year Old Teens



Pink & red is the brain activity & function.

Image Source: Dr. Susan Tapert, University
of California, San Diego



Research showed cognitive impairments (ability to learn) in 15 & 16 year-old alcohol abusers, even weeks after they stopped drinking.

Drinking has a long term effect on teen brains...

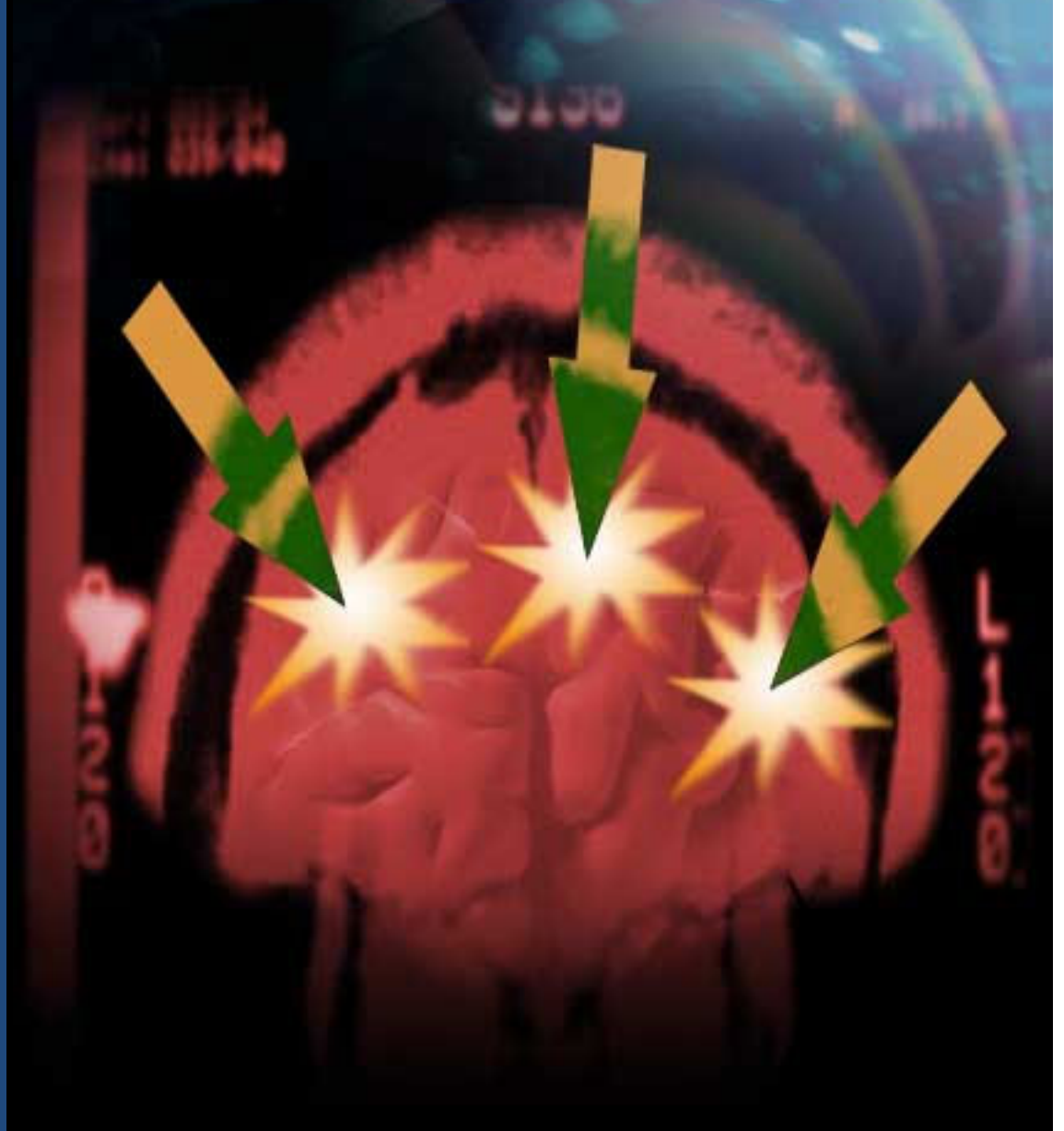


Alcohol can cause brain damage.

1. True
2. False

No-brainer

**Alcohol hurts
your brain.**



A bottle of beer has less alcohol than a shot of whiskey?

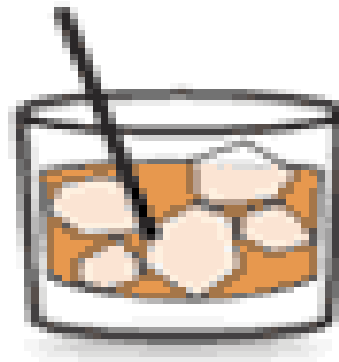
1. True
2. False

did you know?



5oz

=



1 1/2oz

=



12oz

All the above contain the same amount of absolute alcohol!

Broward Students are Safer than You Think!

- 4 out of 5 would rather NOT drink alcohol when they hang out with friends*
- 83% have not driven after drinking alcohol in the past 12 months*



* According to a 2009 survey of Broward School students conducted by the School Board of Broward county.



Protecting The Brain



Most Broward students keep alcohol out of the picture!

- Hobbies
- Extracurricular
- Sports
- Movies
- Music
- Video games
- Non-Alki parties



Protective Strategies To Use

- Cell phone is your friend
- Discreet signal system
- Discreet excuses
- Drink Look-a-Likes



Friends can keep you on track.





Boost)))

your resistance.

- Suggest an alternative.
- Provide a distraction.
- Use humor.
- Leave.

Your Choice!

We're *not* trying to tell you what to do.



We're providing facts & skills so you can make better choices.

Improve Your Brain Function

www.lumosity.com/brain-games/memory-games/memory-matrix

www.abovetheinfluence.com/facts/drug-effects-on-the-brain.aspx

