

NO **Alcohol** **for a Healthier You**

Alcohol drinking can
cause cancer and
increase body weight

Alcohol drinking impairs
judgment and self-control
ability, which can increase
the risk of accidents

Alcohol drinking can
affect memory and
concentration, affecting
academic performance



Abstain from alcohol and fully enjoy learning, engaging
in physical activities, and nurturing friendships



Department of Health



Student Health Service



More information:
Change For Health,
Department of Health