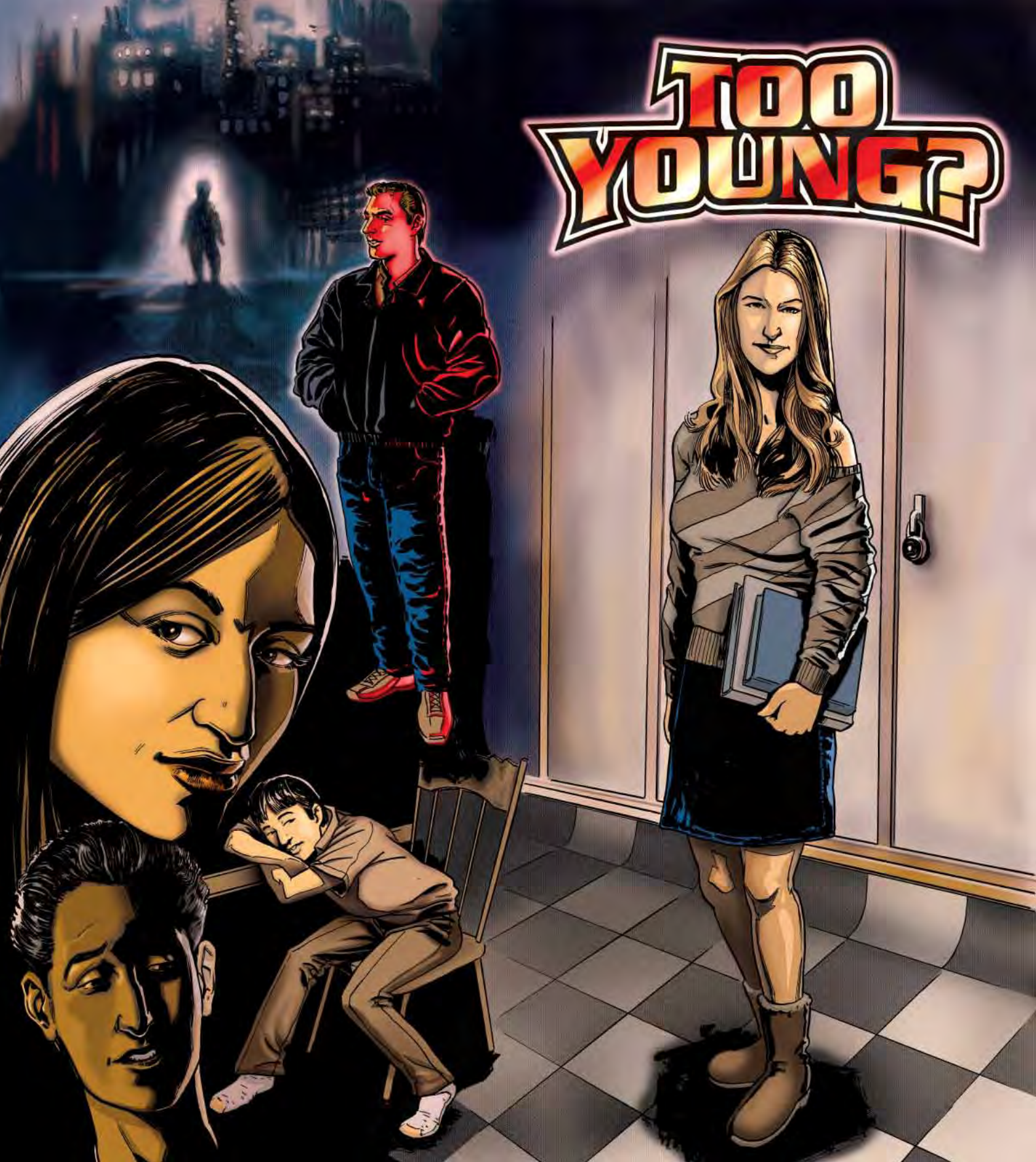
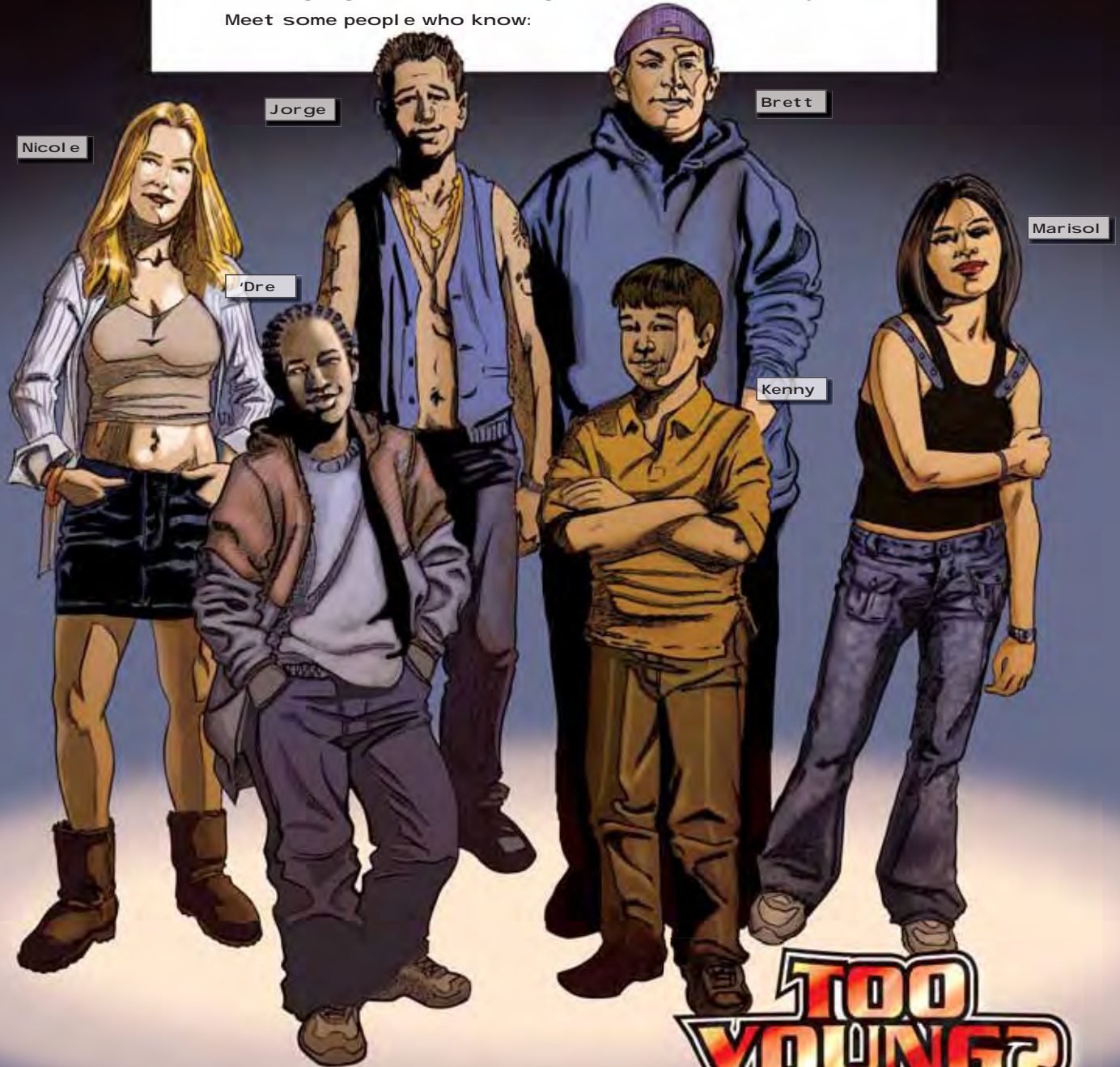


# TOO YOUNG?



No one is too young to have trouble with alcohol. Alcoholism is an illness that affects people of all ages, the rich, the poor, men and women. It doesn't matter how long, or how much you drink. When your life seems to be going nowhere, or it feels out of control and you think drinking might have something to do with it, it usually does.

Meet some people who know:



**TOO  
YOUNG?**

# NICOLE

Hi, I'm Nicole. I try to do the right thing at school, follow the rules, get good grades, and all that. It's never good enough for me, though.

I want perfection.



One day at lunch my friends had a bottle of vodka. I didn't want to mess up, but my friend was like "oh come on." So we ended up splitting it.



When it was time to go back to class we were totally wasted, I mean really drunk.



By the time I got to chorus, I was out of it, but I thought I could get through it.



I was singing wrong notes and my teacher stopped class and asked, "Nic, what is up with you?"

I felt like a jerk.



When I got home I stole some liquor from my parents, and put water in the bottle so they wouldn't know. I felt much better after the drink.



Now I drink just about every day in my room.

I couldn't be an alcoholic, could I?



'DRE

I'm Dre, and it's tough for me to get through the day without drinking.

I get too nervous.

I drink beer and wine, usually in places where no one will notice me or bother me.



Some days I wake up and don't remember what happened the night before.



I can stop drinking whenever I want, but I really don't want to.





I wish I could just straighten out my head. If we have a test or something I can't think or concentrate.



My mom caught me stealing from her purse, and she was on my case, so I quit drinking for a while.



But, I have to drink if I want to talk to girls, or do just about anything.



I can't stand it anymore.



You think I could be an alcoholic?

# MARISOL

Hey. My name is Marisol. My friends and I went driving last weekend and went to the city.



We got some beer and got totally trashed.



I woke up the next day in jail, and did not remember how I got there.



The cops told me we were arrested for being in a stolen car.



My dad came and got me out.



Drinking isn't any fun anymore. I think I will quit-tomorrow.



I hope I'm not an alcoholic

# BRETT

I'm Brett.

My dad left when I was 11 and my mom and I moved.

That's when I started drinking.

It was hard to make new friends, but drinking made it easier.

At 14 I dropped out of school and started working construction. At 16 my mom kicked me out. I stole credit cards to get money to party.



The cops were after me for the credit cards, so I stole a car to get away. I also got a bottle of scotch. The cops found me passed out in the car.



I thought the only problem I had was getting caught, but the whole episode scared me.




A year later, I had straightened up and was living with my mom again. I had done my time in jail, and now had a steady job.

Then I went to a party and drank.

I stumbled home drunk and had a fight with my mom. I hit her and ended up back in jail.

I know I am crazy, but could I be an alcoholic too?




Last week I went to  
this great party.


# KENNY

My name is Kenny.  
I got into drinking  
starting with beer.


All the cool people,  
and all the beer you  
could drink.



I wanted to be part of the  
group, so I drank along with  
everyone.



Somehow though, once I start I can't stop—even  
when I want to. I end up getting sick a lot.



I know  
I'm too young,  
but I worry  
that I'm an  
alcoholic.

# JORGE

My name is Jorge,  
and I've been drinking  
since I was 15.



I used to get friends to buy booze,  
and split the bottle.



I blacked out a lot, and couldn't tell you  
what I did the night before.



Then I found A.A.,  
Alcoholics Anonymous.



Even though I walked in filled with anger, hate and fear, the people there welcomed me.



in A.A. most of us use our first names only, so Nobody needs to know you're here.



There are no dues or fees in A.A. People contribute what they can, when they can.



Nobody is too young to have a drinking problem.





I am an alcoholic.



But I found that with A.A. I can have a great life without drinking.



You can find A.A. just about anywhere

And A.A. is here for you anytime you need help.

# CHECK UP ON YOUR OWN DRINKING

THINK ABOUT IT. THE ANSWERS ARE NOBODY'S BUSINESS BUT YOURS.

1. Do you drink to relax when you have problems?



2. Do you drink when you get irritated, frustrated, unhappy, or angry?



3. Do you prefer to drink alone?



4. Are your grades slipping?  
Are you having trouble at work?



5. Do you ever try to stop drinking, or drink less, and fail?



6. Do you take drinks in the morning?



7. Do you guzzle your drinks?



8. Have you ever forgotten what happened when you were drinking?



9. Do you ever lie about your drinking?



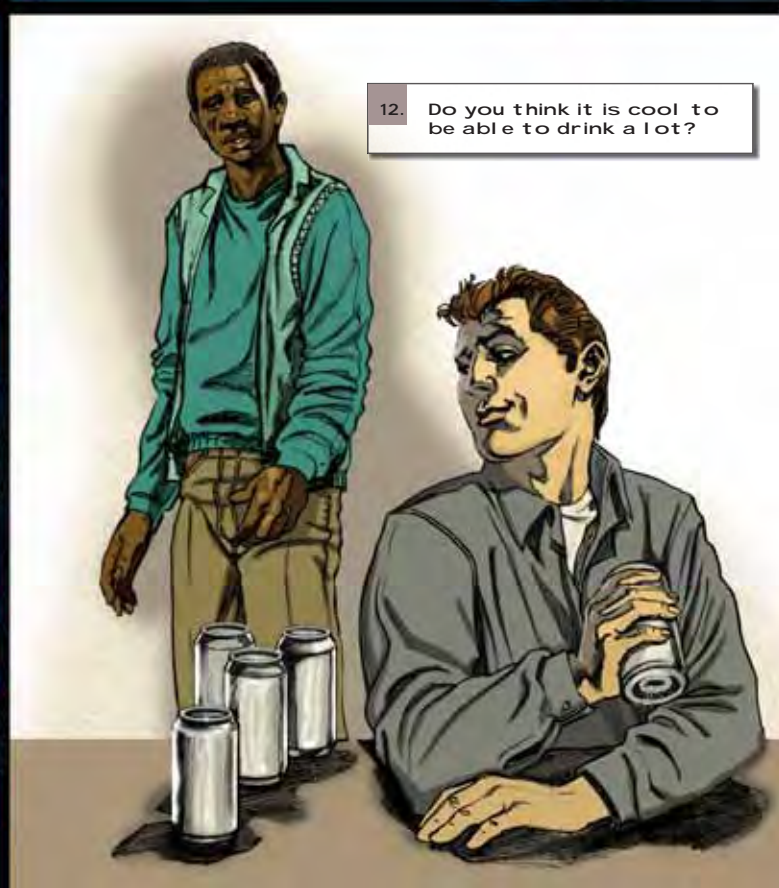
10. Do you ever get in trouble when you drink?



11. Do you get drunk when you drink, even though you don't want to?



12. Do you think it is cool to be able to drink a lot?





# GET THE FACTS



A.A. is made up of people from every race, religion and social class, and it's worldwide.



A.A. members include doctors, salespeople, actors, construction workers, athletes, artists and students—every kind of person.



Over one-third of our members are female.



While all A.A. meetings are open to anyone who needs them, in many places there are many meetings geared toward young people.



Thousands of young members enjoy successful sobriety with the help of A.A.





# WHAT IS A.A.?

Alcoholics Anonymous is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism.

The only requirement for membership is a desire to stop drinking. There are no dues or fees for A.A. membership; we are self-supporting through our own contributions. a.a. is not allied with any sect, denomination, politics, organization or institution; does not wish to engage in any controversy, neither endorses nor opposes any causes. our primary purpose is to stay sober and help other alcoholics to achieve sobriety.

# THE TWELVE STEPS

1. we admitted we were powerless over alcohol - that our lives had become unmanageable.
2. came to believe that a Power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of *god as we understood him*.
4. made a searching and fearless moral inventory of ourselves.
5. admitted to god, to ourselves and to another human being the exact nature of our wrongs.
6. were entirely ready to have god remove all these defects of character.
7. humbly asked him to remove our shortcomings.
8. made a list of all persons we had harmed, and became willing to make amends to them all.
9. made direct amends to such people wherever possible, except when to do so would injure them or others.
10. continued to take personal inventory and when we were wrong promptly admitted it.
11. sought through prayer and meditation to improve our conscious contact with *god as we understood him*, praying only for knowledge of his will for us and the power to carry that out.
12. having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs.

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zippy studio

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Alcoholics Anonymous  
World Services, Inc.

mail address:  
p.o. box 459  
Grand Central Station  
New York, NY 10163

[www.aa.org](http://www.aa.org)

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