

TIPS for TEENS

THE TRUTH ABOUT UNDERAGE DRINKING

ADOLESCENTS AND PARENTS



Parents are the leading influence in their kid's decision to drink—or not to drink—alcohol.



Over the last decade, 62% more kids reported talking with their parents about underage drinking.

Only 11% of 8th graders report consuming alcohol in the past month, down 58% proportionally from 26% in 1992.



KNOW YOUR LIMITS

Alcohol affects people differently based on: gender, weight, age, type and number of drinks consumed, and time elapsed.

HOW DOES ALCOHOL AFFECT YOU?

FEMALE
23 YRS OLD
5'5" 120 LBS.

DRINKS
4 GLASSES OF WINE

MALE
26 YRS OLD
5'11" 180 LBS.

DRINKS
4 BEERS

.13 BAC

SHE WILL RETURN TO .00 BAC IN
9 HOURS
35 MINUTES

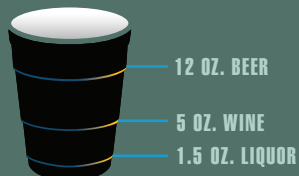
.07 BAC

HE WILL RETURN TO .00 BAC IN
6 HOURS
10 MINUTES

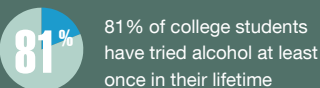
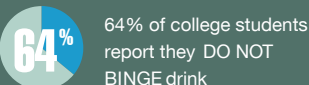
Though at an all-time low, 9,878 people died in drunk driving crashes, accounting for 31% of all traffic fatalities in 2011.



These different amounts of alcohol have roughly the same effect on you.



COLLEGE DRINKING



LOW & HIGH RISK ACTIVITIES

LOW RISK

Eating a complete meal before drinking

Always know what you are drinking

Having a plan, know how you will get home safely

Abstaining is always the safest choice

HIGH RISK

Chugging, drinking games, pre-gaming

Drinking to get drunk

Going to parties where people drink too much

Drinking too much too fast

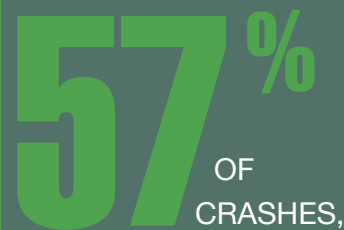
TEENAGE DRIVERS



Parents are the most important driving instructors for teens.



Motor vehicle crashes remain the #1 killer of teenagers ages 15-20, even though drunk driving and underage drinking among teens are at historic lows.



where a teen is partially responsible, involved going too fast, not paying attention, or failing to yield.



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UNDERAGE DRINKING IS DANGEROUS. Drinking alcohol can result in poor decision making which can make you less aware of your actions and unable to recognize potential danger. Drinking may also lead to impaired motor coordination, placing you at a greater risk of being injured from falls or vehicle crashes. While intoxicated, you are more likely to engage in unsafe behavior, including drinking and driving, unprotected sex, and aggressive or violent actions.

UNDERAGE DRINKING CAN BE FATAL. When a person has an alcohol overdose, their breathing and heart rate slows down to dangerous levels. Symptoms include confusion, being unconscious, vomiting, seizures, and trouble breathing. Overdosing on alcohol can lead to permanent brain damage or death. In addition, driving after drinking alcohol can lead to vehicle accidents and deaths.

UNDERAGE DRINKING CAN LEAD TO AN ALCOHOL USE DISORDER. When someone is unable to stop or control their alcohol use—even when facing serious health, social, or academic consequences—they have an alcohol use disorder that requires treatment. Attending individual or group counseling sessions and/or talking to their doctor about ways to reduce alcohol cravings can help.

KNOW THE SIGNS

How can you tell if a friend is using alcohol? Potential side effects and symptoms include:

- **Changes in mood, including anger and irritability**
- **Academic and/or behavioral problems in school**
- **Changing groups of friends**
- **Less interest in activities and/or care in appearance**

? Q&A

Q. IS IT REALLY UNSAFE TO DRINK UNTIL I'M 21?

A. YES. The risks of underage drinking are high. Research suggests that drinking during the teen years could interfere with normal brain development and increase the risk of developing an alcohol use disorder later in life.

Q. WHY DO MY FRIENDS DRINK ALCOHOL IF IT IS UNSAFE?

A. Many teens experience peer pressure to drink alcohol, and some are looking for a way to cope with stress; however, underage drinking will result in more problems—not fewer. In 2021, about 3.2 million young people aged 12 to 20 were past month binge drinkers (for males, 5 or more drinks, and for females, 4 or more drinks on the same occasion).

Q. MY PARENTS USED TO DRINK WHEN THEY WERE MY AGE. WHY CAN'T I?

A. Minimum drinking age laws exist for a reason—they help keep everyone safer. After states increased the legal drinking age to 21, there were fewer car crashes. Also, drinking during the previous month for 18- to 20-year-olds declined after all states adopted a minimum legal drinking age of 21, from 59 percent in 1985 to 40 percent in 1991.



BEFORE YOU RISK IT!

1 KNOW THE LAW. The minimum drinking age in the US is 21. Having a national minimum drinking age saves lives and improves health. There is even evidence that the law protects people from other drug dependence & suicide.

2 KNOW THE RISKS. Underage drinking contributes to more than 3,900 deaths among people below the age of 21 in the U.S. each year. Drinking under age 21 is also strongly linked with death from alcohol poisoning.

3 LOOK AROUND YOU. Although alcohol is the most commonly used substance by teens, most teens don't drink. Teens' alcohol use continues to drop. From 2001 to 2022, past year alcohol use by 12th graders decreased from 73% to 52%.

