

underage DRINKING



NOT A MINOR PROBLEM

80% of children say parents are the leading influencers in their decision to drink or not.

Youth respect what their parents have to say when it comes to serious matters such as alcohol – more so than you may realize.

Underage Drinking Heats Up In Summer

More than 11,000 youth under the age of 18 will try alcohol for the first time between the months of June and July. Rather than preventing your kids from going to summer events, use this time as an opportunity to openly discuss the dangers of alcohol abuse.



www.addictioncenter.com/community/spike-teen-alcohol-abuse-summer/
<https://www.niaaa.nih.gov/publications/brochures-and-fact-sheets/parenting-prevent-childhood-alcohol-use>



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Risks of Underage Drinking

Elevates Risk of Dependency

Research shows that youth who start drinking before the age of 15 are 4 times more likely to meet the criteria for alcohol dependence at some point in their lives.

www.niaaa.nih.gov/publications/brochures-and-fact-sheets/underage-drinking

Interferes with Brain Development

The brains of youth keep developing well into their 20's. Research shows that drinking during the teen years can interfere with normal brain development and change the brain in ways that have negative effects on information processing and learning.

www.niaaa.nih.gov/publications/brochures-and-fact-sheets/underage-drinking

Increases the Risk of Physical and Sexual Assault

Youth who drink are more likely to carry out or be the victim of physical or sexual assault after drinking than others their age who do not drink.

www.niaaa.nih.gov/publications/brochures-and-fact-sheets/underage-drinking

Impairs Judgment

Car crashes are the leading cause of accidental death for teens. In Michigan, 5% of the alcohol-related crashes in 2018 involved underage drinking.

<https://www.cdc.gov/nchs/products/databriefs/db37.htm>

Dawn Massie, University of Michigan Transportation Research Institute (UMTRI), www.michigantrafficcrashfacts.org

Binge Drinking

4.3 million young people reported binge drinking (for males 5 or more drinks and for females 4 or more drinks on the same occasion within a few hours) at least once in the past month.

2018 National Survey on Drug Use and Health (NSDUH).

Reasons for Underage Drinking

- Peer influence and peer pressure
- Stress and difficult experiences
- Seeing family members drink
- Wanting independence
- Risk seeking

Underage Drinking Rates

- By age 15, about 29.8 percent of teens have had at least 1 drink.
- By age 18, about 58.0 percent of teens have had at least 1 drink.

2018 National Survey on Drug Use and Health (NSDUH).

Need help with tough conversations? We can help.

TalkSooner.org
talksooner.org/apps



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