

Facts about Underage Drinking

Did you know?

- By age 14, **41%** of children have had at least one drink, and the average American begins drinking regularly by age 16.
- Girls are nearly as likely as boys to experiment with drinking.
- Teens who begin drinking before age 15 are **five** times more likely to develop alcohol dependence than those who begin drinking at age 21.
- The three leading causes of death for 15- to 24-year-olds are automobile crashes, homicides and suicides — alcohol is a leading factor in **all three**.
- 12 oz. beer = 5 oz. wine = 1.5 oz hard liquor in terms of alcohol content
- Teens drink **less often** than adults, but when they do they **drink** a lot **more**.
- **Parents may be held legally liable for any issues related to social hosting.**

YES! YOU CAN!

YES! YOU CAN MAKE THE DIFFERENCE

YES! YOU CAN PROTECT YOUR TEEN AND THEIR FUTURE

YES! YOU CAN BE THE MOST INFLUENTIAL PERSON IN YOUR TEEN'S LIFE

7 best ways to keep your teens from drinking

1. Keep your interactions positive
2. Keep the arguments to a minimum
3. Keep the kids busy
4. Try to help when they need your help
5. Let them know how you feel about frequent drinking
6. Families who pray together...reduce underage alcohol use
7. A stable home life is best

Sources, References and For More Information Go To:

www.niaaa.nih.gov
<http://pubs.niaaa.nih.gov/publications/AA67/AA67.htm>
www.ojdp.gov
Surgeon General's Call to Action to Prevent and Reduce Underage Drinking—Free book
Examiner.com, Dec. 7, 2012 HM Epstein
"New study reveals the 7 best ways to keep your teens from drinking"
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Underage Drinking: The Role of A Parent



Consequences of Underage Drinking

- **Health Consequences:**
 - Slows Down the **Central Nervous System**
 - Not Letting the **Brain Fully Develop**
 - Loss of Coordination
 - Loss of Memory
 - **Liver Damage**
 - **Unnatural** Increases in Estrogen and Testosterone
 - **Delayed Puberty** in Girls
- **Social Consequences:**
 - **Risky** Sexual Behavior, can lead to STDs and teenage pregnancy
 - **Traffic Crashes**
 - **Alcoholism/Depression**
- **Legal Consequences:**
 - Heavy **Fines**
 - **Suspension** of Driver's License
 - Possible Time in **Jail**
 - **Permanent Record** Affected
 - Uncertain **Future**

Prevention Strategies for Parents

- Maintain a good **parent-teen relationship**
 - Spend **time** with your teen
 - Have Open Lines of **Communication** Between You and Your Teen
 - Establish **Trust** with Your Teen
- **Develop** Family Rules about Underage Drinking:
 - Establish a Clear "**No Alcohol**" Policy for Teens Under 21
 - Do Not Allow Your Child Go to a **Party** Where Alcohol Will Be **Served**
- Be a Good **Role Model:**
 - If You Consume Alcohol, Drink It **Moderately**
 - Do Not **Promote** Drinking
 - **Teach** Your Child Other Ways to Cope With Stress and Anxiety
 - Limit **Accessibility** to Alcohol
- **Support** Your Child
 - Be **Involved** In Your Teen's Life Including Their Activities and Friendship
 - Understand **Peer Pressure**

How to Talk to Your Child About Alcohol

Talking to Your Teen About Alcohol May Seem Difficult but Here Are Some Tips to Make It Easier

- Have a **Conversation** with Your Teen, Not a **Lecture!**
 - **Listen** to Them and **Respect** What They Say
 - **Personalize** Your Conversation With Your Teen; Every Teen Is **Different**
- **Inform** Your Teen About The Facts of Alcohol
 - Although many Teens Believe That They Know Everything About Alcohol, There Are A Lot of **Myths** and **Misinformation**.
 - **Educate** Your Teenager about the **Health, Social and Legal** Ramifications of Underage Drinking
- **The Most Important Thing a Parent Can Do Is To Let Your Teenager Know That You Are There For Them.**

- (Chart) Alcohol use among 12-20 year olds, 2002-2013

