

inspired

[to make healthy choices]

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Underage Drinking

Underage drinking is a **community problem**. Alcohol is the most widely

used substance of abuse among teens and brings many **health and safety risks** including aggressive behaviors, property damage, violence and death. (NIAAA)

Underage Drinking Can Cause

ALTERED BRAIN DEVELOPMENT

The human brain continues to develop into one's mid-20s. Underage drinking can irreversibly damage this process.

FATALITIES

Underage drinking increases the risk of vehicle crashes, suicide, alcohol poisoning, falls, burns and drowning.

IMPAIRED JUDGMENT

Drinking can lead to risky behaviors and poor choices such as sexual activity, driving under the influence and experimenting with other substances.

Parents are the #1 influence in a teen's decision not to drink.

4 Tips to Keep Teens Alcohol Free

- 1 Store alcohol where it cannot be accessed or consumed without your knowledge.**
- 2 Tell your teen that you do not agree with underage drinking and explain why. Honest conversation helps build a strong, supportive bond with your teen.**
- 3 Talk to your teen about how to say no to a drink, such as, "No, thanks," or "Do you have any soda?"**
- 4 Explain that even if your teen is offered alcohol by a friend's parent at a friend's house, underage drinking is still not okay.**

Social Host Laws

- As a parent, you cannot give alcohol to your teen's friends under the age of 21, even in your own home, even with their parents' permission.
- Others can sue you if you give alcohol to anyone under 21 and they, in turn, hurt someone, hurt themselves or damage property.
- If you break the law, you can face a sentence of 12 months in jail and/or a \$1,000 fine.

Information in this issue is provided by the National Institute on Alcohol Abuse and Alcoholism (NIAAA), GUIDE, Inc. and Federal Trade Commission Consumer Information.

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