



### **Increased risk of addiction**

Adults who started drinking at age 15 or 16 (or earlier) are five times more likely to be alcohol dependent than those who started drinking after age 21.



### **Increased dropout rate**

High school students who use alcohol are five times more likely to drop out of school or believe good grades aren't important.



### **Increased use of other drugs**

Frequent binge drinkers (nearly 1 million high school students nationwide) are 3xs more likely to engage in risky behaviors, including using other drugs such as marijuana and cocaine.



### **THE most dangerous drug = alcohol**

Alcohol kills more people under the age of 21 than all other illegal drugs combined.



### **Personal injury and crime**

In 2009, an estimated 1,844 homicides; 949,400 nonfatal violent crimes such as robbery and assault; and 1,811,300 property crimes, including burglary, larceny, and car theft were attributed to underage drinking.



### **Affects every system**

Alcohol is not digested. It is absorbed directly into the bloodstream and affects every system in the body.



### **Alcohol and driving don't mix**

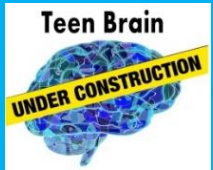
At a BAC of 0.05 -- completely street-legal -- your odds of wrecking your car increase 100 percent versus someone who hasn't had a drink. At 0.08, your crash odds triple.

### **Binge drinking**

Allowing youth to drink in the home increases their use. Those who are under the age of 21 that drink are binge drinking 90% of the time. Binge drinking is consuming a lot of alcohol (BAC over .08) in a short amount of time.

THE DEFINITION OF BINGE DRINKING:





### Don't break the law.

The legal drinking age is 21 years and older, period. Providing alcohol to minors, even by a guardian, is also against the law, even if the drinking occurs in the home or in the presence of the guardian.

### The Brain Develops Until Age 25

Because the teen brain is in a crucial stage of development, alcohol has a unique effect on the teen brain. These effects include: addiction, depression, anxiety, decrease in IQ & impaired learning, memory, and greater occurrence of other at risk behaviors (drowning, sexual activity without protection, etc.)

### Saying "no" makes you the norm

In 2016, the National Survey on Drug Use and Health reported that 19% of youth aged 12 to 20 years drink alcohol and 12% reported binge drinking in the past 30 days.

### Alcohol does not mix

Using alcohol in conjunction with any drug intensifies the negative side effects that occur with that drug. It can also make prescribed medication (i.e. psychiatric medication) ineffective.

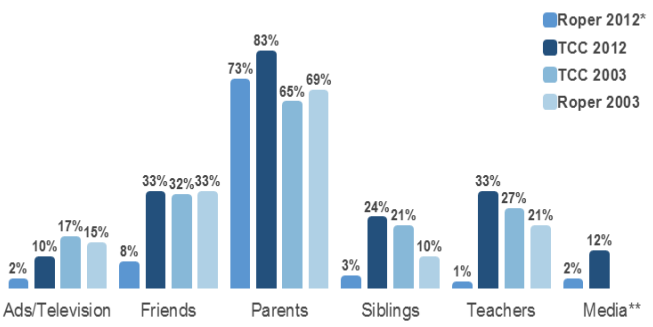
### Fight boredom

Two of the primary reasons teens report using alcohol is boredom and instant gratification. Providing teens with something to say "yes" to is one of the most effective prevention tools.

It's hard for a parent to imagine a child as young as 12 drinking or using drugs. This may be precisely the reason why many parents wait to talk to their kids about substance use, often until it is too late. It's important to have many open conversations about drugs and alcohol with your child—far before they are ever caught experimenting or get in trouble at school.

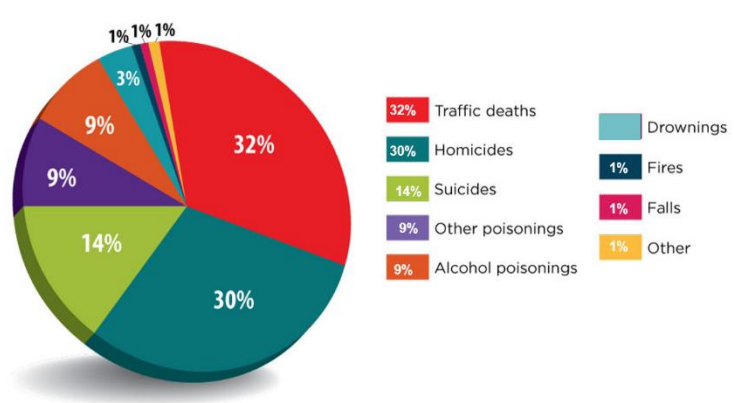
Approximately 68% of alcohol deaths are due to incidents other than traffic related fatalities, such as alcohol poisoning, falls, and suicide. In addition, teens who engage in underage drinking and drug use are at a higher risk for other dangers such as date rape and acts of violence.

Parents Have the Most Influence on Whether or Not Their Child Will Drink Alcohol



Source: The Century Council (10-18 year olds); GK Roper Youth Report (13-17 year olds in 2012; 8-17 in 2003)  
 \*In GK Roper Report the respondents could only select one response for this question.  
 \*\* Media was not a response category in 2003

Underage Drinking Related Deaths



Estimates come from FBI, CDC and NHTSA data. Data is for deaths involving 15 to 20 year-old underage drinkers. Details at madd.org.