

Underage Drinking And Alcohol Misuse

Alcohol is the most commonly used substance by teens. Teens use alcohol for various reasons - novelty, peer pressure, or coping with stress. The risks are real, especially for young people.



WHAT YOU NEED TO KNOW ABOUT ALCOHOL MISUSE

TEENS WHO START
DRINKING BEFORE
AGE 15 ARE:

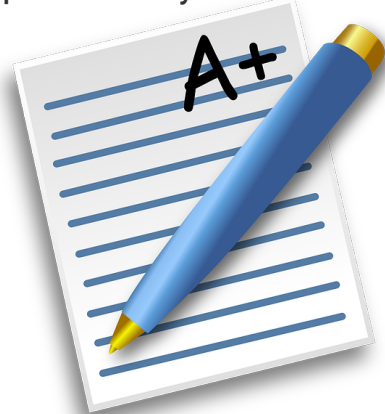
4 TIMES

**MORE
LIKELY**

TO DEVELOP AN
ALCOHOL USE
DISORDER



Each year that teens delay drinking reduces their likelihood of alcohol problems by 14%.



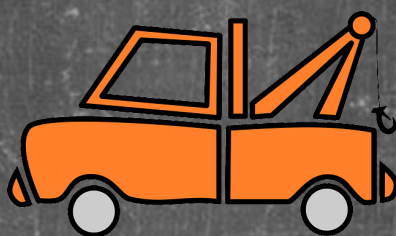
IDENTIFYING THE RISKS OF UNDERAGE DRINKING: NEGATIVE AND LONG-TERM EFFECTS

LEARNING



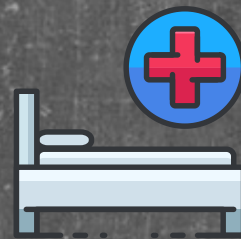
Studies suggest drinking in the teen years could interfere with normal brain development and have lasting effects on learning and information processing.

ACCIDENTS



Alcohol affects vision, coordination, and physical control. Drunk driving is the #1 cause of death on roadways. 43% of fatal car accidents in CT in 2017 involved a drunk driver.

OVERDOSE



Overdose occurs when there is so much alcohol in the bloodstream that areas of the brain that control breathing, heart rate, and temperature control begin to shut down.



IMPAIRED JUDGEMENT

Teens who drink may make decisions they later regret, such as having unprotected sex or getting into a fight. Underage youth who drink are more likely to be the victim of a physical or sexual assault after drinking than others their age who do not drink.



TALK, THEY HEAR YOU

Discuss your beliefs and opinions about alcohol with your teen. Express a clear, consistent message that underage drinking is unacceptable. Give your teen the chance to ask questions, and listen to what they have to say. Teens whose parents listen to their feelings and concerns are more likely to say "no" to alcohol.