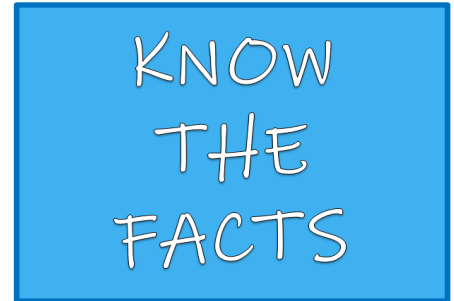


Information you need: From the Prevention Services Department
440-989-4900/www.thelcadaway.org
Ms. Ashley: trumanskvorashley@avoneagles.org



Alcohol

While many teens and young adults perceive drinking alcohol to be the norm, it is important for you to know that **most teens actually choose not to drink alcohol**. Data collection from Monitoring the Future showed 62% of 10th graders chose to abstain from alcohol last year (2019).



ALCOHOL IS A DRUG

The definition of a drug is any substance that alters an individual's state of mind. There are different classifications of drugs and alcohol is classified as a depressant. This means that it slows down vital functions resulting in slurred speech, unsteady movement, altered perceptions, and an inability to react quickly.

TYPES OF ALCOHOL

- Beer
- Cider Beer
- Wine
- Tequila
- Vodka
- Rum
- Brandy
- Gin
- Whiskey
- Bourbon
- Seltzer Drinks

ALCOHOL CONTENT STATEMENT

A numerical statement on a label that indicates the alcohol content in terms of percentage of alcohol by volume.

VERSUS

BLOOD ALCOHOL CONCENTRATION

The percentage of alcohol in a person's blood stream (BAC).
Person's under 21 cannot exceed a .02 BAC level.

TRUE STORY

Read the labels before packing a drink for lunch. You do not want to be the one who accidentally brings alcohol to school.

Ms. Ashley is in the building on Tuesdays and Wednesdays from 8:30-10:30. Email to set up a zoom time!

trumanskvorashley@avoneagles.org

Why do teens drink alcohol?

Teens drink for a variety of reasons:

- Experience new things
- Pressure from peers
- Coping with stress or other problems

Unfortunately, drinking alcohol will only make any a person has worse.

IS ALCOHOL SAFE?

Underage drinking poses a range of risks and negative consequences.

1. **Causes many injuries** – 188,000 young people under the age of 21 visit an emergency room for alcohol-related injuries every year. (Centers for Disease Control)
2. **Impairs judgement** – Drinking can lead to poor decisions about engaging in risky behavior, including: drinking and driving, sexual activity, and aggressive or violent behavior.
3. **Increases the risk of physical and sexual assault** – Young people under the age of 21 are more likely to carry out or be the victim of a physical or sexual assault after drinking than others their age who do not drink.
4. **Interferes with brain development** – Your brain will keep developing well into your 20's. Alcohol can alter this development leading to cognitive or learning problems. This can also make the brain more prone to alcohol dependence.
5. **Can lead to other problems** – Young people under the age of 21 may have trouble in school, sports, or the law. Drinking alcohol is associated with the use of other drugs.
6. **Increases the risk of alcohol problems later in life** – The younger a person starts drinking the more likely they are to meet the criteria for alcohol dependence at some point in their lives.
7. **Causes many deaths** – Alcohol is a factor in the deaths of 4,358 young people under the age of 21 each year. This includes: motor vehicle crashes, homicides, alcohol poisonings, falls, burns, drowning, and suicides. (Centers for Disease Control)

COMMON SIGNS OF TEEN ALCOHOL ABUSE

Have a new group of friends because they drink alcohol.

Decreased interest in school/sports/hobbies.

Experiencing mood swings.

Drinking alcohol most weekends.

Lying to your parents about your alcohol use, why you need money, where you are going, or who you are hanging out with.

Struggling with alcohol abuse? Call us at 440-989-4900 for support!



Additional Information

[Click Here](#) to learn more about teen alcohol abuse!

[Teen Alcoholism and Drug Abuse](#) – TEDx personal story of teen alcohol abuse.

[50 Things to do Besides Drink Alcohol](#) – Stay At Home Edition!

Resources:

Crisis Text Line: Text "4HOPE" to 741741 to text with someone anonymously. [Click here to learn more!](#)

The LCADA Way – Prevention Services Department

440-989-4900

Facebook: [Keys to Prevention](#)

Twitter: [@Keys2Prevention](#)

YouTube: [Watch our videos!](#)

