

ALCOHOL AND YOUTH FAST FACTS

Underage Drinking

According to the CDC's Youth Risk Behavior Survey in 2019, high school students reported the following *in the past 30 days*:

- 29% drank alcohol
- 14% binge drank
- 5% of drivers drove after drinking
- 17% rode with a driver who had been drinking

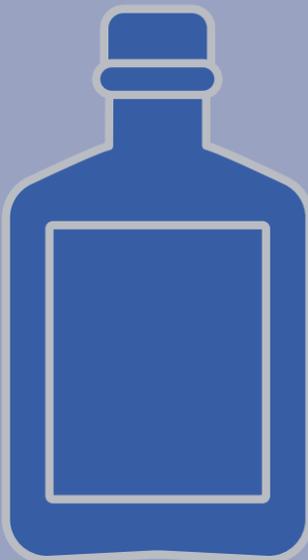
In 2019, for the first time, female high school students were more likely to drink alcohol and binge drink than male high school students.

*Binge drinking was defined as 4 or more drinks of alcohol within a couple of hours (if you are a female) or 5 or more drinks of alcohol within a couple of hours (if you are a male).



Limiting Scope and Availability

The CDC also found that "Among adolescents whose peers drink alcohol, *those whose parents binge drink are more likely to drink alcohol* than those whose parents do not." Many youth who drink alcohol get alcohol from people they know well, such as family or friends. The wide availability of alcohol and the prevalence of alcohol use in media, the community, and at home can all contribute to youth alcohol use.



Consequences of Underage Drinking

Consequences of underage drinking include increased likelihood of physical or sexual violence, engaging in risky behaviors, injuries from accidents, physical illness or hangover, and negative effects on memory, brain development, and mental health. Getting caught for underage drinking can result in suspensions from school and sports, trouble at home, and legal trouble for driving or other actions while intoxicated.



Alcohol Effects



- Disorientation
- Memory issues, including blacking out while drinking
- Impaired motor skills and coordination
- Risky sexual behaviors
- Increased aggression
- Increased risk of using other drugs
- May lead to long-term health issues such as liver and heart problems and alcohol use disorder

Talk About It

Talking about alcohol, the effects, and expectations in the household is a necessary part of helping keep youth safe and families on the same page. Discussing refusing alcohol and getting out of uncomfortable or unsafe situations are topics worth discussing.



Make a Plan Ahead of Time

Youth and parents can come up with a plan in case a youth ends up in a situation they want to get out of because of presence of alcohol or another substance. Discuss a key word or phrase to use or practice an excuse that can be used quickly via text or call. Youth, simply use the phrase to let your parent/guardian know you need to be picked up. Parents/guardians, pick up your youth and wait until your youth is safe and sober to talk things out and apply consequences if needed.

Touchstone Health Services provides mental and behavioral health services in partnership with the school district and family. Services are available for a variety of mental health concerns, including substance use disorders.

<https://www.touchstonehs.org/>

If you are concerned about someone's use of substances or you are struggling with substance use, reach out for help.

<https://findtreatment.samhsa.gov/>

Sources:

- <https://www.cdc.gov/alcohol/fact-sheets/underage-drinking.htm>
- https://www.americashealthrankings.org/explore/health-of-women-and-children/measure/youth_alcohol/state/AZ



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