

Parent & Adult COMMITTED

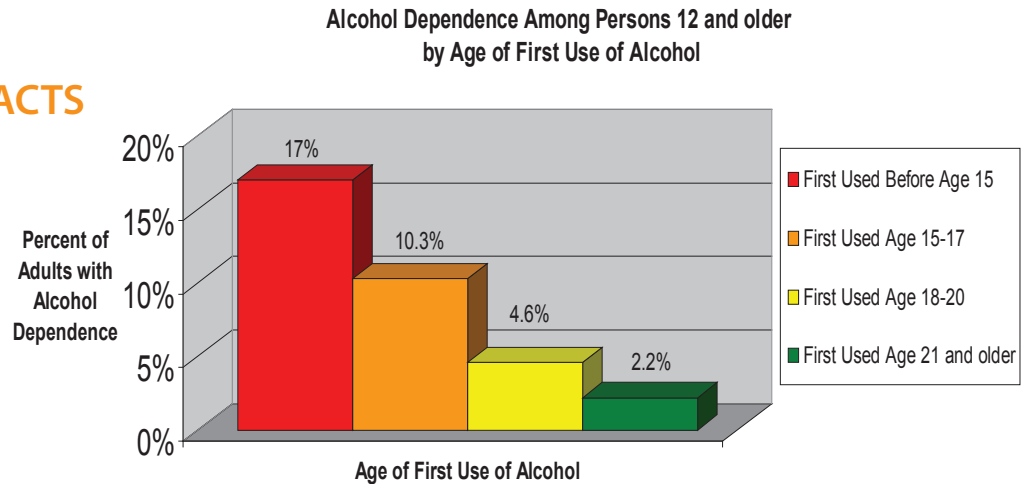
NOTICE
CHOOSE
ACT

TO STOPPING UNDERAGE DRINKING

NOTICE

BE AWARE OF THE FACTS

Adults who report first use of alcohol before age 15 are five times more likely to also report abuse or dependence on alcohol. This is four times more than those who do not drink before age 21.



CASA analysis of the National Household Survey on Drug Use and Health (NDSUH) 2009

MYTH: The minimum drinking age should be lowered.

FACTS:

- Alcohol consumption can have a devastating effect on a growing brain—The brain continues to develop into the mid 20s. Alcohol affects the part of the brain that is still maturing, affecting reasoning, decision making and judgment.
- Since the Uniform Drinking Age Act in 1984 (which mandates that states enact a minimum legal drinking age of 21 or risk losing federal highway construction money), a review of 17 studies from states that raised drinking ages found a 16 percent reduction in crashes involving underage youth.
- When young people drink, they tend to drink a lot at one time. On average, young people have about 5 drinks per occasion.

MYTH: European Countries do not have a youth drinking problem.

FACTS:

- The teen binge-drinking rate in Denmark is 60%, 57% in Germany, 54% in Great Britain, 34% in Italy, and 28% in France. U.S. is about 22%.
- Binge drinking is 5 drinks in a 2-4 hour period. Binge drinking results in alcohol poisoning, unwanted/unprotected sex, and being a victim of violent crime—including physical and sexual assault.
- Easy access to alcohol allows young people to drink heavily and in a risky fashion, whether in Europe or in the U.S.

For more information, please call (530) 546-1924 or visit www.ttfwdd.com

