

Teens and Alcohol: Why is There Concern?

ASAP

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The road to recovery

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ALCOHOL

The substance most commonly used by teens.



By senior year, 66% of teens have tried alcohol.

Monitoring the Future 2014

Under-age alcohol-impaired drivers caused 706 crashes in Ohio in 2015 - 23 included fatalities.

www.publicsafety.ohio.gov

BINGE DRINKING

12th graders reported that for the two weeks before the survey:



Heavy alcohol use can affect normal brain development, especially in the frontal regions of the brain.

The effects on girls were even more pronounced than for boys.

Alcoholism: Clinical and Experimental Research July 18, 2011

EFFECTS

Teen drinkers are more likely to:



Be involved in violent behaviors and crimes



Have lasting health effects



Experience clinical depression



Develop alcohol dependence later on



Experience anxiety



Be involved in traffic accidents



Attempt suicide



Be victimized



Engage in risky sexual behaviors

Teens who drink more (by amount and frequency), are more likely to experience these consequences.

Teens who have been drinking may need help to stop, especially if they have experienced any of

National Institute on Alcohol Abuse and Alcoholism

SOLUTION

How do we help teens make better choices?

INCREASE PERCEPTION OF HARM

21% of 12th graders associate great risk of harm with having 1-2 drinks daily. 45% for binge drinking (5+ drinks) on weekends.

EDUCATE TEENS

Peer-to-peer education and group education for teens who have used a few times can reduce use.

Teen drinking and drugging are very harmful.

When adolescents perceive harm in an activity, fewer engage in the activity.

Monitoring the Future 2014