

A CALL TO ACTION - MAINE Count ME In!

Town Hall Series
2008



Material taken from :



The Surgeon General's Call to Action To Prevent and Reduce Underage Drinking. U.S. Department of Health and Human Services, Office of the Surgeon General, 2007.

This publication is available on the World Wide Web at <http://www.surgeongeneral.gov> and at <http://www.hhs.gov/od>

Prepared for the Maine Office of Substance Abuse March 2008 by the Maine Alliance to Prevent Substance Abuse



Did You Know?

TODAY, NEARLY
10.8 MILLION YOUTH,
AGES 12-20,
ARE UNDERAGE DRINKERS

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FAST FACT:

Approximately 59,000 underage youth in Maine drink each year.

According to the 2006 MYDAUS* survey nearly 48% of Maine students have tried drinking alcohol (from grade 6 through 12).

*Maine Youth Drug and Alcohol Use Survey

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Underage drinking is a serious problem, with roots deep in our culture and many mixed messages.

It is time to change that picture.

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It's time for us all to take action!

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FAST FACT:

In any month, more youth are drinking than are smoking cigarettes or using marijuana.

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Did You Know?

The greatest influence on young people's decisions to begin drinking is the world they live in –

their families, friends, schools, the larger community and society as a whole.

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FAST FACT:

Most young people who start drinking before age 21 do so when they are about 13 – 14 years old.

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Did You Know?

Alcohol use by young people often is made possible by adults.

After all, teens can't legally get alcohol on their own.

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FAST FACT:

Youth with histories of behavior problems, (for example, delinquent activity, impulsive actions and difficulty controlling responses) are more likely to use alcohol than are other young people.

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FAST FACT:


The same is true for youth who have an unusually strong desire for new experiences and sensations and for those with histories of family conflict and stress, and/or alcohol problems.

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And that's why ALL adults should send the same message – that underage drinking is not okay.


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Did You Know?

Underage drinking can affect anyone, including people who don't drink.

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IMPACTS:

Underage alcohol use can lead to dangerous behavior, property damage and violence.

The results can be injury and even death for the drinker and for other people nearby.

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IMPACTS:

About 45% of people who die in car crashes involving a drinking driver under age 21 are people other than the driver.

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The effects of underage drinking can be felt by everyone. That makes underage alcohol use everyone's problem.

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FAST FACT:

Most 6-year-olds know that alcohol is only for adults.


Between ages 9 and 13, youth begin to think that alcohol use is okay.

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That's why it's never too early to start talking with young people about the dangers of underage drinking.


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FAST FACT:

Teens say that they rely on adults in their lives more than anyone else to help them make tough decisions and to provide good advice.

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There is a role for everyone:

Everyone can work together to create a community where young people can grow up and feel good about themselves without drinking.

The community should deliver the message that underage drinking is not okay.

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There is a role for everyone:

Families can help prevent underage drinking by staying involved in their children's lives. It is important for families to pay attention to what's happening with their teens.

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There is a role for everyone:

Young people can learn about the dangers of alcohol use. They can change how they and others think about drinking.

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There is a role for everyone:

The message should be the same whether youth hear it in school, at home, in places of worship, on the sports field, in youth programs, or in other places where young people gather.

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**No matter who you are,
there's something you can do
to prevent underage drinking!**

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All of us can help change attitudes
about teen drinking

All of us can help replace environments
that enable underage alcohol use with
environments that discourage it.

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So, you say –

What can I do?

What can we do?

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Get organized.

Work on underage drinking as a community health and safety problem that everyone can solve together.

Organize or join groups to change community thinking about underage alcohol use.

Work with sponsors of community events to help them send the message that underage drinking is not allowed.

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Share knowledge.

Get the word out about policies to prevent underage drinking. This includes age checks for people buying alcohol, including on the Internet.

Help people learn about the latest research on underage alcohol use. An informed public is a key to ending underage drinking.

Teach young people about the dangers of underage alcohol use.

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Change the teen scene.

Create friendly, alcohol-free places where teens can gather.

Create programs, including volunteer work, where young people can grow, explore their options, succeed and feel good about themselves without alcohol.

Help teens realize that, like "doing drugs" or smoking, underage drinking is unhealthy and can drastically impact their lives.

Let teens involved with underage drinking know that it's okay to ask for and get help.

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Take action.

Work to change community attitudes about underage drinking.

Focus as much community attention on underage drinking as on tobacco and drug use.

Work with State, Tribal and local groups to reduce underage drinking.

Make it easier for young people who are involved with or at risk for underage drinking to get help.

Get the word out about underage drinking laws.

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Underage Alcohol Laws.

The law that makes drinking under age 21 illegal is only one law.

Other laws also forbid selling or giving alcohol to youth.

Others make it against the law to drink and drive.

Work to help ensure these laws are always enforced.

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The *Call to Action* is exactly that.


It calls on every adult in the country to join with the Surgeon General in a national effort to address underage drinking early and often.

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Underage alcohol use is everyone's problem—and its *solutions are everyone's responsibility.*

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**Let's all say –
Count ME In!**

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For More Information:

Maine Office of Substance Abuse
www.maineosa.org
osa.ircosa@maine.gov
1-800-499-0027

Stop Underage Drinking
www.stopalcoholabuse.gov

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