

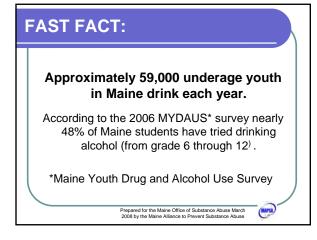
# Did You Know?

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

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

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### FAST FACT:

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

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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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## 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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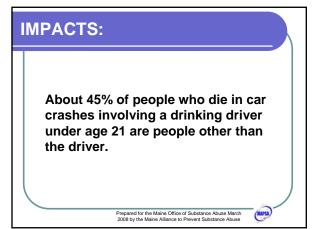


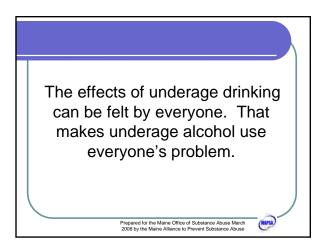


#### **IMPACTS:**

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.



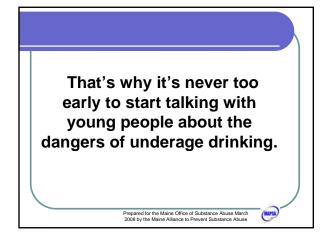


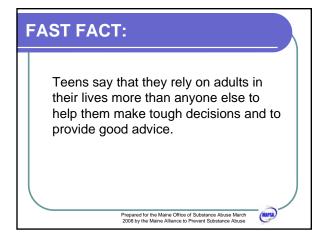
### **FAST FACT:**

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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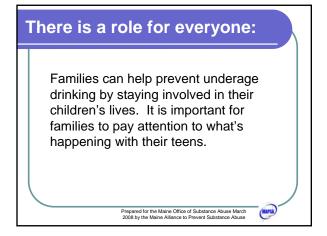


#### There is a role for everyone:

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:

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

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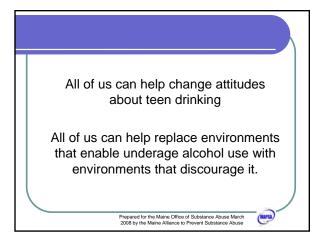
#### There is a role for everyone:

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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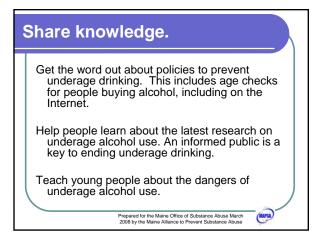
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#### Change the teen scene.

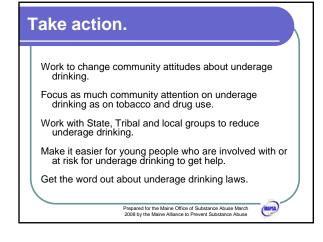
Create friendly, alcohol-free places where teens can gather.

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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### **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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#### 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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