

# Alcohol Use Among High School Students in Maine

2023 Maine Integrated Youth Health Survey Data

## ALMOST HALF

(45%) of all students have **tried alcohol**



**1 in 5 students** (21%) reported having at least **one drink** in the past 30 days



Among those who have tried alcohol **nearly 1 in 3** (27%) tried it **before the age of 13**

### IN THE PAST 30 DAYS

among those who drank alcohol

## 36%

of students **binge drank**  
(consumed 5+ drinks in a row)



**44%**



**29%**

Boys reported **binge drinking** at a higher rate than girls

However, girls were more likely than boys to have **at least 1 drink**

**23%**



**girls**

**19%**



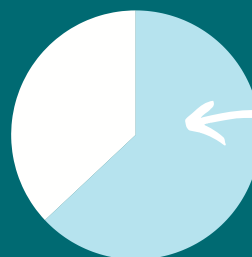
**boys**

## 28%

believe adults in their lives **don't think it is wrong** for kids to drink



Among those who drank during the past 30 days, **42%** said **someone gave it to them**



## 63%

believe it would be **easy** for them to get alcohol



Maine Department of Health and Human Services  
Maine Department of Education

[www.maine.gov/miyhs](http://www.maine.gov/miyhs)  
[miyhs.dhhs@maine.gov](mailto:miyhs.dhhs@maine.gov)

# Alcohol Use Among Middle School Students in Maine

2023 Maine Integrated Youth Health Survey Data



16%

of students have  
tried alcohol

5%

of students  
drank in past 30 days



Among those who have tried alcohol  
**nearly 2 in 5 (39%)** tried it **before the age of 11**

Among those who drank in  
the past 30 days



29%

said someone  
**gave it to them**

41%



believe it would be **easy**  
for them to get alcohol

10%



believe adults in their lives  
**don't think it is wrong**  
for kids to drink

## HOW YOU CAN HELP



Set a positive example  
for youth regarding  
alcohol use.



Discuss expectations and the  
importance of avoiding alcohol  
before 21 and following low-risk  
guidelines as adults.



Talk about alcohol in media  
and its real-life risks when it  
appears in music, social  
media, TV, or ads.

## ABOUT THE MAINE INTEGRATED YOUTH HEALTH SURVEY (MIYHS)

The MIYHS is a biennial collaboration between the Maine Department of Health and Human Services and the Maine Department of Education since 2009. It aims to identify youth health trends through direct surveys taken by Maine students in grades 5–12. All middle and high schools can participate.



[www.maine.gov/miyhs](http://www.maine.gov/miyhs)

[miyhs.dhhs@maine.gov](mailto:miyhs.dhhs@maine.gov)