

January 29, 2021

Dear Teacher / Parent / Responsible Adult:

Spring brings a focus on prevention including Alcohol Awareness Month held each April. Have you ever thought about why? Please consider:

1. **All youth face risk.** Not exactly the same risks, at the same time, or to the same degree. But all youth are faced with circumstances and choices that shape their lives. Prevention means equipping youth to make the best possible choices.
2. **Alcohol will intersect nearly every life.** Drinking while underage can be life altering. Understanding why alcohol poses specific dangers to the young is essential! We must do everything possible to empower young people to say "no" to underage drinking and have tools to defend their decision if needed.

Enter the 26<sup>th</sup> Annual Alcohol Awareness Poster Contest for grades 6 – 12!

It is a fun & easy way to introduce a touch of prevention to your classroom, youth group time, or youth activity time! Use the enclosed "Did You Know" sheet for some quick teaching points or conversation starters. Youth love competing for the awesome prizes, but the real prize is the opportunity to help young people thoughtfully consider the risks of underage drinking.



## POSTER CONTEST

**DON'T DO DRUGS,  
ALCOHOL IS A DRUG**

Here's a quick update from the CDC:

**Underage drinking is a significant public health problem in the U.S. Excessive drinking is responsible for more than 3,500 deaths and 210,000 years of potential life lost among people under age 21 each year.**

From the 2020 Monitoring the Future Study which examines drug use trends among US teens: **Alcohol is the drug most frequently used and abused by teens. 4.5% of 8th graders, 10% of 10th graders, and 17% of 12th graders report binge drinking (having 5 or more drinks in a row at least once in the prior 2 weeks). Binge drinking increased in all 3 grades in 2020.**

Please contact [ilcaaap@sbcglobal.net](mailto:ilcaaap@sbcglobal.net) or 1-866-940-6871 with questions. Additional copies of the Entry Guidelines or "Did you Know" page can be downloaded at [ilcaaap.org](http://ilcaaap.org). **Please mail entries anytime before May 1, 2021** to: ILCAAAP, Attn: Lynn Allen, 1132 W Jefferson St., Springfield, IL 62702.

Sincerely,

Lynn Allen, Youth Director