

ALCOHOL & TEENS

EFFECTS OF UNDERAGE DRINKING

- Alcohol is the most common drug that young people use in the United States.
- Teens who drink alcohol are more likely to participate in risky behavior.

SOCIAL, ACADEMIC, AND LEGAL ISSUES

- More school absences.
- Lower grades.
- Drinking and driving, which puts the safety of those who drink—as well as those around them—at risk.
- Misusing prescription drugs or using illicit drugs—there can be serious health effects when using these drugs with alcohol.

PHYSICAL AND MENTAL CONDITIONS:

- Violence, including homicide, suicide, and sexual violence.
- Injuries including alcohol-related motor vehicle crashes, burns, falls, or drowning.
- Not growing as expected.
- Slower brain development—which may cause problems with memory.
- Sexually transmitted infections (STIs), HIV, and unplanned pregnancy—which can result from sex without protection. Protection includes using condoms or taking medicine to prevent STIs, HIV, or pregnancy.
- People who start drinking earlier in life have a higher risk of developing alcohol use disorder later in life.



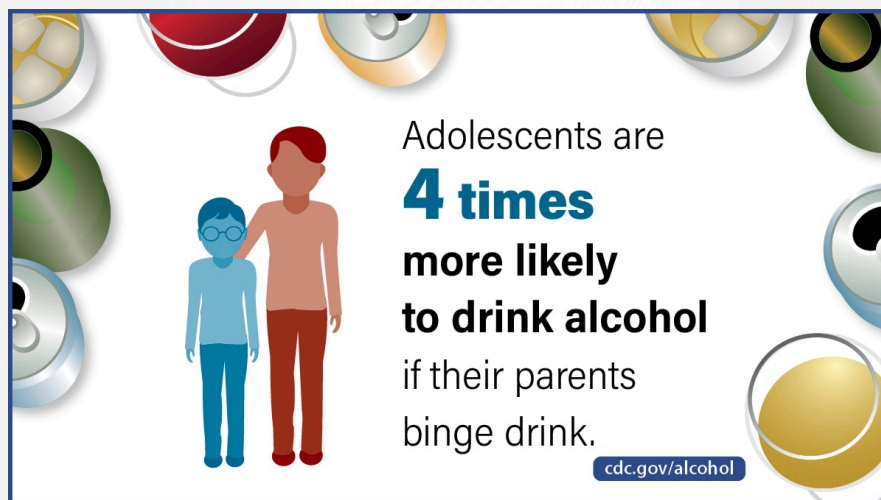
ALCOHOL & TEEN DEATHS

About 4,000 young people (under 21) die from excessive alcohol use each year.

WHAT THE DATA SHOW:

Adolescents tend to drink if the adults around them drink or binge drink alcohol.

A study showed that adolescents whose parents drank 5 or more days in a month were significantly more likely to drink alcohol than adolescents whose parents didn't drink.



RECENT STUDIES SHOW:

- High school students report using alcohol more than vaping, smoking marijuana, or smoking cigarettes
- 11% of high school students report binge drinking
- Teen alcohol use is down in recent years
- More girls drink and binge drink, a change from previous years

When surveyed:

- More than 1 in 10 high school students reported riding in the previous month with a driver who had been drinking alcohol.
- About 5% of high school students who had driven in the previous month said they drove after drinking alcohol.