

Help Us Get The Word Out!!
There's More Involved Than Just Taking The Keys Away...

Brain Development and Alcohol Abuse

- ✓ Research indicates that the human brain continues to develop until the age of 25 and that exposure of the developing brain to alcohol may have long-lasting effects on intellectual capabilities and may increase the likelihood of alcohol addiction.
- ✓ The age when drinking starts affects future drinking problems. For each year that the start of drinking is delayed, the risk of later alcohol dependence is reduced by 14 percent.

Suicide

- ✓ Alcohol use interacts with conditions like depression and stress, and contributes to an estimated 300 teen suicides a year.
- ✓ High school students who drink are twice as likely to have seriously considered attempting suicide, as compared to nondrinkers. High school students who binge drink are four times as likely to have attempted suicide, as compared to nondrinkers.

Academic Performance

- ✓ A government study published in 2007 shows a relationship between binge drinking and grades. Approximately two-thirds of students with "mostly A's" are non-drinkers, while nearly half of the students with "mostly D's and F's" report binge drinking.
- ✓ For further information on the risks of adolescent alcohol use, visit the [National Institute on Alcohol Abuse and Alcoholism](#).

Athletic Performance

- ✓ Drinking to intoxication can negate as much as **fourteen days** of training effect
- ✓ Drinking alcohol after competition hinders recovery
- ✓ Reaction time can be affected even **twelve hours** after alcohol consumption.
- ✓ Players that drink are **twice** as likely to become injured
- ✓ Alcohol compromises an athletes already vulnerable immune system

- ✓ **The associated residual effect of the alcoholic hangover has been shown to reduce athletic performance by 11.4%**

Facts via the American Athletic Institute - www.americanathleticinstitute.org

Sexual Behavior

- ✓ Current teen drinkers are more than twice as likely to have had sexual intercourse within the past three months than teens who don't drink.
- ✓ Higher drinking levels increase the likelihood of sexual activity.
- ✓ Adolescents who drink are more likely to engage in risky sexual activities, like having sex with someone they don't know or failing to use birth control.

Drinking and Driving

- ✓ Car crashes are the leading cause of death among people ages 15 to 20. About 1,900 people under 21 die every year from car crashes involving underage drinking.
- ✓ Young people are more susceptible to alcohol-induced impairment of their driving skills. Drinking drivers aged 16 to 20 are twice as likely to be involved in a fatal crash as drinking drivers who are 21 or older.

Underage Drinking Laws

- ✓ As a parent, you cannot give alcohol to your teen's friends under the age of 21 under any circumstances, even in your own home, even with their parent's permission.
- ✓ You cannot knowingly allow a person under 21, other than your own child, to remain in your home or on your property while consuming or possessing alcohol.
- ✓ You can face fines from \$300-\$1,000 per underage person served, 30 days to 9 months in jail, and/or community service.
- ✓ If you give alcohol to anyone under 21 and they, in turn, hurt someone, hurt themselves or damage property, you can be held liable and sued in civil court and may also face criminal charges for serious injuries or property damage.

WHILE THIS INFORMATION OFFERS GOOD REASONS FOR YOUNG STUDENTS AND STUDENT-ATHLETES TO CHOOSE NOT TO DRINK ALCOHOL, THE MOST COMPELLING ARGUMENTS AGAINST THE USE OF ALCOHOL BY YOUNG PEOPLE MAY COME FROM PARENTS, COACHES, AND OTHER SIGNIFICANT ADULT ROLE MODELS.

ESTABLISHED RELATIONSHIPS, MENTORING AND CONNECTING WITH AN ADULT HAS BEEN SHOWN TO GREATLY INFLUENCE THE VALUES AND LIFESTYLE DEVELOPMENT OF ADOLESCENTS.

DON'T SERVE ALCOHOL TO TEENS. IT'S UNSAFE. IT'S ILLEGAL. IT'S IRRESPONSIBLE.