



DEA
Drug
Enforcement
Administration



UNDERAGE DRINKING



Myths VS Facts

Drinking is illegal for youth and young adults under 21 in ALL 50 states and the District of Columbia.

Myth You can't die from drinking alcohol.

Fact Alcohol is a powerful drug that slows down the body and mind. Drinking too much can lead to alcohol addiction or alcoholism. Drinking too much alcohol too fast can lead to alcohol poisoning which can kill you.

Myth Teens can't get addicted to alcohol.

Fact When a teen drinks too much, they risk becoming addicted to alcohol. This is called an alcohol use disorder, and it can happen at any age.

Myth Alcohol use isn't as harmful as other drugs.

Fact Drinking alcohol is particularly harmful to teen development. The brain is still maturing and not fully developed until the early 20s. Research shows teen alcohol use may lead to negative effects on the brain.

Myth Most kids drink alcohol.

Fact Most kids don't drink. Research shows approximately 90 percent of youth aged 12 to 17 are not current alcohol drinkers.

Myth Most kids approve of drinking.

Fact A national survey reported that 85 percent of 8th graders and 81 percent of 10th graders disapprove of weekend binge drinking compared to 74 percent of 12th graders.

True or False?

Young people who began drinking by age 15 are six times more likely to develop alcohol problems later in life, than those who wait to drink until they are 21.

True

How to resist the pressure to drink.

- Say no and let the person know you mean it.
- Stand up straight.
- Make eye contact.
- Don't make excuses.
- Stand up for yourself.
- Leave the situation.
- Find something else to do with other friends.

Sources: SAMHSA, 2015 National Survey on Drug Use and Health; University of Michigan, 2016 Monitoring the Future; CDC, Fact Sheets: Underage Drinking



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For parents

JustThinkTwice.com



For teens