

Alcohol Factsheet:

UNDERAGED DRINKING
not a minor problem

Reasons to be concerned about underage drinking:

- In the United States, 79,000 deaths occur due to alcohol.
- Alcohol is the 3rd leading preventable cause of death in the United States.
- Kids who drink are more likely to be victims of violent crime, to be involved in alcohol-related traffic crashes, and to have serious school-related problems.
- Teens who use alcohol are more likely to be sexually active at earlier ages, to have sex more often and to have unprotected sex than teens who do not drink.
- The majority of teens who drink tend to binge when they drink.
- A person who begins drinking as a young teen is 4 times more likely to develop alcohol dependence than someone who waits until adulthood to drink alcohol.

**START TALKING
BEFORE THEY
START DRINKING**

Annually, an estimated 709,000 kids age 12-14 drank alcohol. 94% received their alcohol from family or their home. Make sure to always keep track of your alcohol and do not supply to your kids or their friends.

Providing minors with alcohol could cost you.
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Learn the penalties.

Talk to your kids about drinking. They will listen!

It takes 2 to 3 hours for a single drink to leave a person's system. Nothing can speed up this process.

Risk Factor

Potential Condition



Alcohol is a powerful, mood altering drug and like any other drug-overdose can lead to sickness and death.

It takes until a person is about 25 years old before their brain is fully developed. Drinking while the brain is still maturing can lead to long-lasting Intellectual effects & learning disabilities.



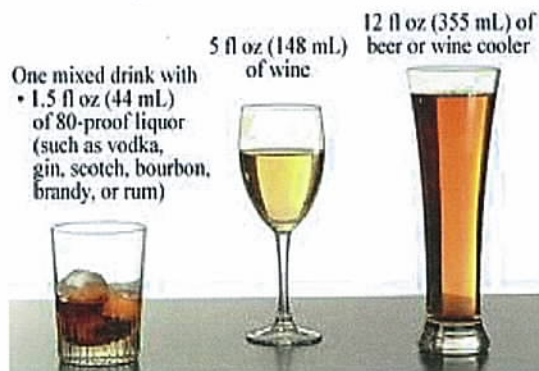
Need help? Here are some local resources...

Long Valley Health Center 984-6131

**** Ask for a drug and alcohol counseling appointment**

Healthy Start 984-8089

**** Let them know you need help/resources and they can help you find the correct resources**



One mixed drink with 1.5 fl oz (44 mL) of 80-proof liquor (such as vodka, gin, scotch, bourbon, brandy, or rum)

5 fl oz (148 mL) of wine

12 fl oz (355 mL) of beer or wine cooler

Each of these drinks has about the same amount of alcohol.



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