

Surviving the Teenage Years

PTA Council Information & Tips for Parents of Teens

Dangers of Teen Drinking:

Teens don't just drink. They drink to excess.

More than 10 percent of eighth graders, 22 percent of sophomores, and 26 percent of seniors report recent binge drinking (5+ drinks on the same occasion).

Statistics show that the majority of current teen drinkers got drunk in the previous month. That includes 54 percent of the high school sophomores who drink and 65 percent of the high school seniors who drink.

Underage drinking is linked to injury and risky behavior.

Reducing underage drinking can reduce drinking-related harm.

Brain Development and Alcohol Abuse

- Research indicates that the human brain continues to develop into a person's early 20's, 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.

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.

Suicide

- Alcohol use interacts with conditions like depression and stress, and contributes to an estimated 300 teen suicides a year.

Sexual Behavior

- 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.

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. It is not clear, however, whether academic failure leads to drinking, or vice versa.

Don't serve alcohol to teens.

It's unsafe. It's illegal. It's irresponsible.

Source: [We Don't Serve Teens](http://www.DontServeTeens.gov) www.DontServeTeens.gov.

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