



National Drug Awareness Program

UNDERAGE DRINKING



Myths VS Facts

Drinking is illegal for youth 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 alcoholism or alcohol dependence. It is a disease that 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 85 percent of youth ages 12 to 17 are not current alcohol drinkers.

Myth Most kids approve of drinking.

Fact A national survey reported that 80 percent of 8th graders and 77 percent of 10th graders disapprove of people who drink every day.

True or False?

Young people who begin drinking by age 15 are five 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, 2009 National Survey on Drug Use and Health; University of Michigan, 2010 Monitoring the Future; NIAAA.nih.gov

For more information contact your local Elks Lodge or to order free drug education materials visit:

www.elks.or/dap

For drug prevention information visit DEA's website:

for parents: www.GetSmartAboutDrugs.com;

for teens: www.JustThinkTwice.com

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