



# ***Some Facts About Underage Drinking***



# Drinking Behaviors

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- Nondrinker – Reports not consuming any alcohol in the past 30 days
- Current drinker – Reports consuming at least one drink of alcohol, but did not consume 5 or more drinks in a row, on one or more days in the past 30 days
- Binge drinker – Reports consuming 5 or more drinks of alcohol in a row on one or more days during the past 30 days

# Current and Binge Drinking Among High School Students

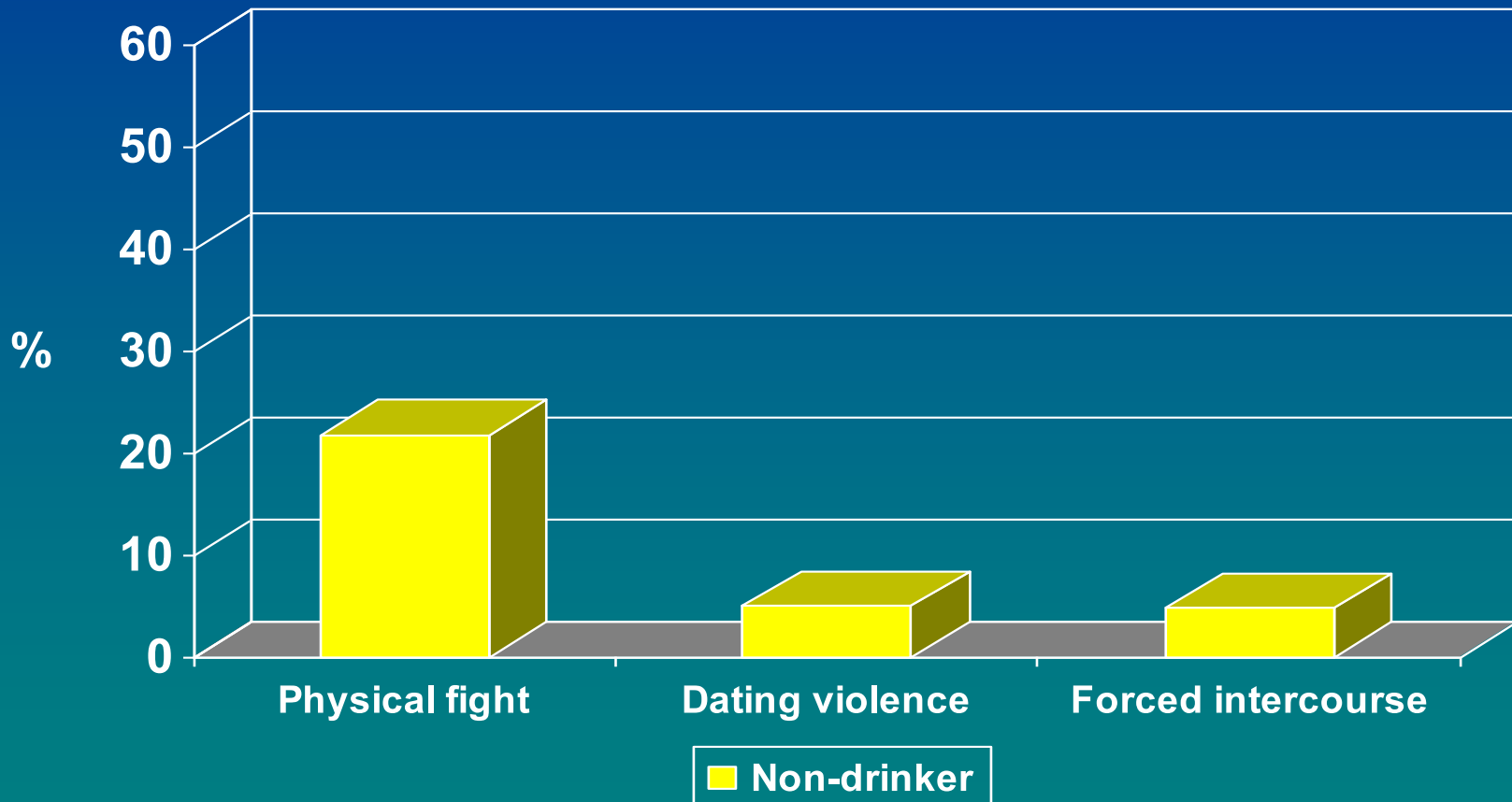


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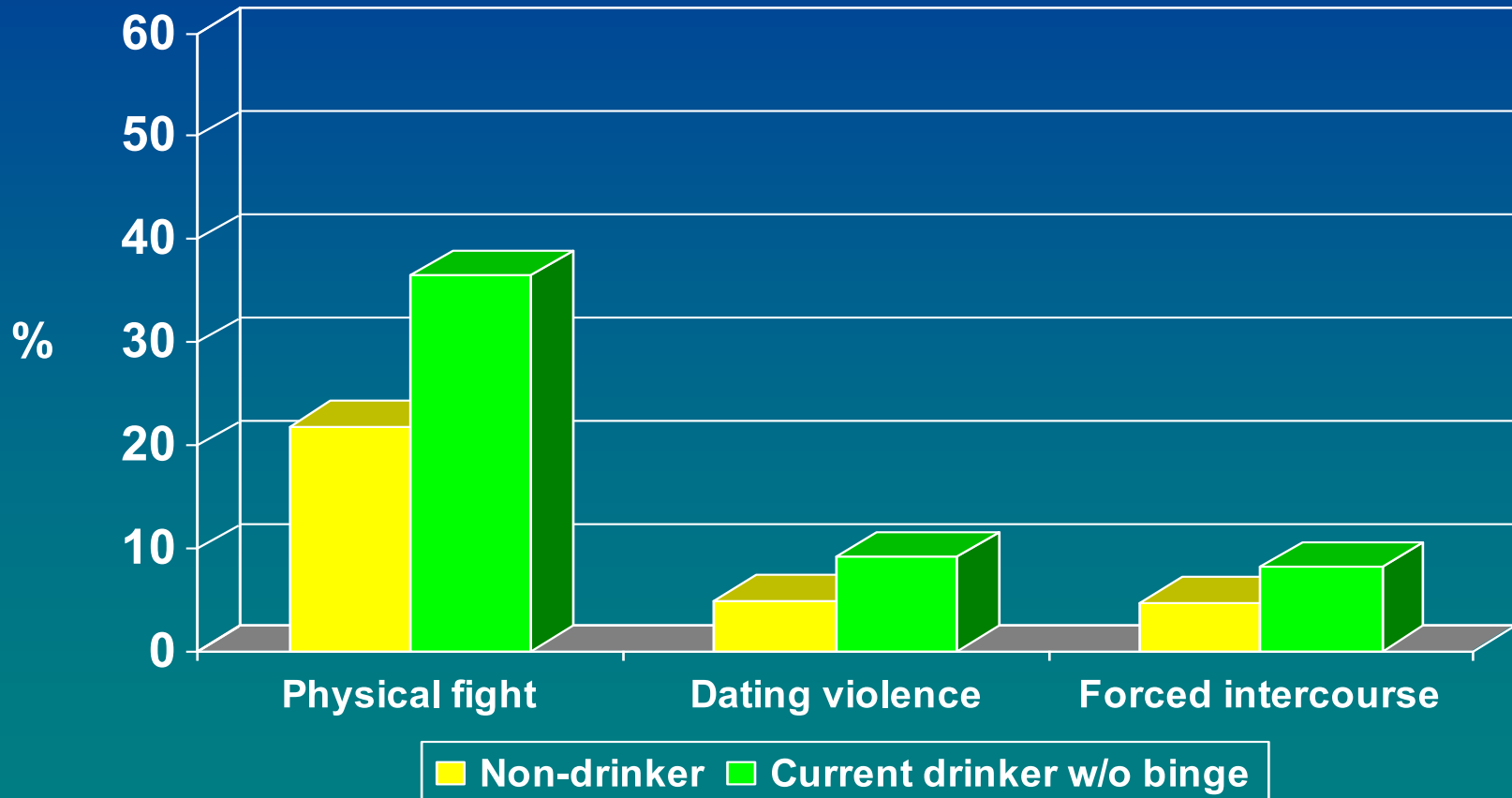
Characteristic	Non-Drinker	Current Drinker	Binge Drinker
	(%)	w/o Binge (%)	(%)
<u>Total</u>	55	16	29
<u>Sex</u>			
Male	56	14	30
Female	54	18	28
<u>Age</u>			
12-14 years	68	14	18
15-17 years	55	16	29
18 years +	44	18	38

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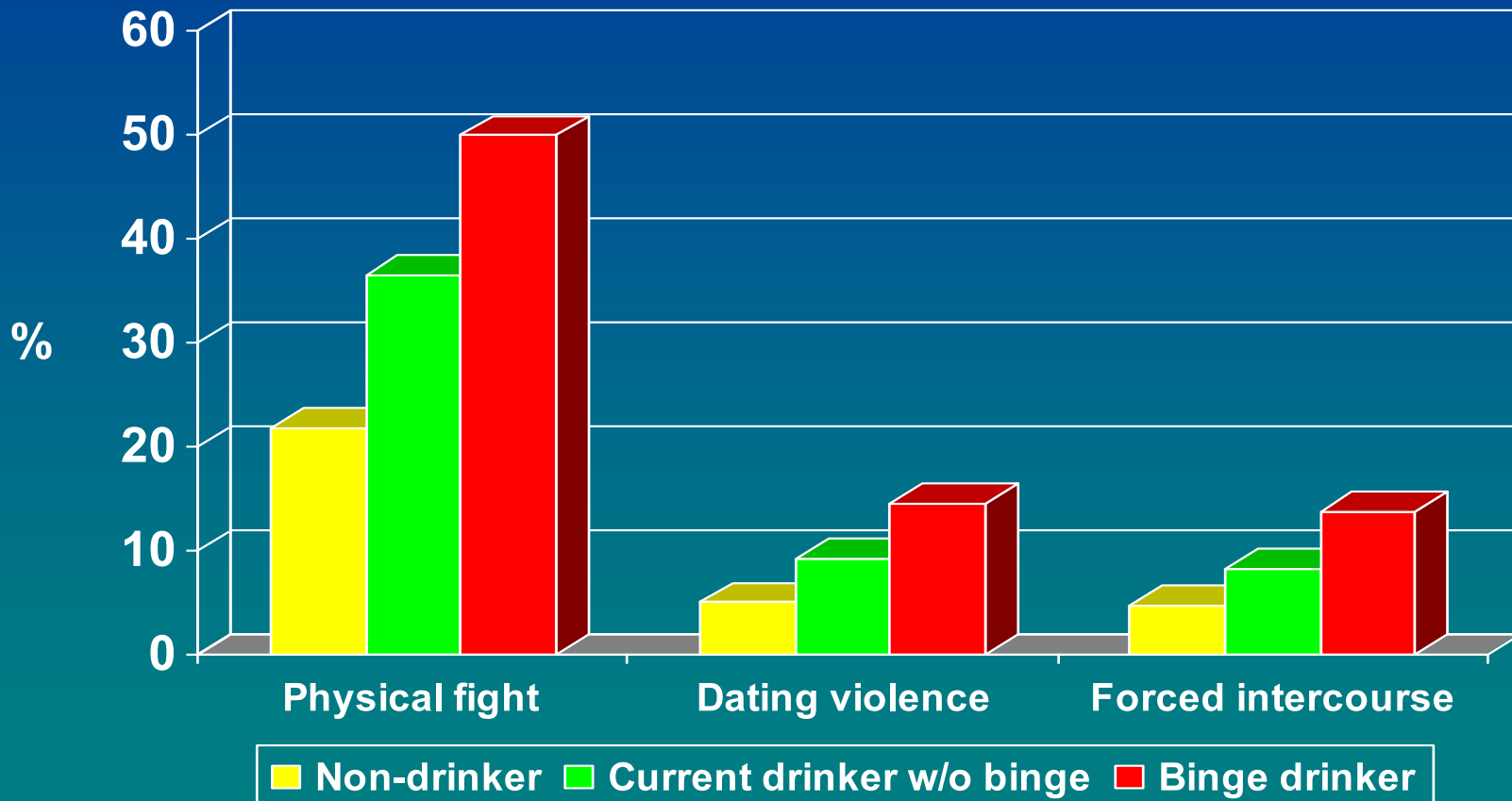
# Interpersonal Violence by Drinking Status



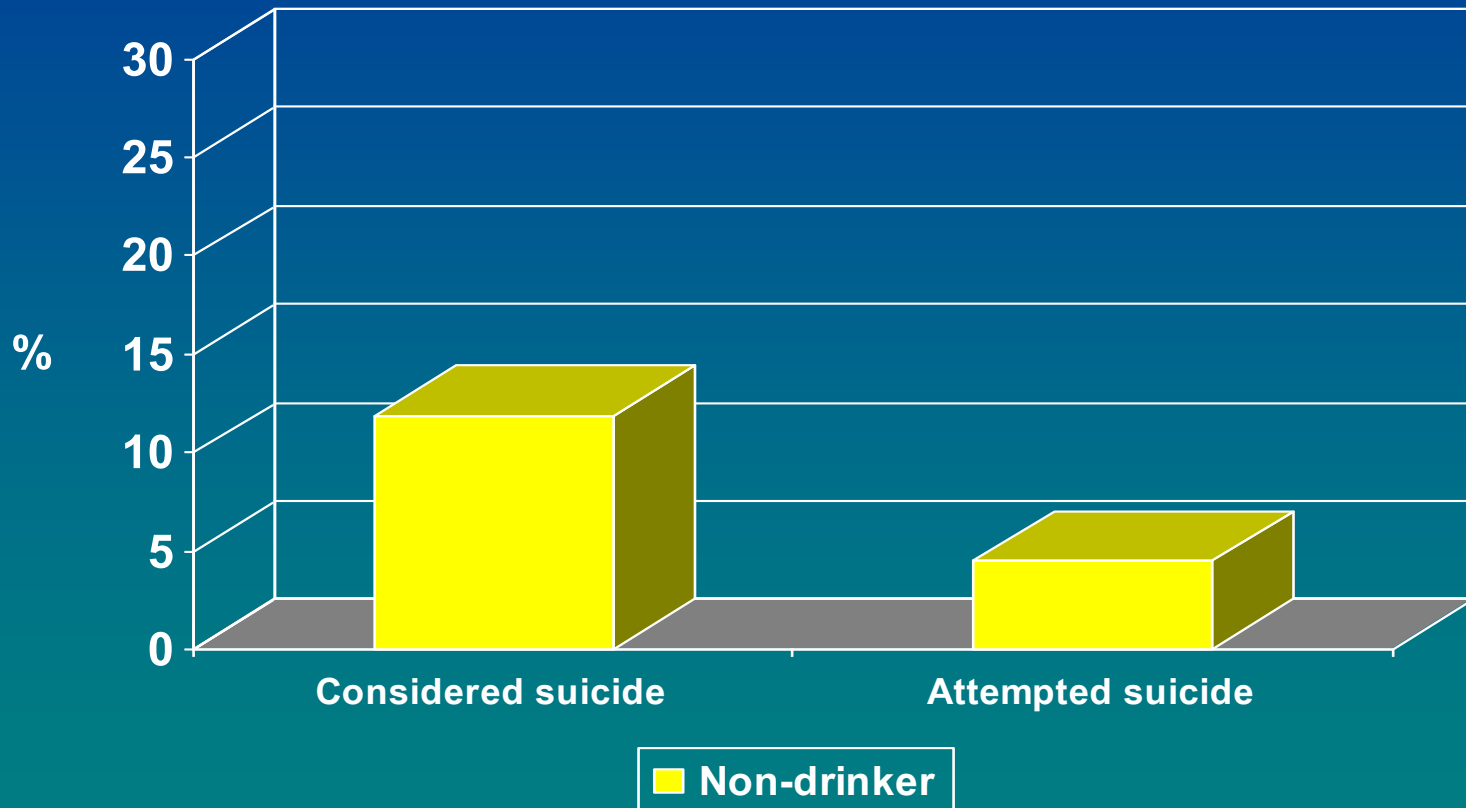
# Interpersonal Violence by Drinking Status



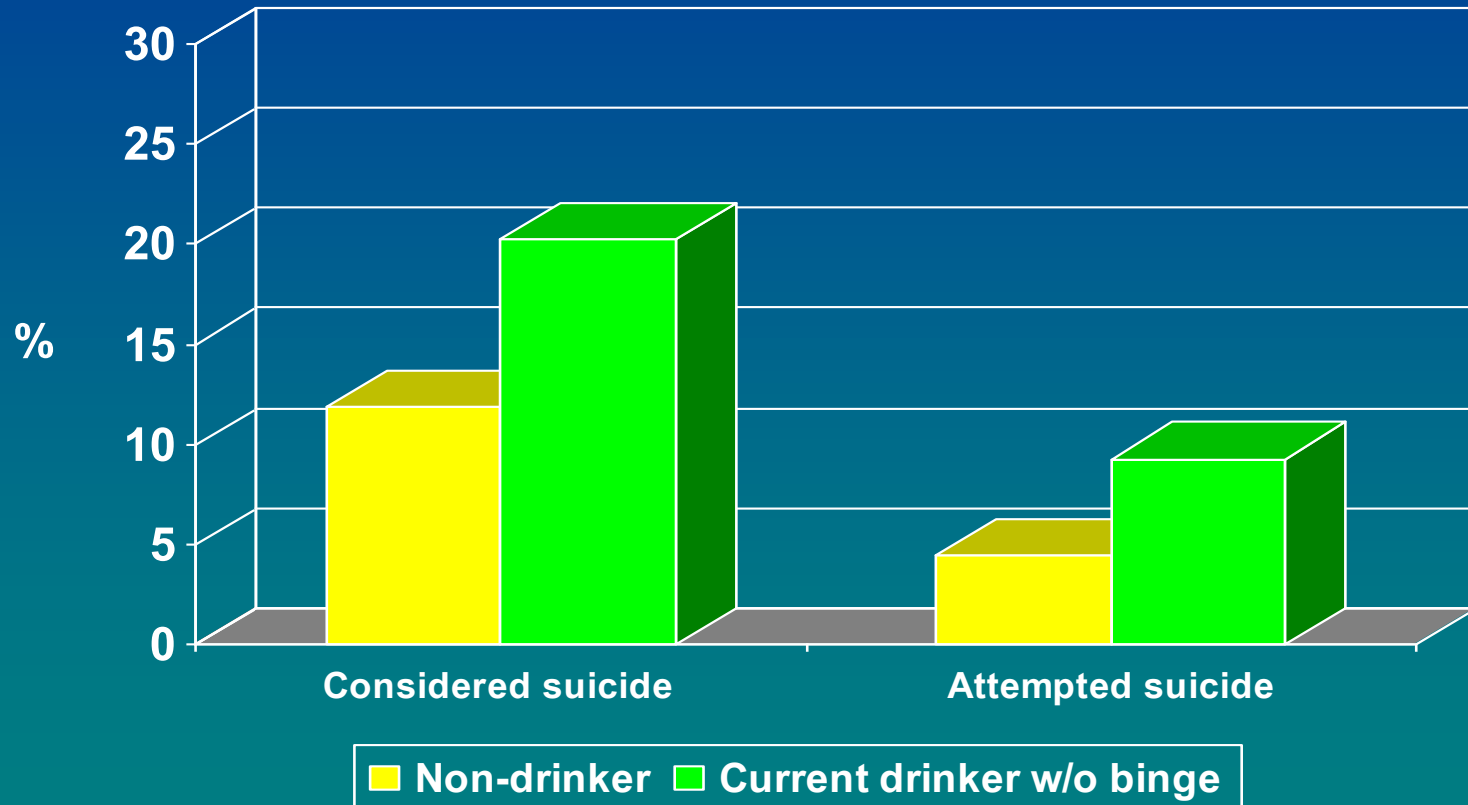
# Interpersonal Violence by Drinking Status



# Suicidal Behavior by Drinking Status

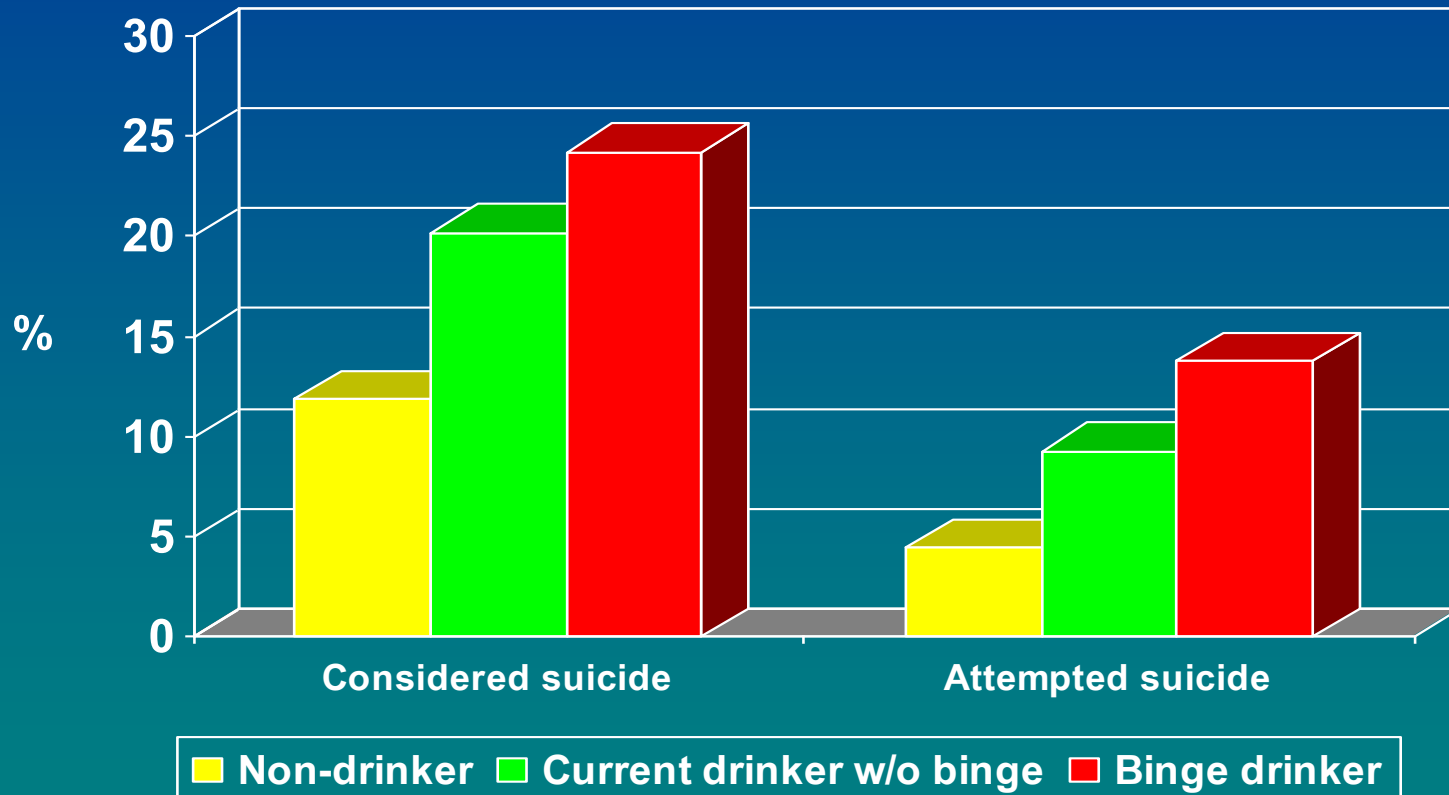


# Suicidal Behavior by Drinking Status

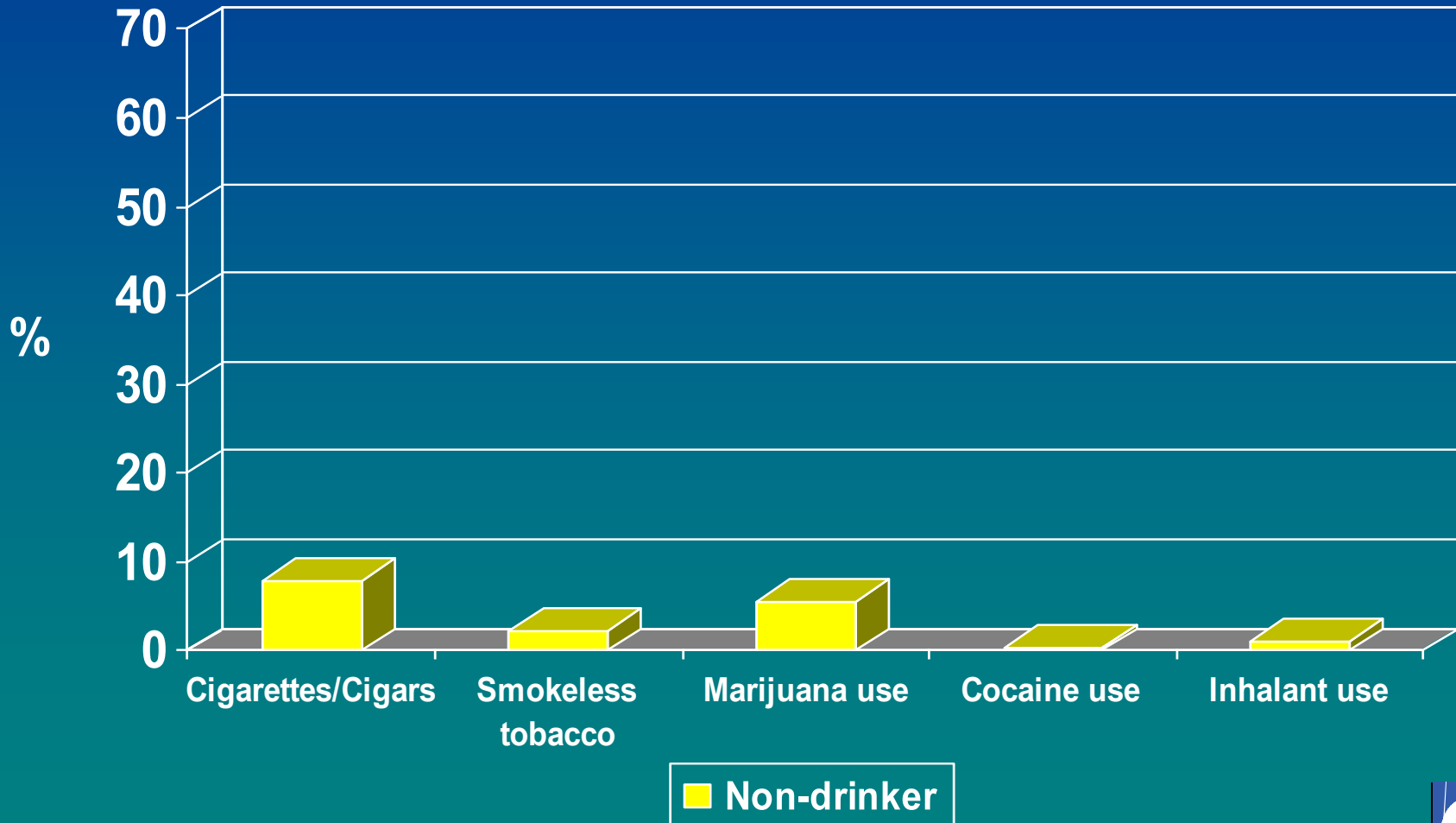




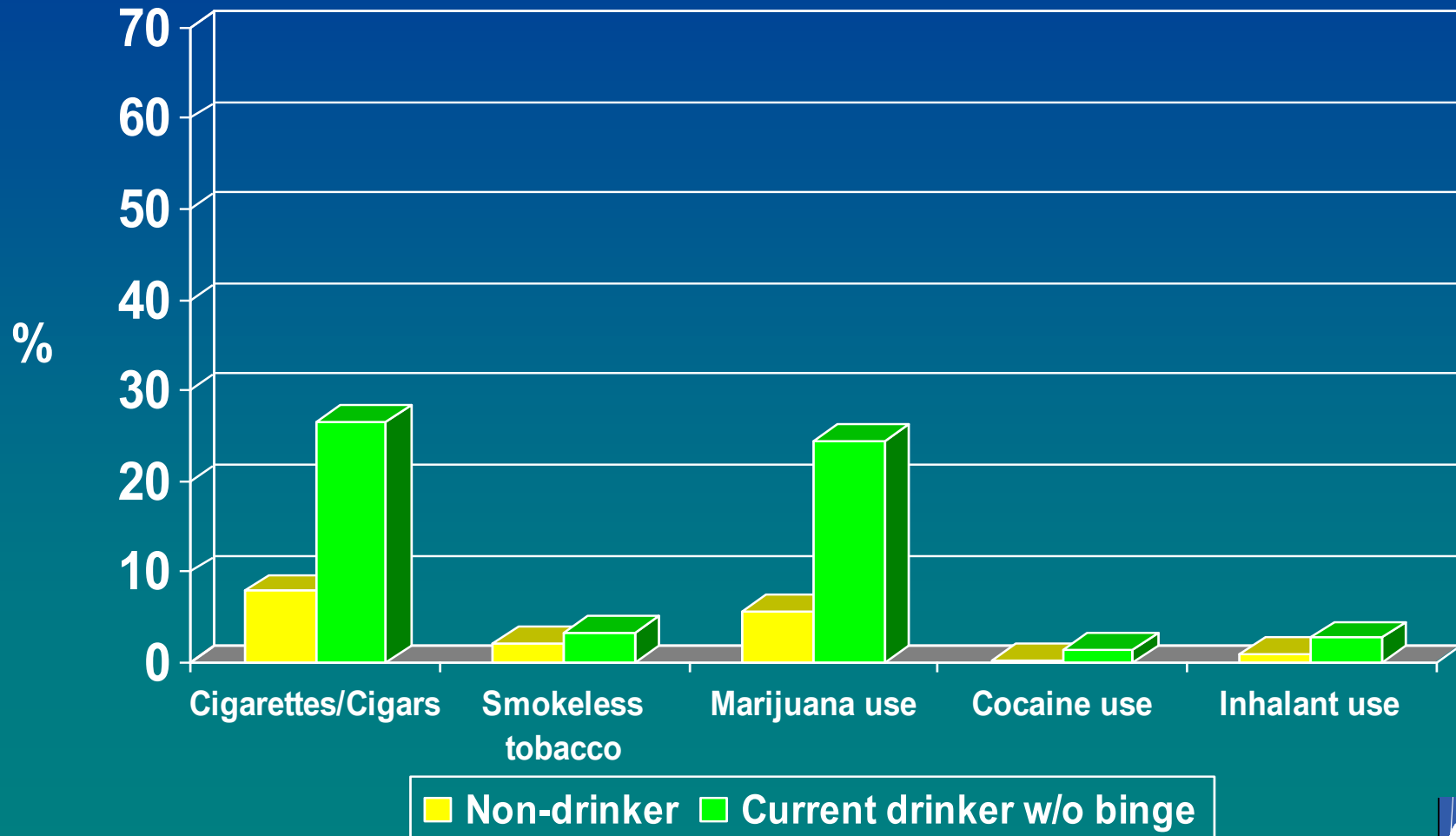
# Suicidal Behavior by Drinking Status



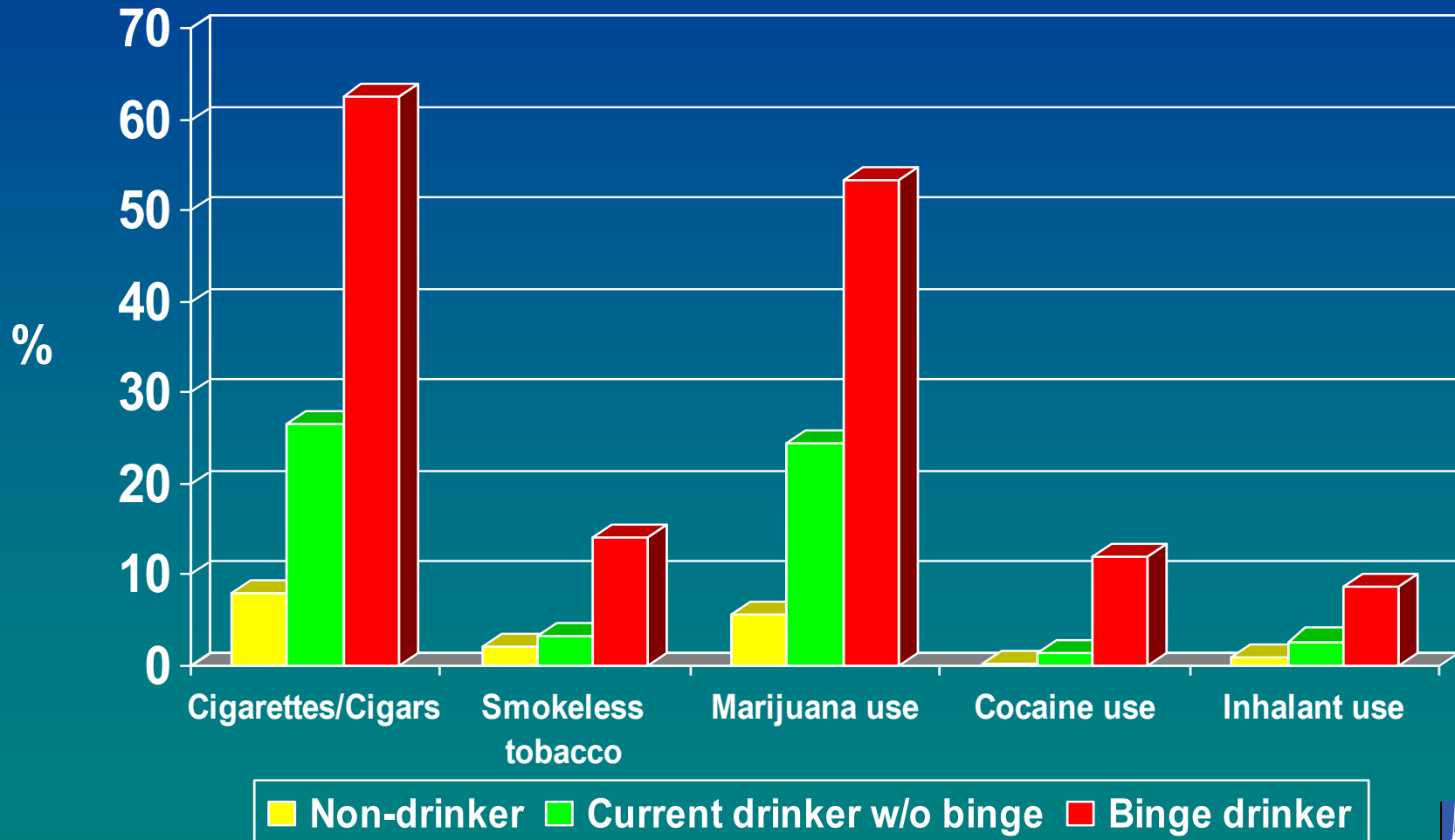
# Tobacco and Drug Use by Drinking Status



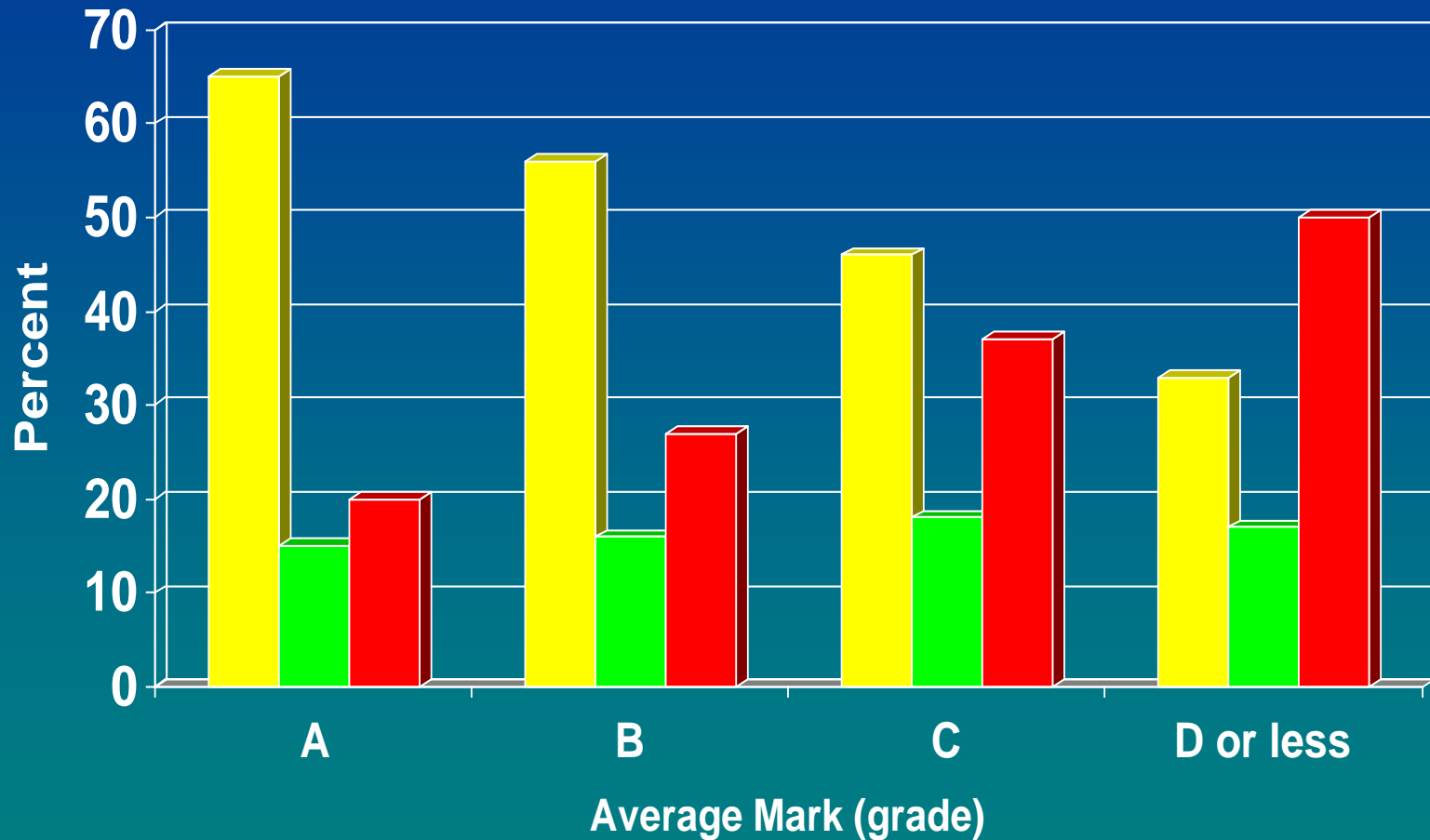
# Tobacco and Drug Use by Drinking Status



# Tobacco and Drug Use by Drinking Status



# School Performance by Drinking Status



■ Non-drinkers ■ Current drinkers who did not binge ■ Binge drinkers

# Facts About College Drinking



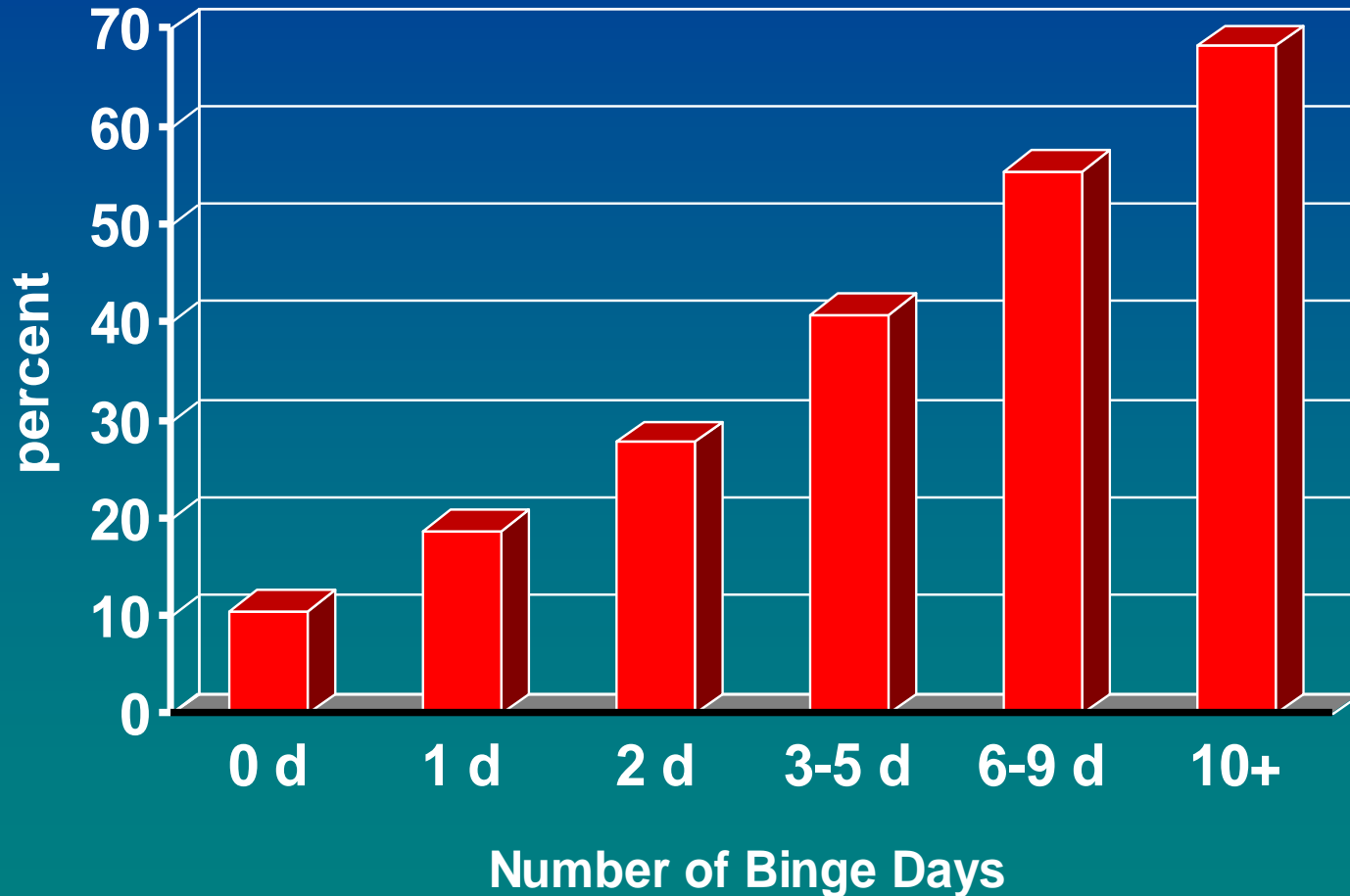
- 44% of college students engage in binge drinking
- 10% of college students drink more than 15 or more drinks per week
- 90% of college students report drinking alcohol weekly
- Binge drinkers in high school are 3 times more likely to become binge drinkers in college

# Reasons for Binge Drinking

- Don't know their limit
- To loosen up
- To feel less depressed
- To feel less nervous
- To relieve stress
- To feel more self-confident
- To be part of the group

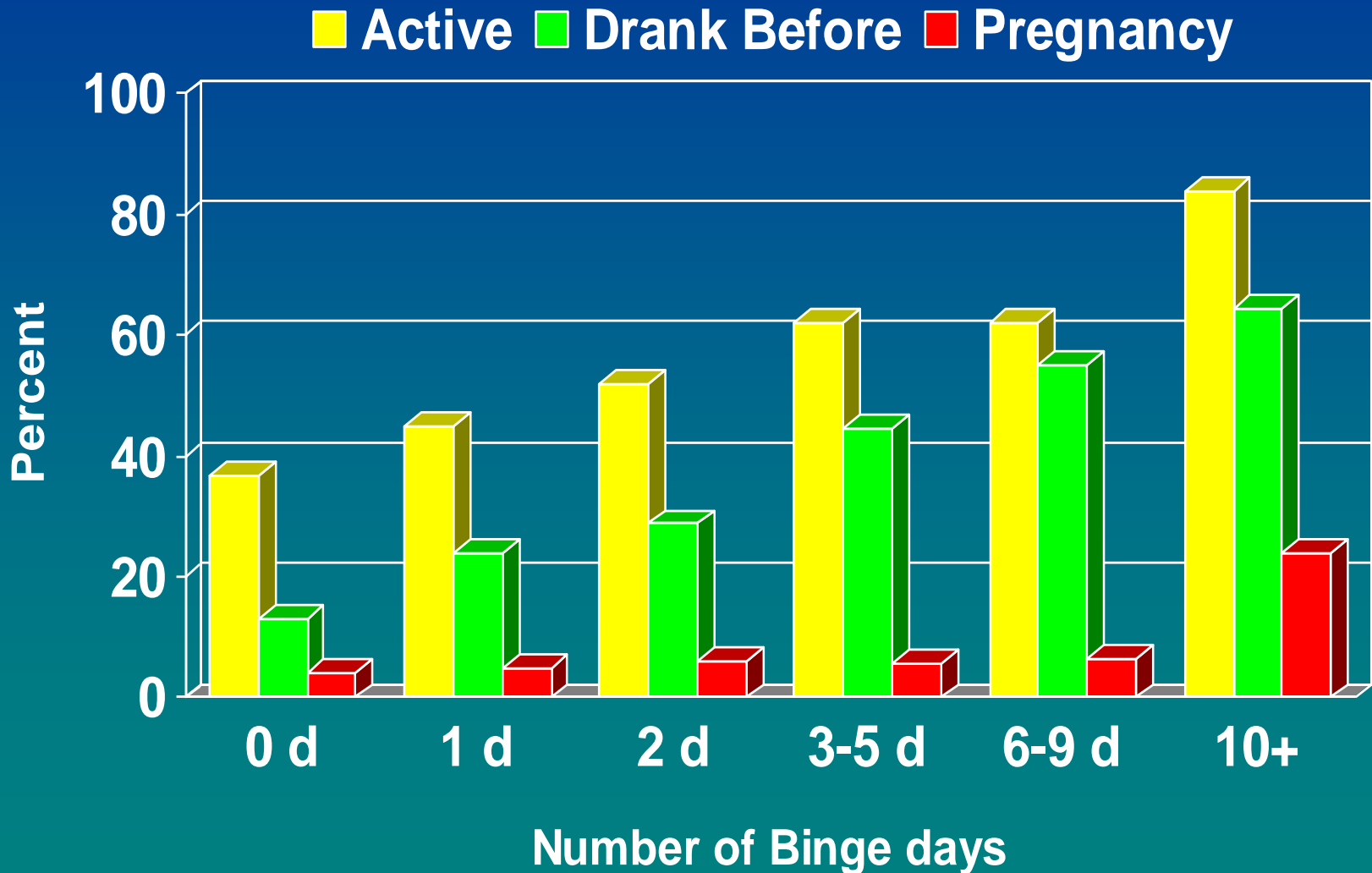


# Drove after Drinking by Binge Drinking Days





# Sexual Activity by Binge Drinking Days





# Summary of Research Findings

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- Alcohol is the most commonly abused drug by youth
- Binge drinking is common among youth and is strongly tied to many health and social problems
- Drinking is associated with the 3 leading causes of death among youth
  - ◆ Unintentional injury (e.g., car crash)
  - ◆ Homicide
  - ◆ Suicide



# Other Alcohol-Related Health Effects Among Adolescents

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- **Unintended and unwanted sexual activity**
  - **STDs, unintended pregnancy**
- **Physical and sexual assault (e.g., date rape)**
- **Academic failure**
- **Behavioral problems**
- **Adverse effects on brain development**
- **Increased risk of alcoholism**

# Who Can Develop Alcoholism?

- **What is alcoholism?**
- **There are two important conclusions to draw from research:**
  - ◆ **First: Anyone, regardless of personality type, emotional health, or reasons for drinking can develop alcoholism**
  - ◆ **Second: Everyone has some level of biological risk or 'trigger level' for alcoholism**
    - ★ **Genetic make-up sets trigger level for alcoholism, it does not cause or prevent alcoholism itself**

# Estimating Biological Risk For Alcoholism

- **Do I have a parent or grandparent with alcoholism?**
- **Does my family have a strong history of alcoholism?**
  - **Multiple blood relatives with alcoholism**
  - **Relatives close in my blood line who developed alcoholism fairly rapidly**

# Responsible Drinking Tips

- Drink slowly and space your drinks
  - ◆ No more than one drink per hour
- Eat before and while drinking
  - ◆ Also drink water and non-alcoholic drinks
- No drinking during stressful life events
- Develop effective refusal skills
  - ◆ Learn to just say “no”
- Know your limits
- Don't drive
- **THE BEST LOW-RISK CHOICE IS NOT DRINKING AT ALL**

# What the Word of God (Bible) Says...

- **“Drinking too much makes you loud and foolish. It is stupid to drink too much!”**
  - ◆ Proverbs 20:1
- **“In the past, you got drunk and went to wild parties. Your former friends insult you now because they are surprised that you no longer join them in the same excesses of wild living. But, they will have to give an account of themselves to God, who is ready to judge the living and the dead.”**
  - ◆ 1 Peter 4:3-5
- **“Do not get drunk, which will only ruin you; instead be filled with the Holy Spirit.”**
  - ◆ Ephesians 5:18



# What the Church Says...

- “Life and physical health are precious gifts entrusted to us by God. We must take reasonable care of them.” CCC paragraph # 2288
- “The virtue of temperance disposes us to *avoid every kind of excess*: the abuse of food, alcohol, tobacco, or medicine.” CCC # 2290
- “The use of drugs inflicts very grave damage on human health and life. Their use, except on strictly therapeutic grounds, is a grave offense.” CCC # 2291

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