

DANGERS OF UNDERAGE DRINKING



THE FACTS

- Alcohol affects your senses, causing you to see double, slur your speech, and miscalculate distance.
- When under the influence of alcohol, your sense of inhibition is altered causing you to take action that you would otherwise abstain from. These decisions may lead to unsafe driving, unwanted sexual contact or pregnancy, or violence.
- Drinking alcohol can make you sick or lead to alcohol poisoning which can be fatal.
- Increased use of alcohol can lead to a decline in productivity, or a drop in grades. This can in turn prevent you from achieving long term or life goals.
- The only thing that can sober you up after drinking is time. coffee, a cold shower, and fresh air will not quicken the process.
- Alcohol damages the brain and can lead to long term brain damage.
- Teens that drink alcohol are more likely to use an illicit drug than those who don't.
- Alcoholism is genetic; however, those without family history are still at risk. The younger you are when you drink, the more damage alcohol does to your brain. This damage increases the risk of alcoholism.

COMMUNITY RESOURCES

Emergency/Crimes in Progress
9-1-1

Police Non-Emergency
(801) 799-3000

Fire Department Non-Emergency
(801) 799-4231

Police General Information
(801) 799-3100

Community Information Line
2-1-1

- If you think that someone you know has a drinking problem, encourage them to get help. A counselor or an Alcoholics Anonymous meeting can help them find a way to quit. Some signs to look for include:
 - Drinking frequently or lying about how much they've had to drink.
 - Not remembering things that happened while drinking; blacking out.
 - Depression

TIPS FOR PARENTS

- Parents can prevent kids from drinking by being actively involved in their children's life.
- Make sure that your kids know your opinion about underage drinking. Set clear rules and stick to them.
- Know your children's friends and their parents. Stay involved and make sure that you are comfortable with the activities your kids are involved in and who they spend their time with.
- Do not let your children have access to alcohol at home; if you decide to keep it around, keep it locked up.
- Watch for signs that your child is drinking, these signs may include:
 - Mood swings or change in attitude.
 - Social withdrawal at home and school.
 - Disregarding rules.
 - Lying or being secretive.
 - Change in friends or frequent activities (hobbies/extracurricular)
 - If your child shows signs of drinking, get involved, ask questions, and find a way to help.

TAKE ACTION

- Avoid parties where there will be drinking.
- Never get into a car with someone who has been drinking. Encourage them to find a safe ride home.
- If someone you know has passed out from too much alcohol, call 911. Too much alcohol can cause the central nervous system to shut down and breathing to cease; this can result in death.
- If someone is pressuring you to try alcohol or other drugs, find help. Talk to someone you trust.