



All Roads Lead to YOU

You provide the alcohol. You provide the problem.



Social hosting is a term used to describe the criminal and civil responsibility of a person providing alcohol to a guest. Homeowners are held responsible for serving alcohol to a guest that causes harm to a third party. As it relates to alcohol and minors, a social host is someone who, with or without knowledge, hosts underage persons on their private property.

NJSA 2A:15-5.6

4 Myths about providing alcohol to minors

MYTH: "If teens drink at my house, at least I know they are safe."

FACT: If you allow teens to consume alcohol at your home, you can't control what happens once they leave. Teens who drink, even "supervised" are more likely to engage in risky behaviors as a result- and YOU are legally responsible if something goes wrong.

MYTH: "It's better to teach teens how to drink responsibly at home."

FACT: Research shows that teens who drink with adult approval are more likely to drink heavily outside the home- not less. Early exposure to alcohol use increases risk of long-term alcohol use disorder later.

MYTH: "More adults are letting their kids drink alcohol than not."

FACT: Most parents/caregivers do NOT allow underage drinking. Social hosting laws exist because adults providing alcohol to minors is the exception, not the norm.

MYTH: "It's my home. I am allowed to decide who can drink there."

FACT: Social host laws are real and extensive. In NJ, according to NJSA 2C:33-17, it is illegal to knowingly offer, serve or make alcohol available to someone under 21. Adults can also be charged for "enticing" or encouraging underage drinking, even if you leave your property in someone's care knowing minors will be drinking there.



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Binge drinking and teens

Teens may drink less often than adults, but they consume higher amounts of alcohol at once. Sensitivity to alcohol effects and greater interest in risk-taking behaviors are contributing factors to consider.

Binge Drinking Trends

- In 2023, 5.6 million youth ages 12 to 20 reported drinking alcohol beyond “just a few sips” in the past month.
- Girls report more alcohol use than boys (7.9% for girls vs. 6.0% for boys) and binge drinking (4.5% for girls vs. 3.3% for boys).
- Approximately 91% of all beverages containing alcohol consumed by youth are consumed by youth who engage in binge drinking.

*NIAAA, CDC



*NIH, CDC

Alcohol and the Teenage Brain

The brain is not fully developed until at least age 25 which makes it more vulnerable to alcohol than the adult brain.

The earlier a person begins drinking, the higher likelihood they will develop alcohol or substance use disorder as adults or later in life.

Alcohol may cause long-term learning difficulties, memory problems and potentially brain damage.

Health Effects of Binge Drinking

Short term

- Dehydration
- Impaired judgement and slowed reaction time
- Risk of alcohol use disorder



Long-term

- Weight gain
- Heart disease
- Risk of breast, throat, colon cancer, and others

*NIH, CDC

Resources

NIH/ NIAAA: Understanding the Dangers of Alcohol Overdose

<https://www.niaaa.nih.gov/publications/brochures-and-fact-sheets/understanding-dangers-of-alcohol-overdose>

CDC: Facts About U.S. Deaths from Excessive Alcohol Use

<https://www.stanfordchildrens.org/en/topic/default?id=preventing-impaired-driving-in-your-teen-160-47>

NIAA: Harmful Underage College Drinking

<https://www.niaaa.nih.gov/publications/brochures-and-fact-sheets/college-drinking>



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