



ALCOHOL & TEENS

ALCOHOL USE DISORDER

Alcohol use disorder (AUD) is a medical diagnosis given when alcohol use is compulsive, there is a lack of control over alcohol intake and there is a negative emotional state with the absence of alcohol. (NIH)

JUST ONE DRINK

One drink can mean different things to different people. In the U.S., one standard drink contains 0.6 ounces of pure alcohol which is found in:

12 ounces beer

5 ounces wine

1.5 ounces liquor



5% ABV



12% ABV



40% ABV*

*CDC

ALCOHOL AND THE TEENAGE BRAIN



- The hippocampus (responsible for memory and learning) can be 10x smaller in underage drinkers (NIH)
- The prefrontal lobe (responsible for planning, judgement, decision making, impulse control and language) changes the most during adolescence and can be smaller in teens that drink alcohol (NIH)
- Teens who start drinking before age 25 are 6 times more likely to be dependent on alcohol later in life (NIH)
- Alcohol is a depressant that affects the brain by causing slower reaction times (CDC)

DRINKING AND DRIVING; A DEADLY RIDE



People aged 12 to 20 years drink 11% of all alcohol consumed in the U.S. (CDC)



In 2013 there were 119,000 ER visits for persons aged 12-21 for injuries linked to alcohol (CDC)



1 in 5 teen drivers involved in fatal crashed had some alcohol in their system in 2010. 81% had BAC's higher than the legal limit for adults (CDC)



1 in 3 teens who drive has driven after using alcohol (CDC)

TEEN USAGE BY THE NUMBERS



8% of 8th graders and 33% of 12th graders consumed alcohol during the past 30 days, and 2% of 8th graders and 19% of 12th graders binge drank during the past 30 days (Monitoring the Future)



92% of the alcohol consumed by 12 to 14 year olds is in the form of binge drinking (SAMHSA)



Almost one-quarter of all high school students used alcohol or drugs prior to their last sexual experience (CDC)



Each year, approximately 700,000 students are assaulted by other students who have been drinking (SAMHSA)

SHORT TERM EFFECTS OF ALCOHOL



Upset stomach



Slurred speech



Headache



Difficulty breathing

LONG TERM EFFECTS OF ALCOHOL



Alcohol poisoning



Lack of sleep



Nerve damage



High blood pressure