

# UNDERAGE DRINKING

Not a minor problem

Start talking before they start drinking.

Alcohol is the most commonly used and abused drug among youth in the US.



Young people under age 21 drink

# 11%

of all alcohol consumed in the U.S

## In the past 30 days...

**45%** drank some type of alcohol

**26%** binge drank

**29%** rode with a driver who had been drinking

**11%** drove after consuming alcohol

## Prevent Underage Drinking

Research shows that youth are receptive to clear, consistent no-use messages from parents and other adults that touch their lives.

Set a clear and consistent no-use policy for all activities

Talk to youth about alcohol

Know the warning signs of underage drinking

Model positive behavior by not engaging in illegal or unhealthy alcohol use

Support enforcement efforts related to underage drinking



National Council on Alcoholism and Drug Dependence- Rochester Area

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