

LEAD Initiative

April is Alcohol Awareness Month

This year's theme for Alcohol Awareness Month is "Help for Today, Hope for Tomorrow". The National Council on Alcoholism and Drug Dependence, Inc. is specifically focusing on underage drinking, which is a public health and safety issue. Underage drinking is associated with many consequences, including traffic fatalities, educational failure, violence, suicide and many others.

Sadly, each year more than 6,500 youth under 21 years of age die from alcohol related incidents, with thousands more injured. Alcohol is the number one drug of choice for youth under the age of 21. It is also

DID YOU KNOW? -Indiana Alcohol Facts-

22.7% of youth ages 12-20 drank alcohol last month

15.7% ages 12-20 reported BINGE drinking last month

102 youth ages 12-20 DIED, attributable to alcohol use

Source: The US Dept. of Health and Human Services
2013 Indiana State Report to Congress

more likely to kill a youth than all other illegal drugs combined. The prevention and reduction of underage drinking is obviously critical.

The excessive use of alcohol, whether you drink or not does affect all Americans. The cost of alcohol to Americans is astounding, at a price of over \$224 BILLION dollars. These costs are mainly associated with health issues, loss of productivity and property damage.

It is very important to educate everyone, youth and parents alike, about the dangers of the underage use of alcohol.

Cadca.org

Underage Drinking, Myths vs. Facts



Myth: Alcohol isn't as harmful as other drugs.

FACT: Alcohol increases your risk for many deadly diseases, such as cancer. Drinking too much alcohol too quickly can lead to alcohol poisoning, which can kill you.



Myth: Drinking is a good way to loosen up at a party.

FACT: Drinking is a dumb way to loosen up. It can make you act silly, say things that you shouldn't say, and do things that you would not normally do (like get into a fight or have sex).



Myth: Drinking alcohol will make me cool or popular.

FACT: There is nothing cool about stumbling around, passing out, or puking on yourself. Drinking alcohol can cause bad breath and weight gain.

Myth: All of the other kids are drinking, so I need to drink to fit in with them.

FACT: If you really want to fit in, stay sober. Most young people don't drink alcohol.

Myth: I can sober up quickly by taking a cold shower or drinking some coffee.

FACT: On average, it takes 2-3 hours for single drink to leave the body. Nothing speeds up the process, including drinking coffee or taking a cold shower.



Myth: Beer and wine are safer than liquor.

FACT: Alcohol is alcohol. It can cause you problems no matter how you consume it.

Myth: Adults drink, so kids should be able to drink too.

FACT: A young person's brain and body are still growing. Drinking can cause learning problems or lead to alcoholism. People who begin drinking before age 15 are 5 times more likely to abuse or become dependent on alcohol than those who begin drinking after age 21.



Myth: I can drink alcohol and there won't be any problems.

FACT: If you are under 21, drinking is a big problem, it is illegal. If caught there are many consequences. Kids who drink are more likely to get bad grades and have a higher risk of being a victim of a crime.

Source: The Substance Abuse and Mental Health Services Administration, U.S. Department of Health and Human Services.