



# Red Rock RPC August 2017

## Alcohol is Risky Business; Young Teens and Alcohol-Risks

For young people, alcohol is the drug of choice. In fact, alcohol is used by more young people than tobacco or illicit drugs. Although most children under age 14 have not yet begun to drink, early adolescence is a time of special risk for beginning to experiment with alcohol.

While some parents and guardians may feel relieved that their teen is “only” drinking, it is important to remember that alcohol is a powerful, mood-altering drug. Not only does alcohol affect the mind and body in often unpredictable ways, but teens lack the judgment and coping skills to handle alcohol wisely. As a result:

- ➔ Alcohol-related traffic crashes are a major cause of death among young people. Alcohol use also is linked with teen deaths by drowning, suicide, and homicide.
- ➔ Teens who use alcohol are more likely to be sexually active at earlier ages, to have sexual intercourse more often, and to have unprotected sex than teens who do not drink.
- ➔ Young people who drink are more likely than others to be victims of violent crime, including rape, aggravated assault, and robbery.
- ➔ Teens who drink are more likely to have problems with school work and school conduct.
- ➔ The majority of boys and girls who drink tend to binge (5 or more drinks on an occasion for boys and 4 or more on an occasion for girls) when they drink.
- ➔ A person who begins drinking as a young teen is four times more likely to develop alcohol dependence than someone who waits until adulthood to use alcohol.

The message is clear: Alcohol use is very risky business for young people. And the longer children delay alcohol use, the less likely they are to develop any problems associated with it. That’s why it is so important to help your child avoid any alcohol use.

Taken from [http://pubs.niaaa.nih.gov/publications/MakeADiff\\_HTML/makediff.htm](http://pubs.niaaa.nih.gov/publications/MakeADiff_HTML/makediff.htm)

**Did You Know?**

- Oklahoma's Social Host Law means that if you let underage drinking occur at your house or on your property, you will get fined , up to \$500 for the first offense.
- Dispose of Unused prescription drugs at your local drop box today! To find a drop box near you visit [www.ok.gov/obnidd](http://www.ok.gov/obnidd)

**What's Happening?**

August 4th: Custer Health Action Team @ 12:00 location TBD

August 9th: Caddo County Inter-agency Coalition @ 12:00 @ Wichita and Affiliated Tribes Suicide Prevention Office in Anadarko

August 21st: ALITE Coaliton @ 12:00 at City Hall in Elk City

August 21st: Kiowa County Coalition @ 1:00 in Hobart at the Health Department



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