Alcohol

Underage Drinking

Basic Information

In Wisconsin, though youth are drinking less than previous years, they are still drinking more than youth in other states. One reason for this is that drinking alcohol at community

events, including youth events, is common. Seeing adults binge drink can influence youth to believe it isn't risky, increasing the chance of underage drinking and binge drinking.

2 out of 3 Wisconsin teens don't see binge drinking as a risk

Underage drinking can damage the parts of brain that shape how kids feel, learn, behave, and grow. This damage can have lifelong physical, social, and emotional consequences, including higher rates of depression, anxiety, and suicide.

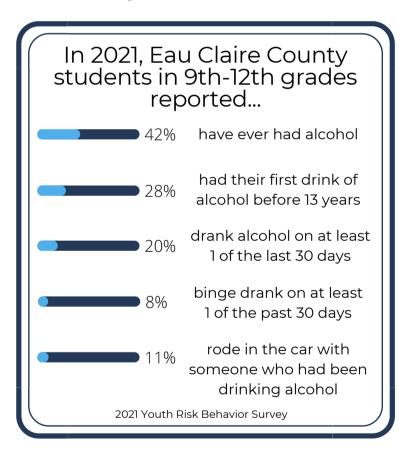
Risk factors for underage drinking include family members or parents who binge drink, stress, anxiety, depression, and easy access to alcohol through family and friends.

Parents and guardians can help prevent underage drinking by drinking alcohol responsibly, having conversations and setting boundaries, and by keeping alcohol in a secure location.

In 2019, among 12 to 14-year-olds, 96.5% reported they got their alcohol for free the last time they drank."

Health and Social Effects

- Disruption of normal growth and sexual development
- Damage to parts of the brain responsible for learning, memory, and self-control
- Increased risk of mental illnesses: increase in anger and irritability
- Higher rates of school absences and lower arades
- Lack of participation and interest in normal youth activities



Consequences of Underage Drinking



Legal problems - arrest for driving or fighting while under the influence



Unintentional injuries like drowning, falls, and burns



Increased risk of other substance misuse and alcohol misuse in



Alcohol-related motor vehicle crashes



Increased risk of suicide and homicide



adulthood

What can our community do?

Everyone



Do not buy or provide alcohol for underage youth



Plan and participate in alcohol-free events to reduce exposure to binge drinking



If you drink, practice and model responsible drinking of alcohol



🔒 If you have someone underage in your home, make sure alcohol is in a secure place where it is not easily accessible; like locked cabinets or fridges

Parents and Guardians



Talk with your child from an early age and inform them of the side effects of consuming alcohol



Set clear expectations; ask questions when your teen is going to a party



/!\ If you drink, model responsible drinking



Encourage your child to participate in sports, clubs, and/or alcohol-free activities

Retailers



Stay up to date on laws and do not sell to minors or those who appear to be buying for minors. Check IDs thoroughly before sale.



Attend Retailer ID check trainings

Policy Makers



Increase alcohol tax



Create and enforce commercial host liability and social host policies



Regulate the number and concentration of alcohol retailers in communities



Enforce laws prohibiting alcohol sales to minors and increase fines for those caught drinking underage



Designate alcohol-free rec areas and parks



Prohibit the sale of alcohol in places minors freely have access to; like gas stations

Prevention and Intervention Resources

Small Talks

Having small, casual conversations with kids, starting around age 8, can help prevent underage drinking. www.dhs.wisconsin.gov/small-talks

SAMHSA National Helpline (1-800-662-HELP)

Free, confidential, 24/7 referral and information

Parents Empowered

Learn more about bonding, boundaries, and monitoring to decrease chances of underage drinking. www.parentsempowered.org

Talk. They Hear You.

Numerous resources, including an app. www.samhsa.gov/talk-they-hear-you

Check Your Drinking - Alcohol Screening Tool

Anonymously check your drinking habits. If you want to drink less, build a plan through this tool to make healthier www.cdc.gov/alcohol/CheckYourDrinking choices.

211 (or 877-947-2211)

Connect with services in your area. 211wisconsin.communityos.org

Resources

- 1. Centers for Disease Control and Prevention
- 2. Wisconsin Dept. of Health Services
- 3. 2019 Youth Risk Behavior Survey
- 4. Federal Drug Administration
- 5. National Institute on Drug Abuse; National Institutes of Health: U.S. Department of Health and Human Services
- 6. Wisconsin Office of Children's Mental Health

For more information visit www.ECHealthAlliance.org www.fda.gov www.cdc.gov www.cadca.org www.drugfree.org

