



About ●

Developing Positive Youth Culture (DPYC) Coalition was awarded the Prevention in Connecticut Communities grant through the Department of Mental Health and Addiction Services (DMHAS).

Through this initiative, The Village for Families and Children and Ellington Youth Services are partnering to prevent underage alcohol use in Ellington by promoting positive connections and decreasing risk that contribute to substance use.

Empowering Choices is an initiative of DPYC. We aim to empower youth to make safe and healthy choices to prevent underage drinking.

Resources & Additional Info

ctclearinghouse.org
portal.ct.gov/DMHAS
niaaa.nih.gov
drugfree.org

If you are worried your alcohol or substance misuse please reach out! We are here to help.

Let's Connect

Phone
860-870-3130

Website
youth.ellington-ct.gov

Email
kcondron@ellington-ct.gov
or
mschultz@thevillage.org



for teens & young adults

empowering
CHOICES



underage drinking

WHY IS IT UNSAFE TO DRINK UNTIL YOU ARE 21?

- Your brain doesn't stop growing until your mid twenties, and drinking can affect how it develops.

WHY DO PEERS UNDER THE AGE OF 21 DRINK IF IT IS UNSAFE?

- There can be many reasons, but it has been found that some teens use alcohol to cope with anxiety, stress, and other underlying mental health issues.

OTHER TEENS DRINKS ALCOHOL WHY CAN'T I?

- **63%** of Ellington students believed their peers had drank alcohol in the past month (Erase Survey, 2017).
- **81.8%** of Ellington students reported NOT drinking alcohol in the past month (Erase Survey, 2017).
- The fact is that A LOT less of your peers are NOT drinking than you believe.



in the past 30 days, 29% youth reported drinking alcohol and 14% reported binge drinking

CDC's 2019 Youth Risk Behavior Survey

binge drinking

Because alcohol is easy to obtain and socially acceptable, it is a very popular way of self-medicating for stress, anxiety, depression and underlying mental health issues. This then fuels binge drinking.

Binge drinking can be especially dangerous for teens because it impairs brain development which then hinders how we handle stress and the way we cope.

Youth who drink alcohol are more likely to experience:

- Academic challenges, such as higher rates of absences or lower grades
- Social challenges, such as fighting or lack of participation in youth activities
- Physical challenges, such as hangovers or illnesses
- Disruption of normal growth
- Increased risk of suicide
- Memory problems
- Misuse of other substances
- Changes in brain development that may have life-long effects

