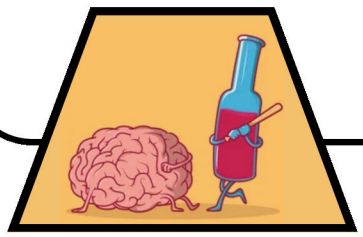
san diego county office of EDUCATION
FUTURE WITHOUT BOUNDARIES

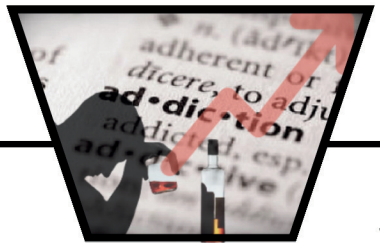
FACT SHEET

ALCOHOL & UNDERAGE BINGE DRINKING

THINGS THE FDA WANTS YOU TO KNOW



Alcohol can alter the structure and function of the teen brain, potentially causing lifelong cognitive defects and memory problems



Drinking before age 15 increase risk of developing Alcohol Use Disorder (AUD) later in life



Teens who drink are more likely to engage in unsafe sexual activity, experience alcohol poisoning, and become victims or perpetrators of violence



Leading Cause of Injury/Death: Thousands of individuals under 21 die annually from alcohol-related motor vehicle crashes, overdoses, homicides, and suicides.

FACTS ON DRINKING ALCOHOL

Alcohol also known as ethanol (or ethyl alcohol) is a volatile, flammable, colorless liquid with a pungent taste. The alcohol fermentation process of sugars in grains, fruits, and/or vegetables has been noted as an accidental discovery. Consumption of this substance is intoxicating. Ethanol is the psychoactive agent found in fermented or distilled beverages like beer, wine, and liquor, acting as central nervous system depressant. The World Health Organization classifies ethanol as a psychoactive, toxic, and dependence-producing substance. Long-term or heavy consumption increases the risk of various health conditions, including cancers and liver disease.

UNDERAGE ALCOHOL CONSUMPTION CONCERNS

- CDC data shows that not only is alcohol the most common drug young people use but that teens are 4 times more likely to drink alcohol if their parents binge drink.
- New York Times reports a surge in interest for ready-to-drink (RTD products like BuzzBalls, BeatBox, and seltzers with even high ABV options.) In the United States, one standard drink equals about 14 grams of pure alcohol, typically found in 12 oz of 5% ABV beer, 5 oz of 12% ABV wine, or 1.5 oz of 40% ABV liquor. (ABV = alcohol by volume) The alcohol industry is still targeting younger generations with the use of brightly colored products, unconventional shapes in products, and exploitive use of social media that allots for direct access to youth of all ages.
- Despite fewer teens drinking overall, San Diego County DUI crashes involving drivers 21 and under have dramatically worsened. Between 2018 and 2022, motor vehicle collisions involving drinking drivers jumped by 34.9%, with underage drinking drivers spiking by 46.1% within those incidents. 2023 Youth Risk Behavior Survey Data reports 16% of high school students in the past month rode in a vehicle with a driver who had been drinking alcohol and 5% of high school students reported driving themselves after drinking alcohol.



FRIDAY NIGHT LIVE™

WHAT CAN YOU, YOUR SCHOOL COMMUNITY, & PEERS DO TO COMBAT UNDERAGE DRANKING?

Implement change by facilitating a social norms campaign. Identify the community members and local stores to address and educate aboout your current concerns regarding underage drinking and teen access to alcohol beverage products. Design public labels and host a “Sticker Shock” event with your Friday Night Live chapter club and the local liquor stores, grocery stores, etc. Stop underage drinking and remind vendors of their responsibility to follow laws and how to do them effectively with their product placement.





Learn more about FNL and Sticker Shock by scanning the provided QR code



RESPONDING & REPORTING ALCOHOL POISONING (SAN DIEGO COUNTY)

Call 911: Do not wait for all symptoms to appear. Provide details to the dispatcher about what the person drank and other substances they may have taken. **Put Them in the Recovery Position:** Carefully roll the person onto their side. Bend their top knee forward to stabilize them and keep their head facing downward so vomit drains safely out of their mouth. **Stay and Monitor:** Keep a close eye on their breathing and continually try to wake them if they are still responsive. Stay with them until emergency personnel arrive.

For more information and resources on Alcohol please scan the provided QR code