

1. If you have a family history of alcoholism or addiction, you are four times more likely to develop a problem. (www.ncadd.org/about-addiction/underage-issues/alcohol-drugs-and-youth)
2. More than half of all adults have a family history of alcoholism or problem drinking and more than 7 million children live in a household where at least one parent is dependent on or has abused alcohol. (www.ncadd.org/about-addiction/alcohol/facts-about-alcohol)
3. By age 15, approximately 50% have had at least one drink, so **it's never too early to start the conversation.** (www.ncadd.org/about-addiction/faq/frequently-asked-questions-and-facts-about-alcohol-and-drugs)
4. 1,233 children age 14 and under were killed in drunk driving crashes in 2016 (<https://www.nhtsa.gov/risky-driving/drunken-driving>)
5. Alcohol abuse and alcoholism can affect all aspects of a person's life. Long-term alcohol use can cause serious health complications, can damage emotional stability, finances, career, and impact one's family, friends and community. (<https://www.ncadd.org/about-addiction/alcohol/facts-about-alcohol>)

Alcohol

**Do you have a drinking problem?
IF YOU HAVE TO ASK, YOU PROBABLY DO.**

Alcoholism

- Involves a person's uncontrollable need for alcohol
- Craving - there's a strong compulsion to drink
- Tolerance - takes more to get "high"
- Less of control - can't stop drinking once started
- Physical dependence - withdrawal symptoms such as nausea, sweating, and anxiety are relieved once alcohol is again consumed

Facts

- One out of every 13 adults in the U.S. has a serious drinking problem.
- 53% of Americans report that one or more of their close relatives has a drinking problem.
- Most teens don't drink. 70% of kids 12 to 20 years old haven't had a drink in the past month.
- Drowning is the leading cause of accident-related death for adolescents and young adults. 40-50% of young males who drown were drinking.
- The drop-out rate for high school students who use alcohol is five times higher than non-drinkers.
- People who begin drinking before age 15 are four times more likely to develop alcohol dependence than those who wait until they are 21 to start drinking.

Alcohol Abuse

- Considered any "harmful" use of alcohol
- Lacks the strong cravings, loss of control, or physical dependence
- Pattern of drinking that results within a 12 month period

Most teens don't know you can die from drinking too much alcohol.

Get Help!

- Alcoholics Anonymous
- Al-Anon/Alateen
- National Association for Children of Alcoholics (NACOA)
- National Clearing House for Alcohol and Drug Information (NCADI)

Drinking leads to risky behaviors...especially increased risk for acquiring sexually transmitted diseases and HIV/AIDS.