



Underage Drinking

You can help prevent underage drinking.

Impact and Accessibility

Underage drinking is a leading contributor to injury deaths among those under the age of 21 in the United States.

Over 26.58% of youth in Kansas report they have drank alcohol and **more than 34.66%** believe it is easy to obtain alcohol in 2022.

Parent disapproval is a strong protective factor against underage drinking. Talk early and often with your kids about the **risks and harms** associated with underage drinking.

Why are youth in danger?

- 1 Youth are among the highest at risk populations for substance abuse
- 2 Use at a young age increases the risk of other drug abuse and addiction later in life
- 3 Underage drinking increases the risk of injury, accidents, death, suicide, depression, and poor mental health

What's the Big Deal?

Alcohol is **ADDICTIVE**.

Our brains do not fully develop until around the age of 25. Alcohol use in youth or young adulthood can permanently impair brain development. Mixing alcohol with other drugs or even prescription drugs is especially dangerous.

There are legal consequences for underage drinking, possessing, or attempting to purchase alcohol, such as Minor in Possession (MIP) or Driving Under the Influence (DUI) charges, fines, community service, suspended license, and a permanent criminal record.

Parents can prevent underage drinking by:

- ✓ Clearly defining the rules and expectations and enforce consequences.
- ✓ Giving them a curfew and talking to them when they get home.
- ✓ Modeling responsible behaviors and promoting healthy activities.
- ✓ Immediately address any overheard plans to drink at parties and never allow them to host or attend parties where alcohol is served.

Know the warning signs

- Poor physical coordination, slow reflexes
- Irritability, anxiety, fatigue, trouble sleeping
- Declining school work or grades
- Memory problems, forgetfulness
- Unusual smell on clothes
- Slurred speech
- Abandoning academic, social, and recreational activities

Consequences of Underage Drinking

- Disruption of normal growth and development
- Increased risk for depression and suicide
- Alcohol-related unintentional injuries, car crashes
- Memory problems, forgetfulness
- Changes in brain development
- Alcohol poisoning
- Impaired motor skills and decision making skills
- Legal, financial, and social consequences
- Poor academic achievement

If you or someone you know needs help with addiction, call:

DCCCA Outpatient Substance Use Treatment 785-830-8238
Kansas Substance Use Treatment Referral Line 1-866-645-8216
SAMHSA's National Helpline 1-800-662-HELP