## 6 Good Reasons Why Teens and Alcohol Are a BAD Combination

1. Your teen's brain is still developing.

The teen brain is a "work in progress". Research by the NIDA (the National Institute of Drug Abuse) found that the brain's frontal lobes, a critical area for the development of judgment and acquiring information, is not fully developed until someone is in his/her 20's. Considerable research tells us that regular use of alcohol by adolescents can have life-long negative effects on their brain chemistry and the structural organization of the brain.

2. Teens do not always make good decisions.

Alcohol use decreases impulse control and increases risky decisions that can lead to injury, dangerous sexual behavior, sexual assault or other kinds of violence, alcohol poisoning, and even death.

3. Teen use of alcohol is illegal.

Teens who drink are breaking the law. It is illegal for adults, even a teen's parent, to allow a teen to drink. It is important for you, as a parent, to send a CLEAR message to your son or daughter that underage drinking is illegal; unacceptable to you; and will result in family consequences.

- 4. Research tells us that postponing alcohol use beyond the teen years SIGNIFICANTLY decreases your teen's likelihood of addiction as an adult. In a recent study, drinking to get drunk was the main reason for drinking cited by nearly half the youth. Another survey found that most teen drinkers binge.
- 5. Teen use of alcohol and other drugs, like marijuana, is a primary issue in youth traffic accidents and fatalities.

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Did you know that the leading cause of death for youth, ages 15 to 20, is a car crash and that alcohol is a factor in 1/3 of the crashes involving teens?



**6. If your teen drinks alcohol, s/he can face** *SERIOUS* **legal and other consequences.** These consequences can include driver's license suspension or restriction, substance abuse screening and treatment at YOUR expense, fines up to \$500, court costs, and community service. In addition, insurance coverage rises significantly or can be cancelled for conviction of alcohol-related offences. Teens found guilty of an alcohol offence may not be admitted to the college of their choice and can be ineligible for college scholarships.

THERE ARE MANY GOOD REASONS THAT THE LEGAL DRINKING AGE IS 21 YEARS.

Share this information with your teen today!

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