Know! April is Alcohol Awareness Month

The month of April has been designated Alcohol Awareness Month as an opportunity to focus attention on America’s #1 health problem. This year’s theme, sponsored by the National Council on Alcoholism and Drug Dependence (NCAAD), is “Changing Attitudes: It’s not a ‘rite of passage.’”

Alcohol is the most commonly used addictive substance among adolescents and adults in our country. As much as we hear in the media about the rise in popularity of popping pills and smoking marijuana, alcohol remains young people’s top drug of choice.

If you’re sighing in relief after hearing that your students are more likely to drink alcohol as opposed to using other substances, you’re not alone. But that is also why this tip is so important, as we address the many negative aspects of underage drinking.

We all know that adolescence is a time of experimentation, and it is very common for people to think of alcohol as a lesser and more acceptable evil – so long as a teen doesn’t drink and drive or get in the car with someone who has been drinking. While drinking and driving is extremely dangerous and often deadly, the risks associated with underage drinking go far beyond cars and can be just as fatal.

Underage Drinking:

- **Impairs Judgement:** Drinking can lead to poor decision-making, including loud and unruly behavior and property destruction.

- **Leads to Risky Sexual Behavior:** Alcohol plays a significant role in risky sexual behavior, including unwanted, unintended, and unprotected sexual activity, as well as sex with multiple partners – increasing the risk for unplanned pregnancy and for contracting sexually transmitted diseases.

- **Increases the Risk of Physical and Sexual Assault:** Underage youth who drink are more likely to carry out or be the victim of a
Talking regularly with youth about the dangers of alcohol, tobacco and other drugs reduces their risk of using in the first place.

Know! encourages you to share this Parent Tip with friends and family.

Learn more at: PreventionActionAlliance.org


Visit starttalking.ohio.gov to get the conversation going !!!