

# TRUTH SPOTLIGHT

on underage alcohol use

## DID YOU KNOW...

- Alcohol is the **most commonly used and abused** drug among youth in the US.
- Is it **illegal for a person under the age of 21** to consume alcohol, have any alcohol in their system or even in their possession.
- People who use alcohol **before the age of 15** are **4x more likely to become addicted to alcohol** at some point in their lives than those who wait until the age of 21 to have their first drink.
- **90%** of American's with a substance abuse problem **started** smoking, drinking, or both **before the age of 18**.
- **The brain is developing until the age of 25**. Early exposure to alcohol can interrupt critical brain development, including memory, ability to learn new things and hold onto knowledge, impulse control, and emotional maturity.
- Teens say they **rely on adults in their lives more than anyone else** to help them make tough decisions and to provide good advice.
- The 2023 YAS (Ottawa County Youth Assessment Survey) showed that **51.9% of Ottawa County** teens that were surveyed said that it would be **sort of easy for very easy to get alcohol**.

## TALKING TO YOUR KIDS

- Conversations at any age can be a powerful tool to help protect your kids. Learn more at [talksooner.org](http://talksooner.org).
- Take advantage of every opportunity to engage, listen and make sure your child knows your expectations while keeping the dialogue open and engaging.

- When you talk to your child, listen to them and respect what they say.
- Teach them about the dangers of underage use while also modeling responsible alcohol use.

Source: [abovetheinfluence.com](http://abovetheinfluence.com)



TalkSooner.org