

Help any kid understand the consequences of underage drinking

# Give them 3 fast facts

## About their friends

A lot of kids believe “everybody does it.” But underage drinking isn’t as popular in Wisconsin as you’d think.

- 1 7 out of 10 Wisconsin teens say they don’t currently drink.<sup>1</sup>
- 2 Teen alcohol use is at its lowest rate ever in Wisconsin.<sup>1</sup>
- 3 Fewer than 1 in 5 Wisconsin high schoolers report using alcohol before age 13.<sup>1</sup>

## About their brain

Alcohol affects kid’s brains more powerfully than adults, and drinking before the brain is fully grown can have devastating effects.

- 1 Drinking alcohol can slow a teen’s brain activity for weeks.<sup>2</sup>
- 2 It can damage the parts of the brain responsible for learning, memory, and self-control.<sup>1</sup>
- 3 Underage drinking can have long-lasting effects that continue to impact kids’ brain functions when they’re adults.<sup>3</sup>

1 Wisconsin Youth Risk Behavior Summary Report, 2019.

2 Alcohol & The Adolescent Brain: Immediate Impairment, Long-Term Consequences, 2016.

3 Alcohol’s Effects on the Adolescent Brain: What Can Be Learned from Animal Models.

4 Youth Risk Behavior Surveillance – United States, 2019.

5 Alcohol & Public Health Fact Sheet: Underage Drinking, 2018.



## About the risks

Underage drinking can seriously impact nearly every aspect of a young person’s life, from their behavior and relationships to their mental health.

- 1 Nearly 1 in 5 kids who drink have been in a car with a driver who’d been drinking alcohol.<sup>4</sup>
- 2 Drinking can lead to issues at school, with friends, and with the law.<sup>5</sup>
- 3 Underage drinking is associated with higher rates of depression, anxiety, and suicide.<sup>5</sup>

## About binge drinking

For women, binge drinking means having roughly 4 alcoholic beverages in 2 hours or less. For men, it’s around 5 drinks over 2 hours. Either way, binge drinking is especially dangerous for kids.

- 1 9 times out of 10, underage drinking is binge drinking.<sup>5</sup>
- 2 Kids who drink are more likely to experience alcohol poisoning.<sup>5</sup>
- 3 Binge drinking lowers inhibitions at a time when youth are already eager to take risks.<sup>2</sup>