



## **Communities Mobilizing for Change in Alcohol:**

### **A Guide for Implementation**

#### **Community Factsheets**

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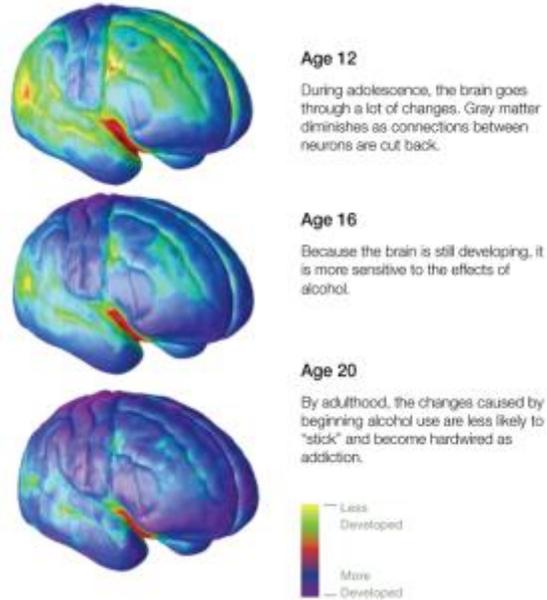
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# Consequences of Teen Alcohol Use

**Teen alcohol use is dangerous and has long-term consequences.**

Teenager's brains aren't yet fully developed. The teen years are an important time when the parts of the brain involved in self-regulation, emotions, and high-level thinking are growing and maturing. Alcohol is a neurotoxin, and heavy drinking in adolescence can change how the brain grows, affecting mental processes for the rest of a person's life.<sup>1</sup> The younger someone is when he/she starts drinking, the stronger the effect of alcohol on his/her development will be. These effects are very real. A variety of studies have shown that teen alcohol use is related to a range of bad consequences,<sup>2</sup> including academic, social and emotional, health, and family problems.



Normal brain development can be harmed by excessive alcohol use in the adolescent years. Image used with permission from the Genetic Science Learning Center, <http://learn.genetics.utah.edu>

Academic Problems	Social and Emotional Problems
Skipping classes Impaired intellectual development Poor interpersonal skills Low motivation to succeed	Poor decision-making skills Poor impulse-control Getting into fights Antisocial behavior Low self-esteem
Health Problems	Family Problems
Hangovers Car crashes Thoughts of suicide Unplanned and risky sex Unintentional injuries Alcoholism	Selfishness Arguing with family Rebellious behavior

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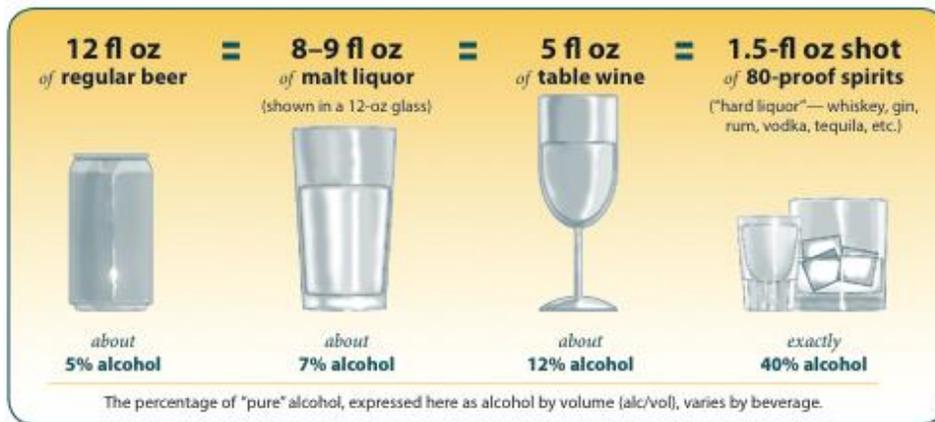


## Define a Drink

The following information has been adapted from the National Institute on Alcohol Abuse and Alcoholism (NIAAA) Alcohol Screening and Brief Intervention for Youth: A Practitioner’s Guide.

### What counts as a drink?

- A “standard” drink is any drink that contains about 0.6 fluid ounce or 14 grams of “pure alcohol.”
- The drinks below are all different sizes but contain the same amount of alcohol:



### How many drinks are in common containers?

regular beer	malt liquor	table wine	80-proof spirits or “hard liquor”
12 fl oz = 1	12 fl oz = 1.5	5-fl oz glass = 1	a shot (1.5 oz) = 1
16 fl oz = 1.3	16 fl oz = 2	25 fl oz = 5	750 ml (a “fifth”) = 17
40 fl oz = 3.3	40 fl oz = 4.5	(a regular 750-ml bottle)	1.75 L (a “handle”) = 39

- Alcohol content can vary greatly across different types of beer, malt liquor, and wine.
- Flavored alcohol beverages such as hard lemonade or “alcopops” range from about 5% to 12% alcohol/vol.
- Most popular light beers have almost as much alcohol as regular beer.



## Social Host Liability vs. Contributing to the Delinquency of a Minor

### What's Social Host Liability?

Social Host Liability policies keep individuals who own, lease, or control the property where underage drinking is occurring liable for allowing these behaviors to occur on their property. Adults who social host are held responsible for damages caused by underage drinking, such as car crashes or injuries. These policies vary widely across states, please visit the Alcohol Policy Information System webpage on Prohibitions Against Hosting Underage Drinking Parties<sup>1</sup> for more information regarding your state's social host liability laws.

For example, under Oklahoma's social host liability law, adults who knowingly and willfully permit underage alcohol use on property they own, lease or otherwise control, can be charged with a criminal violation. Criminal penalties for violations of the social host law:

- First offense is a misdemeanor punishable by a fine as high as \$500
- Second offense within ten years is a misdemeanor punishable by a fine as high as \$1000
- Third offense within 10 years is a felony punishable by a fine as high as \$2500, or by imprisonment up to five years, or a combination of a fine and imprisonment

This law does not apply to parents serving alcohol to their own children in their own homes.

### What is Contributing to the Delinquency of a Minor?

Delinquency of a Minor policies prohibit adults from providing alcohol to minors. These policies vary widely across states, please visit the Alcohol Policy Information System webpage on Furnishing Alcohol to Minors<sup>2</sup> for more information regarding your state's contributing to the delinquency of a minor laws.

For example, under Oklahoma's Contributing to the Delinquency of a Minor (CDM) law, adults who knowingly and willfully cause, aid, abet, or encourage an underage person to be, to remain, or to become a delinquent or runaway child can be charged with a criminal violation (see penalties below). This definition includes causing, aiding, abetting, or encouraging underage alcohol use. Criminal penalties for violations of the CDM law:

- First offense is a misdemeanor punishable by a fine as high as \$1000, or by imprisonment up to one year, or by a combination of fine and imprisonment
- Second offense is a felony punishable by a fine as high as \$5000, or by imprisonment for up to three years, or by a combination of fine and imprisonment
- More severe penalties are associated with encouraging a minor to engage in a felony or gang-related activity.



## How are social host liability laws and contributing to the delinquency of minor laws different?

Social Host	CDM
Adults can be held liable for damages/injuries caused by underage youth that drank on their property	Adults can be charged for their role in promoting underage drinking regardless of the location where the drinking took place
Adults can be charged for permitting underage alcohol consumption on their property	

## What can police do?

- Consider issuing citations for social host violations and CDM to adult hosts of underage drinking parties
- Identify the adult source of alcohol whenever underage youth are injured, injure others, involved in a car crash or cause other damages after drinking alcohol
  - Adults can be held liable for the damages caused by youth
  - Both CDM and social host criminal charges can be issued based on evidence of sources and location of underage drinking

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## Sources of Alcohol for Youth

### **Where and how do young people get alcohol?**

Results from the National Survey on Drug Use and Health found that:

- 29% of underage drinkers paid for the alcohol the last time they drank, with 8% reporting purchasing the alcohol themselves and 21% reporting that they gave money to someone else to purchase the alcohol for them.
- When underage youth (ages 12 – 20) report that they didn't pay for alcohol, the most common source was an unrelated person over age 21 (37%), followed by parents or other family members (24% of the time), and other underage youth (16% of the time).
- A majority of current underage drinkers had their most recent drink in a home setting, either someone else's home (52%) or their own (34%).
- 9% of underage female drinkers had their last drink in a restaurant, bar, or club, compared to only 4.5% of male drinkers.<sup>1</sup>

### **What factors may make it easier for youth to buy alcohol?**

A study conducted in Oregon found that underage-looking teens had greater success purchasing alcohol without identification if:

- The alcohol outlet had not participated in a responsible beverage service training program;
- There were few clerks in the store;
- They purchased at a convenience or grocery store, as opposed to a liquor store.<sup>2</sup>

A study conducted in Oklahoma found that girls that looked underage had more success buying alcohol when:

- They shopped at grocery stores, convenience store, or gas stations instead of liquor stores;
- The clerk was male;
- The clerk was younger than 30.<sup>3</sup>



## **Do underage drinking laws make a difference in drinking, traffic crashes and other problems among youth?**

*Minimum legal drinking age:* In the early 1980s, most states had a drinking age of only 18 or 19, but by 1988 every state had raised its minimum drinking age to 21. Between 1988 and 1995, alcohol-related traffic fatalities for 15-20 year olds declined by 47%.<sup>4</sup>

*Social Host Ordinance:* Social Host ordinances impose penalties on adults who allow underage drinking events to happen on their property. Strong Social Host ordinances are associated with less frequent teen drinking parties, and also reduced drinking at parties by teens who are already alcohol users.<sup>5</sup>

*Compliance checks:* Underage alcohol compliance checks test whether alcohol sellers will sell to underage-looking patrons. Compliance checks not only reduce the likelihood that the particular business will sell to minors in the near future, they also reduce the likelihood that neighboring businesses will sell to underage teens.<sup>6</sup>

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## Teen Perceptions of Alcohol Use

Teenagers shape their opinions about alcohol based on what they see. These perceptions can be formed from many different sources. The media has a significant impact on teens' perceptions of alcohol. Unlike tobacco companies, alcohol manufacturers are free to advertise through television, posters and displays at stores and restaurants, radio, billboards, the Internet and more. The placement of advertisements, as well as the content, can influence perceptions of alcohol among members of the community, especially teenagers.

### Advertisements

- The alcohol industry spends over \$5 billion a year on advertising and alcohol-branded merchandise such as clothing and glassware, much of which is accessible to underage teens.
- Alcohol is advertised on TV, movies, radio, social media, billboards, tables at restaurants, and clothing.<sup>1</sup>
- Alcohol advertisements are often concentrated popular magazines, TV shows, and other media with a high teen audience.<sup>2</sup>
- Teenagers see an average of 245 television ads for alcohol every year.<sup>3</sup>
- Alcohol advertisements appeal to teens by:
  - Suggesting that alcohol will make them more attractive
  - Associating alcohol with sports and parties
  - Using humorous animals<sup>4</sup>



### How Advertisements Affect Underage Drinking

- Advertising changes teens' attitudes towards alcohol. It causes them to believe that drinking is fun and cool and it increases their intentions to drink.<sup>4</sup>
- Teens who are exposed to high level of alcohol advertising are 50% more likely to drink.<sup>3</sup>
- Because of how alcohol is portrayed in TV shows and ads, each hour of TV viewing per day increases a teenager's risk of starting to drink during the next 18 months by 9%.<sup>5</sup>
- For every hour that teens see alcohol use in movies, their likelihood of starting to drink in the near future increases by 15%.<sup>5</sup>
- Ownership of an alcohol promotional item (such as a t-shirt or shotglass) is strongly associated with adolescent drinking.<sup>1, 3</sup>



## How Parents' Drinking Behavior Affects Their Children

- Teens who drank with adult supervision reported having more negative consequences from drinking, like blacking out, arguing with family, or getting into a fight, than teens who drank with same-age friends.<sup>6</sup>
- 6<sup>th</sup> graders who are allowed to drink at home have higher rates of alcohol use and drunkenness.<sup>7</sup>
- Parents can help counter the media's effect and influence children's perceptions of alcohol by teaching children to be critical of advertising and modeling positive behavior.<sup>8</sup>

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## Trends in Teen Alcohol Use

### Youth & Alcohol: A Nationwide Perspective

- Alcohol use is common even among young teens. 10% of 8<sup>th</sup> graders reported that they drank in the past month.<sup>1</sup>
- In 2013, 3.8 million children under 21 had their first alcoholic drink. Approximately 2.7 million were younger than 18.<sup>2</sup>
- 33.4% of all high school students reported that they drank in the past month.<sup>1</sup>

Nine out of ten 12<sup>th</sup> graders say that it's easy to get alcohol.<sup>1</sup>



- Over half of 12<sup>th</sup> graders think that binge drinking (having 5 standard drinks in on sitting) on weekends isn't risky.
  - Binge drinking is very risky for teens. It's associated with injury and future health and alcohol problems.
  - Nearly 20% of 12<sup>th</sup> graders report recent binge drinking<sup>1</sup>
- About 4% of 16-17 year olds and 11% of 18-20 year olds admitted to drunk driving in 2013.<sup>2</sup>
- In 2013, 17% of drivers between 16-20 involved in fatal car crashes had a Blood Alcohol Concentration (BAC) of 0.08% or higher (i.e. they were legally drunk).<sup>3</sup>
- 22% of teens reported riding in a car during the past month with a driver who had been drinking.<sup>4</sup>

### What is a "standard drink" in the US?





## Where do youth obtain alcohol?

- From individuals 21+ who purchased the alcohol legally
  - Usually friends, siblings, or co-workers
  - Youth believe it's more convenient, safer, and less risky than purchasing it themselves or getting it from other sources
- From other (sometimes slightly older) youth who purchased alcohol illegally
- Alcohol kept in their own homes or in friends' homes
- Alcohol outlets known to not ask for identification<sup>5</sup>

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## Why Focus on Alcohol?

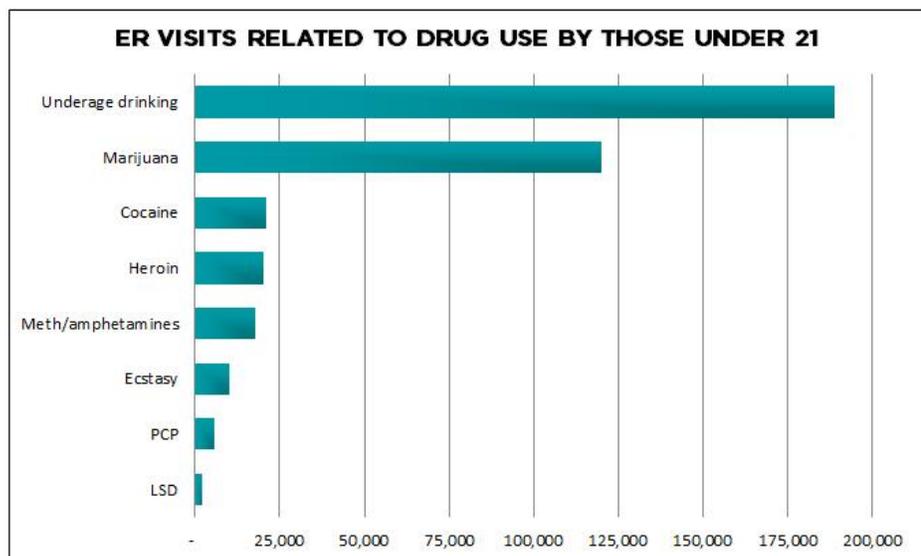
Teens have greater access to alcohol compared to other illegal substances (Table 1). Easier access to alcohol leads to more teens getting drunk instead of using other drugs.<sup>1</sup> Therefore, more teens suffer the consequences of alcohol use. These consequences include a higher risk of using other addictive substances in the future.<sup>2</sup>

**Table 1. Percent of Teens who used substances in 2013, from a nationwide study<sup>3</sup>**

	<u>9<sup>th</sup> Grade</u>	<u>10<sup>th</sup> Grade</u>	<u>11<sup>th</sup> Grade</u>	<u>12<sup>th</sup> Grade</u>
<b>Alcohol</b> (% who ever drank alcohol)	<b>56%</b>	<b>64%</b>	<b>71%</b>	<b>76%</b>
<b>Alcohol</b> (% who had at least one drink in the past month)	<b>24%</b>	<b>31%</b>	<b>39%</b>	<b>47%</b>
<b>Marijuana</b> (% who ever used marijuana)	30%	39%	46%	49%
<b>Marijuana</b> (% who used marijuana at least once in the past month)	18%	24%	26%	28%

## ER VISITS DUE TO ALCOHOL

In 2011, SAMHSA looked at all of the drug-related emergency room visits made by patients under the age of 21—nearly 440,000 in all. Of those, over 43 percent involved underage drinking (over 188,000 ER visits).<sup>4</sup>





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