



Teenage Alcohol and Drug Abuse

Jesse Bales
Theo Edwards
Kyle Kiesel
Adam Stahl

Types of Alcohol

- **Gin:** a colorless alcoholic beverage made by distilling or redistilling rye or other grains.
- **Vodka:** originally distilled from fermented wheat mash; also made from a mash of rye, corn, or potatoes.
- **Rum:** distilled cane juice, or from the scummings of the boiled juice.
- **Whiskey:** distilled from grain, potatoes, etc., especially in Scotland, Ireland, and the United States.
- **Tequila:** an alcoholic liquor distilled from the fermented juice of the Central American century plant *Agave tequilana*.
- **Brandy:** an alcoholic liquor distilled from wine or fermented fruit juice.
- **Liqueurs (flavored spirits)**

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Alcohol and Youth

- Alcohol is the most used AND abused drug among teenagers in America.
- 31.5% of all high school students in America have been reported to have done “hazardous drinking”.
- “Hazardous drinking” is when someone consumes 5 or more drinks in one setting.
- On average, 11,318 youths in America (from 12 to 20 years of age) try alcohol for the first time every day.

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Other Information about Alcohol

- Youths who begin drinking before age 15 are four times more likely to develop alcoholism than those who start drinking at the age of 21.
- Those youth who also start drinking alcohol by 7th grade are more likely to have academic problems along with substance use and delinquent behavior in both middle school and high school.
- By the time they reach young adulthood, it will lead to criminal and other violent crimes.

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Side Effects

- The side effects of alcohol can vary from being minimal to extreme depending on the amount of alcohol that has been consumed.
- Side effects include motor vehicle crashes, suicide, date rape, other traumatic injuries, and family and school problems.
- Alcohol is a leading cause of death among youths.

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Some Solutions

- JTO (Join Together); project from the Boston University School of Public Health
- Created the Ten Policies to reduce drug and alcohol problems.
- Their policies include increasing the prices of alcohol through taxes, limiting alcohol advertising and promotional activities that target youth, and the requirement of effective treatments and supervised aftercare programs.
- Say these Ten Policies will help save the lives of youth.

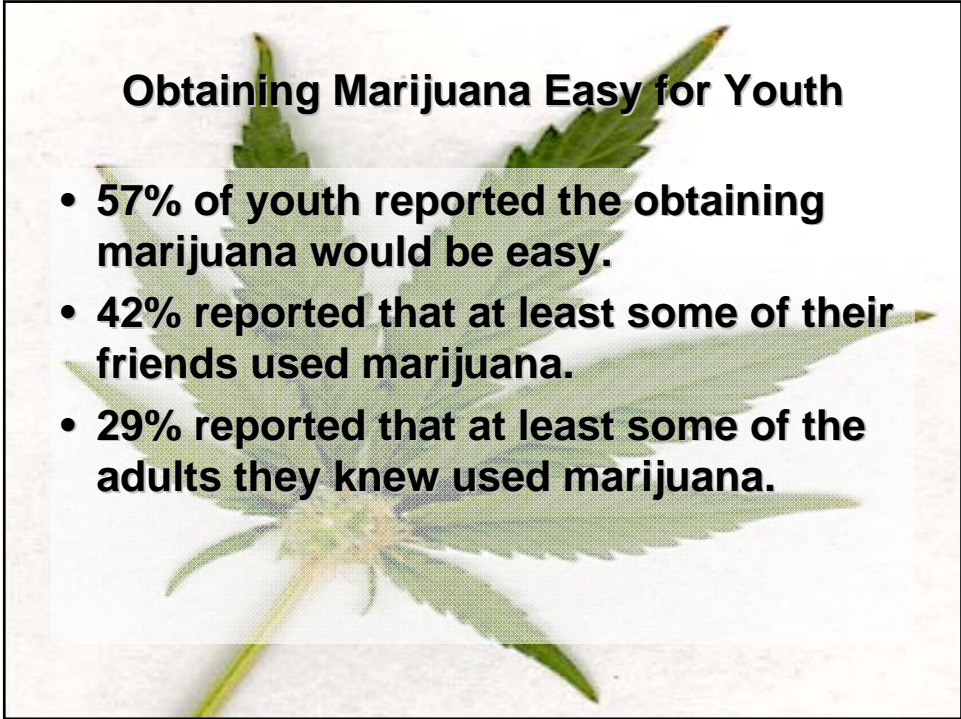
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Drug Use Correlation with Cigarette Use

- **In the 2000 NHSDA:**
- **13% age 12-17 smoked in the past month.**
- **4% smoked daily.**
- **52% of youth that smoked daily also used illicit drugs in the past month compared to 39% who did not smoke regularly and 5% of youth who did not smoke cigarettes.**

Drug Use Correlation with Alcohol Use

- **16% of youth used alcohol in the past month.**
- **10% reported binge drinking. (5+ drinks)**
- **3% reported heavy alcohol use. (5+ days)**
- **66% of youth who drank heavily also used illicit drugs compared to 41% of youth who had binged and 20% who were light users.**



Obtaining Marijuana Easy for Youth

- 57% of youth reported the obtaining marijuana would be easy.
- 42% reported that at least some of their friends used marijuana.
- 29% reported that at least some of the adults they knew used marijuana.



Inhalant Use Among Youth

- Youths who reported an average grade of D or below were 3 times more likely to have used inhalants in the past month than those with an average grade of A.
- An estimated 9% of all American youth have used inhalants at least once.

Sequence of Substance Use Initiation

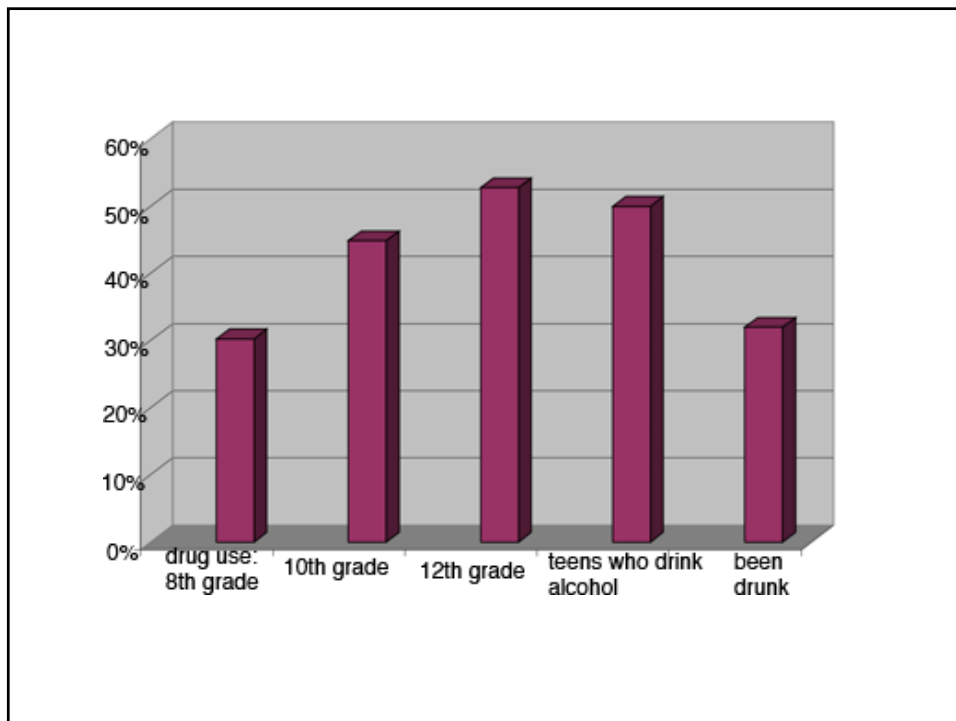
- Most persons who will ever initiate use of cigarettes or alcohol have already done so by the time they are 20 years old.
- Approximately 80% of all persons who initiated use of marijuana at age 25 or younger had previously used either cigarettes, alcohol or both.

Why do teens abuse drugs and alcohol?

- They may do it because they want to fit in with friends or certain groups.
- They may also take a drug or drink alcohol because they like the way it makes them feel.
- They may believe that it makes them more grown up.
- Teens tend to try new things and take risks, and they may take drugs or drink alcohol because it seems exciting.

Why do teens abuse drugs and alcohol?

- Media influence, just turning on MTV or any other teen program you will see teens partying, smoking, drinking and even doing drugs.
- This idea of drugs and alcohol being “cool” is one of the main reasons why teens decide to try drugs and or alcohol.





What problems can teen substance abuse cause?

- **Substance abuse can lead to serious problems such as poor schoolwork, loss of friends, problems at home, and lasting legal problems.**
- **Alcohol and drug abuse is a leading cause of teen death or injury related to car accidents, suicides, violence, and drowning.**
- **Substance abuse can increase the risk of pregnancy and sexually transmitted diseases (STDs), including HIV, because of unprotected sex.**



Family Risk Factors

- **One study found that teens with a parent who abuses alcohol or drugs are 3 times more likely to develop an abuse problem.**
- **Teens whose parents believe that alcohol and drug experimentation is expected and normal are more likely to use alcohol, cigarettes, and drugs. In addition, teens may interpret their parents' ambivalent attitude toward substance use as approval of the behavior.**



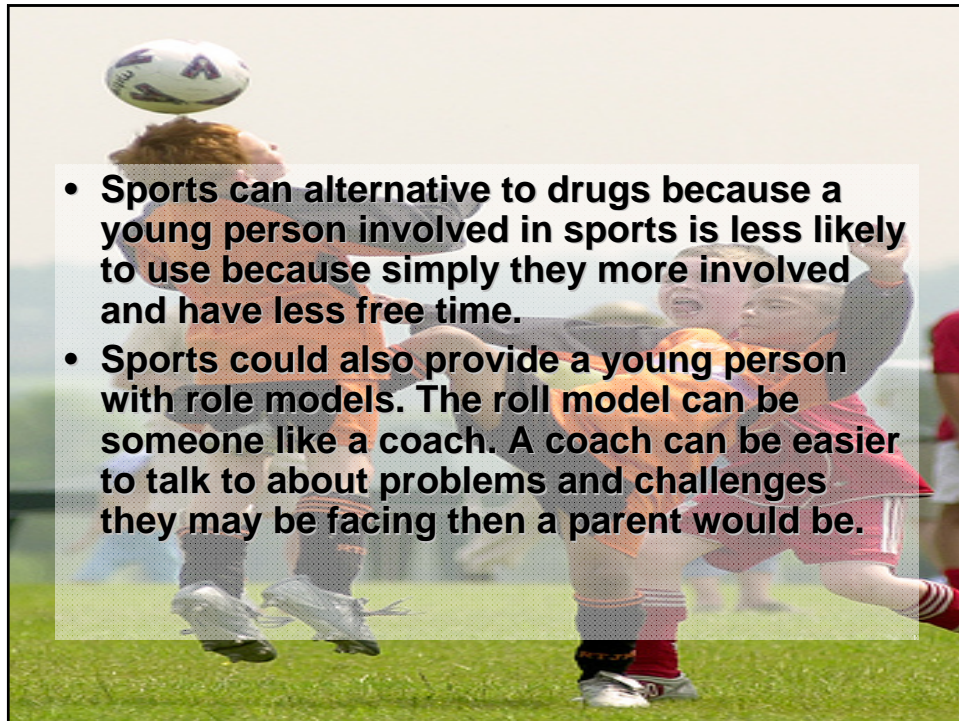
Family Risk Factors

- **Teens from families with frequent conflict, physical or sexual abuse, or psychological stress are more likely to try alcohol and drugs. Without feelings of closeness, a teen may look to alcohol or drugs to compensate for emotional pain.**
- **Lack of consistent parental involvement in a child's life and lack of appropriate supervision increase a teen's risk for abusing alcohol, cigarettes, or other drugs. Harsh or inconsistent punishment or permissiveness also increase a teen's risk for alcohol and drug abuse.**

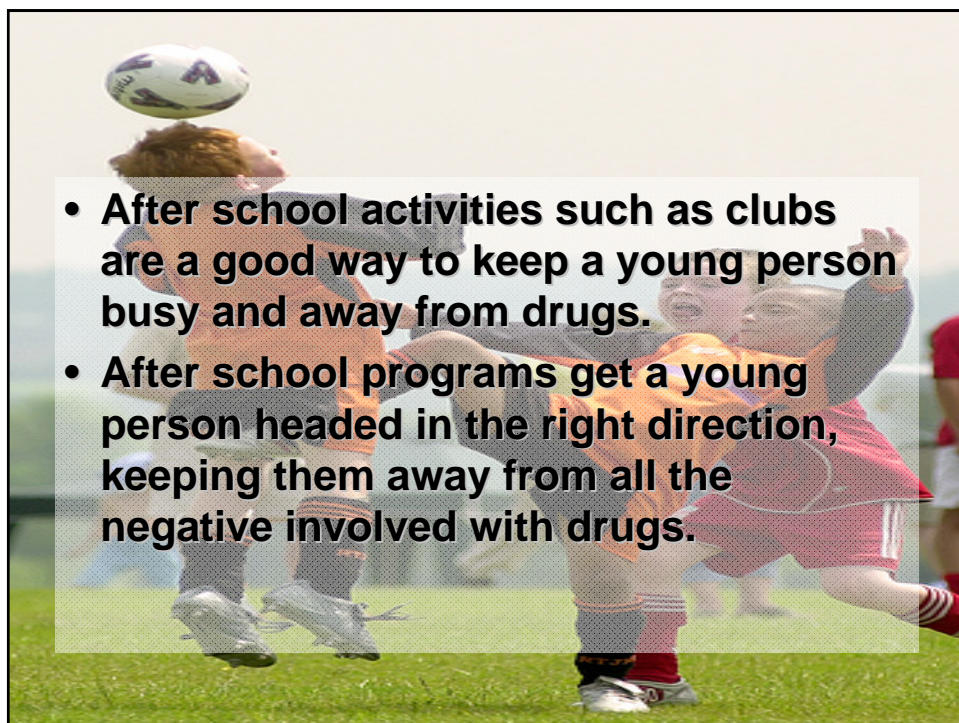


Drug alternatives

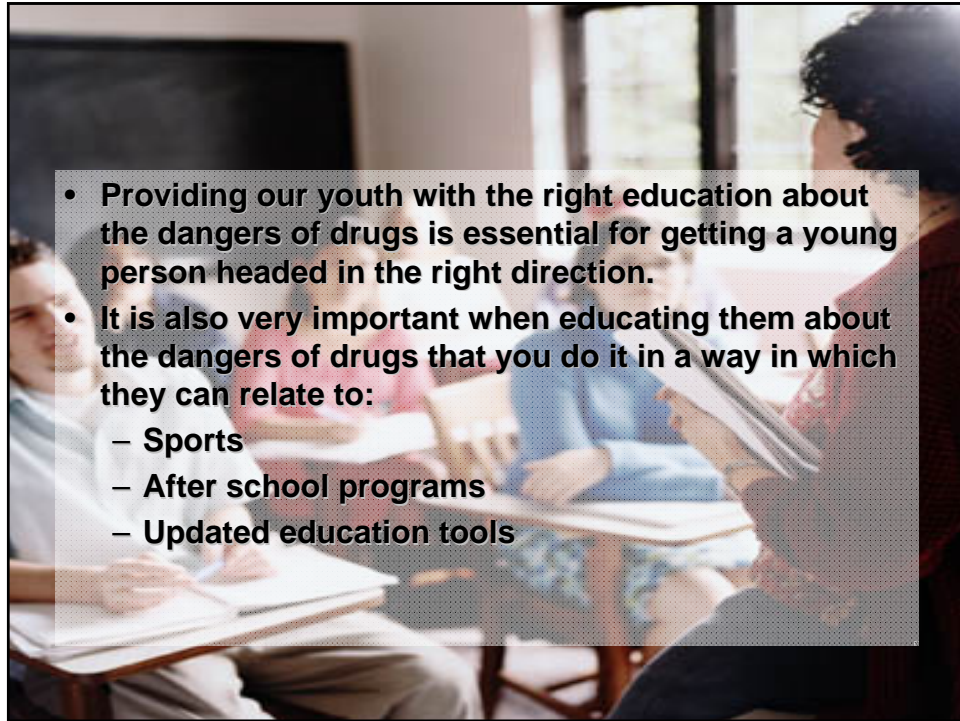
- **Although drug use within our youth has been declining, we can still do more to keep drugs away from young people.**
- **One obvious reason for the young people using drugs is because they have very little to do with their free time.**
- **We need to get young people actively involved in athletics, and after school activities. A good way to provide our youth with alternatives to drug is by having after school program that they are interested in and want to take participate in.**



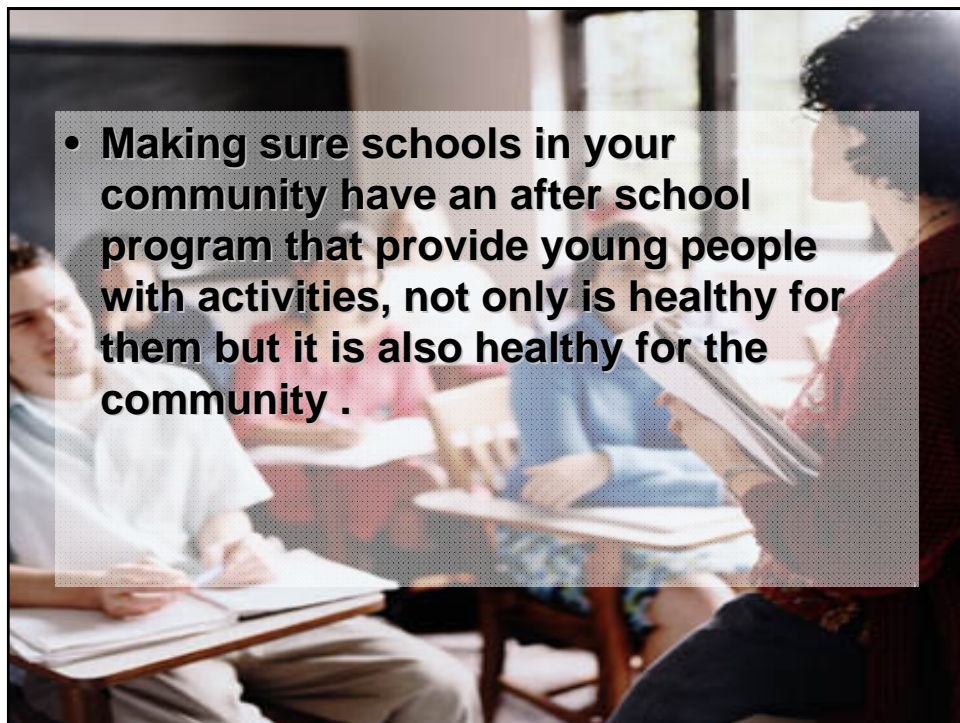
- **Sports can alternative to drugs because a young person involved in sports is less likely to use because simply they more involved and have less free time.**
- **Sports could also provide a young person with role models. The roll model can be someone like a coach. A coach can be easier to talk to about problems and challenges they may be facing then a parent would be.**



- **After school activities such as clubs are a good way to keep a young person busy and away from drugs.**
- **After school programs get a young person headed in the right direction, keeping them away from all the negative involved with drugs.**



- **Providing our youth with the right education about the dangers of drugs is essential for getting a young person headed in the right direction.**
- **It is also very important when educating them about the dangers of drugs that you do it in a way in which they can relate to:**
 - **Sports**
 - **After school programs**
 - **Updated education tools**



- **Making sure schools in your community have an after school program that provide young people with activities, not only is healthy for them but it is also healthy for the community .**

Sources

- www.adolescent-substance-abuse.com
- www.health.yahoo.com
- www.marininstitute.org
- www.thinkquest.org

THE END!

