

TEEN ALCOHOLISM

#1 Most Common Substance Abused in High School-Aged Teens



Underage drinking increases from 33% - 60% between the age of 15 - 18

1/5

10th graders succumb to teen alcohol abuse

1/3

12th graders succumb to teen alcohol abuse



Alcohol metabolizes differently in individuals depending on age, weight, and sex.

binge drinking is outlined as 5 or more alcoholic drinks at one time for men & 4 or more at a time for women

| males reaching .08% (based on body mass) | | |
|---|-----------------------|---------------------|
| age 9-13 3 drinks | age 13-15 4 drinks | age 16+ 5 drinks |
| females reaching .08% (based on body mass) | | |
| age 9-17 - 3 drinks | | |

2015

7.7+ million teens ages 12-20 admitted to going beyond "a few sips"

Most teens drink with the intention of getting drunk
11% of alcohol sold is consumed by 12-20 year olds & 90% of those drinks are consumed while binge drinking

- WHY IS TEEN ALCOHOL USE A PROBLEM? -

Adolescence is the last period of growth a person experiences before adulthood and sets the stage for the bulk of adult physiological functions



upset hormonal balance

With the introduction of intoxicants in the vulnerable stages of building, brain development, as well as the central nervous system, can suffer significant impairment and rewire these vital neural pathways



risk-taking behavior



slower brain & central nervous system development

- REASONS FOR TEEN ALCOHOL ADDICTION -

The most common place children and teens are exposed to alcohol use is at home. Easy access & less monitoring



Genetic alcohol predisposition, or co-occurring mental health issues, or a history of trauma
Those who already suffer from mental health disorders such as depression & mood swings

The value and draw of acceptance in a child's life cannot be underestimated, especially when they feel they are misunderstood by family and other adults

Learning by association. Peers and family model the behavior and it is quickly adopted in order to "have fun" and to "relax"

- HOW TO SPOT TEEN ALCOHOLISM -

Uncharacteristic upsets at school with a resulting decline in grades and social gatherings



Increase teen rebelliousness

A change in peer groups to those who also engage in drinking



More obvious signs like empty bottles in the trash or reduced levels in bottles stored in the home as well as lack of coordination, slurred speech, and being overly giddy or silly

Low energy, lethargic, & mood swings

LIFELINE
FOR YOUTH

Because alcoholism in teens can lead to a multitude of risks including further experimentation with drugs, legal ramifications like arrests and serious injuries, death, exposure to unplanned pregnancy, and being involved in or the source of violent behavior, if you feel you need professional help, the professionals at Utah's Lifeline For Youth can offer that hand to help your family find peace in a time where there remains so much uncertainty and so many questions. Give us a call today at 855-968-8443 so you can start finding answers.

Teen Age Alcoholism

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Teen Age Alcoholism:

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