

**UNDERAGE
DRINKING**

Not a minor problem



**HELP THEM THINK...
AND CHOOSE NOT TO DRINK.**

Twenty-two percent of tenth graders and nearly thirty percent of twelfth graders are heavy drinkers. Alcohol is closely related to dropouts, truancy, low literacy, and poor grades—so schools are important vehicles for communicating underage drinking messages.

What you say makes a difference. Start early. Research shows children are influenced by anti-drinking messages as early as age 10. Don't miss the chance to get them to choose not to drink.

GET YOUR SCHOOL TO TAKE ACTION:

- Be aware of stressful transition periods that may cause kids to turn to alcohol. Set up buddy systems for students to help ease loneliness and isolation.
- Offer student assistance programs, alcohol-specific counseling services, and confidential access to other resources in the community.
- Train teachers and school personnel to recognize and refer alcohol-related problems.
- Participate in community-wide efforts to eliminate alcohol billboard advertising near schools.

In Elementary School:

- Show the affects of alcohol on the brain and body.
- Focus on information that fosters the desire to be healthy.
- Help kids master resistance skills and social competence.

In Middle and High School:

- Help kids develop positive decision-making skills, planning and goal setting skills, and stress management skills.
- Focus on risk-taking behaviors and external influences on behavior.
- Use peers to help deliver the drinking prevention message.
- Hold a series of assemblies on current alcohol issues. Include films, celebrities, and materials.
- Ask students to sign a commitment not to use alcohol.
- Sponsor alcohol-free proms, parties, and sporting events.



OASAS NEW YORK STATE
OFFICE OF ALCOHOLISM & SUBSTANCE ABUSE SERVICES
Improving Lives. *Addiction Services for Prevention, Treatment, Recovery*

1450 WESTERN AVENUE • ALBANY, NEW YORK 12203-3526
WWW.OASAS.STATE.NY.US • 518.473.3460