

PROTECTING CHILDREN

- Spend time together regularly
- Listen and talk to your children. Try to understand the pressures placed on them.
- Keep track of where your children are, what they are doing, and who their friends are.
- Get involved in their after-school activities.
- Praise and reward children often.
- Be a positive role model and don't abuse alcohol.
- Even in high school, don't leave children home alone often.



Native Village of Afognak
115 Mill Bay Road, Ste 201
Kodiak, Alaska 99615
(907) 486-6526
Emily@afognak.org

Made possible by a multi-agency group funded
through the DOJ IASA Grant # 2008-AC-BX-0009

RISKS OF ALCOHOL ABUSE

 Native Village of Afognak



PREVENTING ALCOHOL ABUSE IN YOUNG PEOPLE

Tel: 907-486-6526

HEALTH HAZARDS

The teenage brain is still developing and underage drinking can have serious consequences. Each year approximately 5,000 young people die as a result of drinking in the United States. This statistic includes car accidents, homicides, suicides, falls, burns, and drowning. Alcohol can lower a person's inhibitions, causing embarrassing or dangerous behavior. Alcohol can make people more aggressive.

Alcohol impairs your ability to walk, drive and process information. Alcohol affects impulse control, increasing the chances that a person will do something they will regret when sober. When too much alcohol is consumed, people often have difficulty

remembering events from the previous evening. Alcohol affects judgment and decision-making skills.

RISKY BEHAVIOR

One out of two 8th graders has tried alcohol. More kids use alcohol than use tobacco or illicit drugs and more children are killed as a result of alcohol than all illegal drugs combined.

DEPENDENCE - People who reported starting to drink before the age of 15 were four times more likely to develop alcohol dependence later in life.

DRUG USE - More than 67% of young people who start drinking before the age of 15 will try an illegal drug. Children who drink are 7 times more likely to use illegal drugs and 22 times more likely to use marijuana and 50 times more likely to use cocaine than children who never drank.

SEXUAL ACTIVITY - Young people who drink are more likely to engage in sexual activity and unprotected sex.

VIOLENCE - Children who start drinking before age 15 are 12 times more likely to be injured while under the influence of alcohol and 10 times more likely to be in a fight after drinking, compared with those who wait until they are 21 to drink.

SCHOOL - Alcohol use often precedes and is a risk factor for lower grades, absenteeism and high dropout rates.

