

# DID YOU KNOW?

## Key Information about Alcohol and Underage Drinking

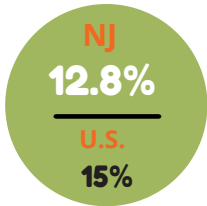
### Effects of Alcohol



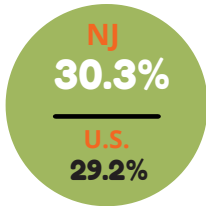
Substance use by youth such as alcohol has a negative impact on their health and well-being. It impairs healthy growth and development. Substance use is associated with:

- Risky sexual behaviors
- Academic and social problems
- Development of chronic diseases
- Disruption of brain and memory loss
- Accidents and injuries
- Suicide
- Risk of developing alcohol use disorders

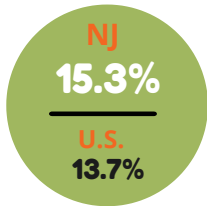
### 2019 High School Youth Risk Behavior Survey results:



Had their first drink of alcohol before age 13 years



Currently drink alcohol



Currently engage in binge drinking

### New Jersey Marijuana and Alcohol Law

The consequences under the new law include:

#### 1st Offense

Written warning (copy of warning provided to parent or guardian if under 18)

#### 2nd Offense

Written warning & provide materials on community drug treatment services (copy of warning provided to parent or guardian if under 18)

#### 3rd Offense

Written warning & provide materials on community drug treatment services (copy of warning given to community drug treatment program if between 18-21, given to parents if under 18)

### Monitor Your Alcohol



**Lock It Up.** Consider locking up all of your alcohol.



**Check Your Liquor Cabinet.** It is important to know what is inside your liquor cabinets - even if they are under lock and key.



**Safely Dispose Alcohol.** Discard unattended alcoholic beverages and opened bottles.

# DID YOU KNOW?

## Key Information about Alcohol and Underage Drinking

### Don't know how to start the conversation with your children?

Over 80% of young people ages 10-18 say their parents are the leading influence on their decision whether to drink or not (SAMHSA, 2020). It can be frustrating to get your child to talk at length about alcohol. Here are a few tips to help you get started:

#### Use questions that start with what, how and why

"What do you think about underage drinking?"

"How do you think drinking helps or harms the body?"

"Why do you think kids drink alcohol?"



#### Talk through scenarios

"How do you think it will end if someone gets into a car with a driver that has been drinking?"

"What answers could you give friends if they are pushing you to drink?"

#### Keep facts and opinions separate

Instead of expressing your opinion such as: "Alcohol is poison and you can't handle it." say "alcohol can be bad for your growing brain and interferes with judgment."

For more tips on how to talk to your child visit: [www.madd.org/the-solution/power-of-parents/](http://www.madd.org/the-solution/power-of-parents/)

## 911 Lifeline Legislation

Purchasing, possessing, or consuming alcohol is illegal for those under the age of 21. Many teens refrain from asking for help for fear of the consequences of underage drinking violations. The 911 Lifeline Legislation provides IMMUNITY from prosecution when these steps are followed:

### Don't be afraid, call 911

As the underage person, call 911 and report that your friend is in need of medical assistance. Your friend will also be immune from prosecution.

### Stay with your friend until the first responders arrive

Blood Alcohol Content can continue to rise after someone passes out. Do not leave your friend alone to sleep it off!

### Talk with the authorities

Provide your name (and the name of your friend) to the 911 operator and cooperate with medical assistance and law enforcement personnel on the scene.



## RESOURCES

**SAMHSA's National Helpline**  
(available 24/7)  
(800) 662-4357

**2nd Floor (available 24/7)**  
For youth ages 10-24  
Call or text: (888) 222-2228

**Reach NJ Hotline (available 24/7):**  
(844) 732-2465

**Help & Hope by Text**  
For parents & caregivers  
Text "JOIN" to 55753

**Safe Communities Coalition**  
Safecoalition.org

**EmPoWER Somerset**  
Empowersomerset.com/resources

