

REFUSAL SKILLS

If someone offers you alcohol, here are some tips on how to say "No"

Simply say

"No, Thanks!"



Walk Away!

"I don't want to get arrested"

Make an excuse

"I will be grounded for life if I drink that!"

Change the subject

"I'm hungry. Want to go to my house for a snack? My mom makes the best grilled cheese!!"

Use humor

"Man, I need all the brain cells I can get to pass the MCAS!"

Surround yourself with friends who make good choices!!!!



Warning signs of a teen who may need help

- Change in behavior at home and school
- Change in friend circle
- Loss of interest in activities and/or isolation
- Carelessness about appearance
- Scent of alcohol on breath and clothing
- Slurred speech, red eyes
- Difficulty concentrating
- Poor balance or coordination
- Loss of memory about recent events

WHERE TO TURN FOR HELP

- Talk to your parents
- Ask your doctor
- See your guidance counselor
- Visit the school nurse
- Talk to a teacher you trust
- Find out about resources in your area

RESOURCES

MA Substance Abuse Info & Education Helpline

(Toll free) 1-800-327-5050

TTY:617-536-5872

www.helpline-online.com

Substance Abuse and Mental Health Services Administration (SAMHSA)

(Toll free & confidential) 1-800-662-HELP

www.findtreatment.samhsa.gov

LEARN MORE ABOUT UNDERAGE DRINKING @

www.niaaa.nih.gov

www.toosmarttostart.samhsa.gov/teen

www.stopalcoholabuse.gov

www.thecoolspot.gov

www.sadd.org

www.cdc.gov

Visit our "Just for Teens" page under resources at www.bristolda.com

OFFICE OF THE BRISTOL COUNTY
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What Teens Need to Know About Underage Drinking



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**Bristol County District Attorney
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Underage Drinking is a Serious Problem

The Bristol County District Attorney's Office is deeply committed to reducing underage drinking and drinking fatalities by educating students, parents and the community about the legal consequences. We are actively involved with prevention initiatives that look for ways to combat underage drinking and reduce access to alcohol.

Underage drinking is not a rite of passage, it can have serious consequences!

According to the National Institute on Alcohol Abuse and Alcoholism (NIAAA), underage drinking is a risk that attracts many developing adolescents and teens. When young people try alcohol, they often don't realize the damaging effects drinking can have on their own lives, their families, and their communities. Aside from being illegal, underage drinking is a widespread public health problem that poses many risks.

Teens who begin drinking before the age of **15** are **5x** more likely to become dependent on alcohol and drugs than those who begin drinking at the age of 21 or older. Younger teens are also at higher risk of becoming binge drinkers.

What is Underage Drinking?

Any person under the age of 21 who consumes alcohol.

What is Binge Drinking?

When a person consumes 5 or more alcoholic beverages in 2 hours or less.

One drink is considered to be.....

12 ounce beer, 3 ounce glass of wine,
1.5 ounce shot of hard liquor

Did you know?

Teens who drink alcohol are more likely than their peers to:

Get into frequent fights ♦ Smoke and abuse drugs ♦ Drop out of school ♦ Get arrested ♦ Get alcohol poisoning ♦ Have memory loss ♦ Get into car accidents ♦ Fall or drown ♦ Lose self control ♦ Become a victim of sexual assault



Potential Health Risks

Drinking alcohol when a teen brain is still developing can lead to cognitive changes in the brain, alcohol dependence, and brain damage. Additional consequences may include: Cirrhosis of the liver, high blood pressure, stroke, and cancer. It may also increase the risk for depression and suicide.

Underage Drinking is a Crime

-Criminal Charges-

- **Attempt to purchase alcohol under age 21** (GL c.138, §34A)
- **Furnish alcohol for person under 21** (GL c.138, §34)
- **Driving under the influence of intoxicating liquor** (GL c.90, §24L)
- **Minor operating a vehicle containing alcohol** (GL c.138, §34C)
- **Disorderly Conduct** (GL c.111B,§3)
- **Disruption of School Assembly** (GL c. 272, §40)

Consequences of having a criminal record

- ⇒ Denied access to college
- ⇒ Denied access to join the military
- ⇒ Denied access to jobs
- ⇒ Denied access to housing
- ⇒ Jeopardize chances to play sports
- ⇒ Loss of driver's license

Consequences of Underage Drinking

- Impair brain development
- Academic failure
- School expulsion
- Addiction
- Unplanned or unwanted sexual activity
- Fatal injuries

Drinking and Driving can have tragic endings. About 5,000 people under age 21 die each year from injuries caused by underage drinking. 40% of these deaths are in car crashes.

Save a life!

**DON'T DRINK AND DRIVE!
Don't let friends drive drunk!
Call a parent/trusted adult for a ride!**

What Teens Can Do

- Get the facts about underage drinking
- Obey the laws put in place to protect you
- Choose your friends wisely
- Get involved in clubs like SADD, sports or other activities at school
- Be responsible for your own actions
- Do not go to parties where alcohol or drugs are being served
- Never get in a car with someone who has been drinking
- Work with community leaders to find solutions (ex. www.boldcoalition.org)
- Help a friend who may be struggling with addiction
- Learn and practice refusal skills