

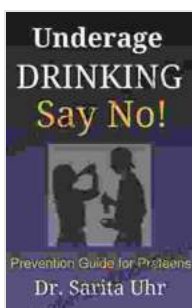
# Underage Drinking: Say No!

By Dr. Sarita Uhr

Underage drinking is a serious problem in the United States. According to the Centers for Disease Control and Prevention (CDC), about 3.6 million people under the age of 21 drink alcohol each year. Of these, about 1.7 million are under the age of 15. Underage drinking can have serious consequences, including:

- Increased risk of accidents
- Increased risk of risky sexual behavior
- Increased risk of violence
- Increased risk of mental health problems
- Increased risk of chronic diseases

The good news is that underage drinking is preventable. Parents, educators, and community members can all play a role in preventing underage drinking by:



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★★★★★ 5 out of 5

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|----------------------|-------------|
| Language             | : English   |
| File size            | : 1442 KB   |
| Text-to-Speech       | : Enabled   |
| Screen Reader        | : Supported |
| Enhanced typesetting | : Enabled   |
| Word Wise            | : Enabled   |
| Print length         | : 59 pages  |
| Lending              | : Enabled   |



- Talking to kids about the dangers of underage drinking
- Setting clear rules and expectations about underage drinking
- Monitoring kids' activities and whereabouts

li>Enforcing underage drinking laws

If you are concerned about underage drinking, talk to your child's doctor or a mental health professional. There are many resources available to help prevent underage drinking, and you are not alone in your efforts to keep your child safe.

### **What is underage drinking?**

Underage drinking is the consumption of alcohol by a person under the legal drinking age. The legal drinking age in the United States is 21. Underage drinking is illegal in all 50 states.

### **Why do kids drink alcohol?**

There are many reasons why kids drink alcohol. Some kids drink to feel good, while others drink to fit in with their friends. Some kids drink to cope with stress or problems at home. And some kids drink simply because they are curious about what it is like.

### **What are the risks of underage drinking?**

Underage drinking can have serious consequences, including:

- Increased risk of accidents
- Increased risk of risky sexual behavior
- Increased risk of violence
- Increased risk of mental health problems
- Increased risk of chronic diseases

Underage drinking can also lead to legal problems. Kids who are caught drinking underage can be fined or even arrested. They may also lose their driver's license or their job.

### **How can I prevent my child from drinking alcohol?**

There are many things you can do to prevent your child from drinking alcohol. Here are a few tips:

- Talk to your child about the dangers of underage drinking.
- Set clear rules and expectations about underage drinking.
- Monitor your child's activities and whereabouts.
- Enforce underage drinking laws.

If you are concerned about underage drinking, talk to your child's doctor or a mental health professional. There are many resources available to help prevent underage drinking, and you are not alone in your efforts to keep your child safe.

### **What should I do if my child is drinking alcohol?**

If you find out that your child is drinking alcohol, it is important to talk to them about it. Let them know that you are aware of their drinking and that you are concerned about them. Explain the risks of underage drinking and help them to understand why it is important to stop.

If your child is unwilling to stop drinking, you may need to seek professional help. A therapist can help your child to understand the reasons why they are drinking and develop strategies to stop.

### **Underage Drinking: A Call to Action**

Underage drinking is a serious problem that can have devastating consequences. It is important to talk to kids about the dangers of underage drinking and to set clear rules and expectations about underage drinking. If you are concerned about underage drinking, talk to your child's doctor or a mental health professional. There are many resources available to help prevent underage drinking, and you are not alone in your efforts to keep your child safe.

Please join me in the fight against underage drinking. Together, we can make a difference.

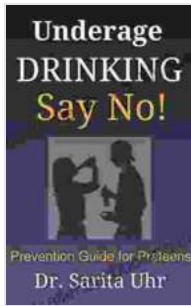
Dr. Sarita Uhr

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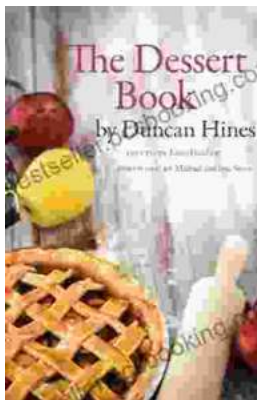
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