



MINI  
TRAINING  
SERIES

# Alcohol & Underage Drinking

   @PYDCplymouth

[www.pydcplymouth.org](http://www.pydcplymouth.org)

Alcohol is the active ingredient in beer, wine and liquor that causes drunkenness. Alcohol is a depressant which means it inhibits the function of the central nervous system.

## Why Do Young People Drink?



- to celebrate
- curiosity
- to feel good
- peer pressure
- self-pressure
- media influence
- "liquid courage"
- to cope
- "party culture"

- interferes with brain development
- increases risk of alcohol issues later in life
- can lead to trouble in school and/or with the law

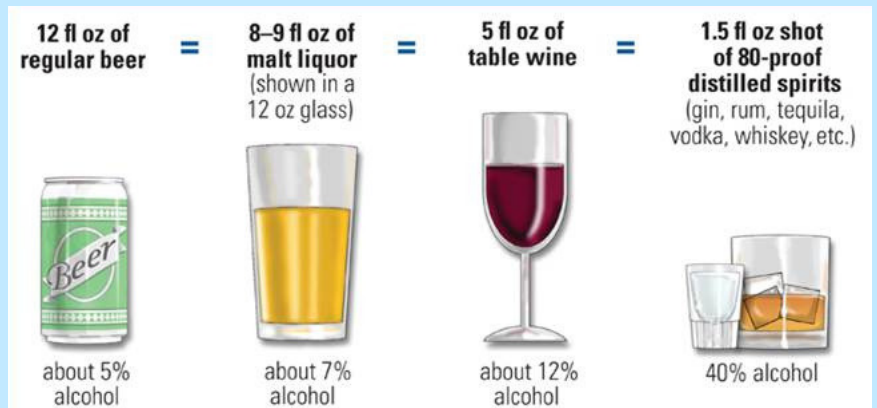
- increases risky behaviors
- impairs judgement
- causes many deaths/injuries



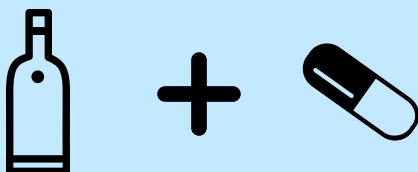
## Consequences of Underage Drinking:

Youth ages 12-20 consume more than 90% of their alcohol by **binge drinking** (or consuming many drinks on a single occasion)

In the US, a "standard drink" contains roughly 14 grams of pure alcohol which is found in:



## Mixing Substances



The effects of drinking & taking other drugs (including over-the-counter or Rx medications) can be **unpredictable** and **dangerous**.