

# We know drinking is risky for young people.

## Help them avoid risky situations & temptation:

- #1 Be mindful of who can access the alcohol.
- #2 Keep tabs on your alcohol and how much you have.
- #3 Most importantly, talk to your young person about why it's best to wait.

The judgment center of the brain is still “under construction”. When alcohol is added it means less ability to make decisions and control urges.

It also impacts how well the brain is built, potentially causing permanent changes.

This explains how someone who starts drinking earlier is more likely to have a problem with alcohol later in life.<sup>1</sup>

1 Grant, B.F., and Dawson, D.A. Age at onset of drug use and its association with DSM-IV drug abuse and dependence: Results from the National Longitudinal Alcohol Epidemiologic Survey. Journal of Substance Abuse 10:163-173, 1998. PMID: 9854701

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**Refrigerator, cooler, or cabinet: If alcohol is accessible to you, it's accessible to young people.**