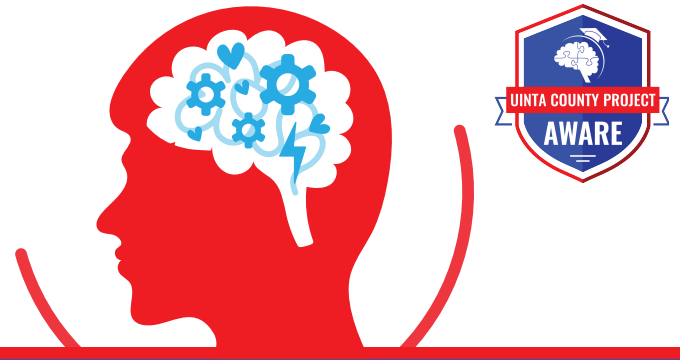


THEIR BRAINS, OUR FUTURE

Uinta County Underage Drinking

More information: _____
Website: <http://uintaaware.com/>



UNDERAGE DRINKING:

Underage drinking isn't okay. In fact, early exposure to alcohol can interrupt critical brain development, including the ability to learn new things, memory formation, impulse control, and emotional maturity.

IMPACT OF UNDERAGE DRINKING:

Underage drinking can have significant short and long-term consequences. According to the U.S. Surgeon General, approximately 40% of individuals who drink before age 15 report having symptoms at some point in their lives that fit a diagnosis of alcohol dependence. This is 4x as many as those who do not drink before age 21.

WHERE DO KIDS GET ALCOHOL?

Most of the alcohol consumed by Uinta County youth is provided by parents or others over 21. Of the Uinta County 12th graders who drink, 66% usually obtain alcohol from home with parents' permission or someone they know age 21 or older. Compared to only 6% reporting they usually get it by purchasing, using a fake ID, or stealing it from a store or shop.

DO MOST KIDS DRINK?

Most Uinta County youth choose NOT to drink! 4 out of 5 Uinta County students report having never began drinking alcoholic beverages regularly, that is, at least once or twice a month. It is a common misconception that "everyone" is drinking when, in fact, the large majority is not.

HOW TO TALK TO YOUR CHILDREN

Keep it low-key. Don't worry, you don't have to get everything across in one talk. Many small talks are better.

SHOW YOU DISAPPROVE OF UNDERAGE DRINKING.

Over 80% of young people ages 10-18 in Uinta County say their parents are the leading influence on their decision to drink or not drink. So they really are listening, and it's important that you send a clear and strong message.

SHOW YOU'RE PAYING ATTENTION AND YOU'LL NOTICE IF YOUR CHILD DRINKS.

You want to show you're keeping an eye on your child, because young people are more likely to drink if they think no one will notice. There are many subtle ways to do this without prying.

BUILD YOUR CHILD'S SKILLS AND STRATEGIES FOR AVOIDING UNDERAGE DRINKING.

Even if your child doesn't want to drink, peer pressure is a powerful thing. It could be tempting to drink just to avoid looking uncool. To prepare your child to resist peer pressure, you'll need to build skills and practice them.

SHOW YOU CARE ABOUT YOUR CHILD'S HAPPINESS AND WELL-BEING.

Young people are more likely to listen when they know you're on their side. Try to reinforce why you don't want your child to drink—not just because you say so, but because you want your child to be happy and safe. The conversation will go a lot better if you're working with, and not against, your child.

SHOW YOU'RE A GOOD SOURCE OF INFORMATION ABOUT ALCOHOL.

You want your child to be making informed decisions about drinking, with reliable information about its dangers. You don't want your child to be learning about alcohol from friends, the internet, or the media—you want to establish yourself as a trustworthy source of information.

RESOURCES FOR YOU AND YOUR FAMILY

uintaaware.com

SOURCES:

<https://www.hhs.gov/sites/default/files/underage-drinking-educator-guide.pdf>
https://www.samhsa.gov/sites/default/files/uad_conversation_goals_letter.pdf
2022 Wyoming Prevention Needs Assessment