

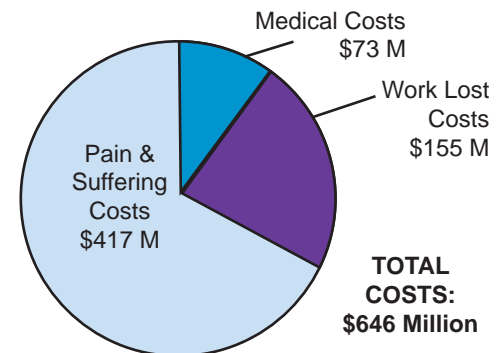
FAST FACTS

Regarding Underage Drinking in Kansas

Underage Drinking Costs to Kansans

- The cost to citizens of Kansas was \$646 million in 2005. These costs include medical care, work loss, and pain and suffering associated with the multiple problems resulting from the use of alcohol by youth.
- Underage drinking is a causal factor in many serious problems including homicide, suicide, traumatic injury, drowning, burns, property and violent crime, high risk sex, fetal alcohol syndrome, alcohol poisoning and need for treatment for alcohol abuse and dependence.
- Excluding pain and suffering from these costs, the direct costs of underage drinking incurred through medical care and loss of work cost Kansas \$229 million each year.¹

Costs of Underage Drinking Kansas 2005



Youth Accessibility to Alcohol

- Kansas youth report that it is easy to get alcohol and ease increases with age.²
- Sixteen percent of 8th graders say it is easy to get while 42% of 12th graders report it is easy to obtain.²
- Nationally, two out of three teens, aged 13-18, say it is easy to get alcohol from their homes without parents knowing about it.³
- Nearly one in four teens, aged 13-18, and one in three girls, aged 16-18 say their own parents have supplied them with alcohol.³

Parents did you know...

- 18% of all Kansas youth report that you don't have clear rules about alcohol;
- 42% of youth say they would not get caught by you if they drank;
- Fifty percent of 12th graders and 38% of 10th graders have had alcohol in the past 30 days.²

Youth who drink before age 15 are 5 times more likely to have alcohol problems when they are adults.⁴

Effect on the Adolescent Brain

- Many people begin to drink alcohol during adolescence and young adulthood. Alcohol consumption during this developmental period may have profound effect on brain structure and function.
- Heavy drinking has been shown to affect the neuropsychological performance (e.g. memory functions) of young people and may impair the growth and integrity of certain brain structures.
- Alcohol consumption during adolescence may alter measures of brain functioning, such as blood flow in certain brain regions and electrical brain activities.⁵



This publication was produced by Kansas Family Partnership, Inc. 5924 SW 29th Street, Topeka, Kansas (800) 206-7231.
Visit our web site for more information about how you can prevent underage drinking: www.kansasfamily.com



Parents are the #1 influence in their children's lives

- **Talk early and often with your child**
It's never too early to talk to your child about the harms of underage drinking. Make time for conversations about this issue.
- **Get involved**
Talk with your child about their activities and interests. Positive activities and caring adults reduce risky behaviors.
- **Be a role model**
Think about what you say and how you act in front of your child. Show them what is appropriate and acceptable in your family.
- **Teach kids to choose friends wisely**
Kids whose friends don't use alcohol or other drugs are less likely to engage in risky behaviors. Help your child understand qualities to look for in friends.
- **Monitor your child's activities**
Trust but verify. Know where your children are and get to know their friends. Limit unsupervised time.
- **Set clear rules**
Tell your children what the law is, what your household rules are, and what behavior you expect. Be consistent and specific. Don't assume they know the rules!⁶

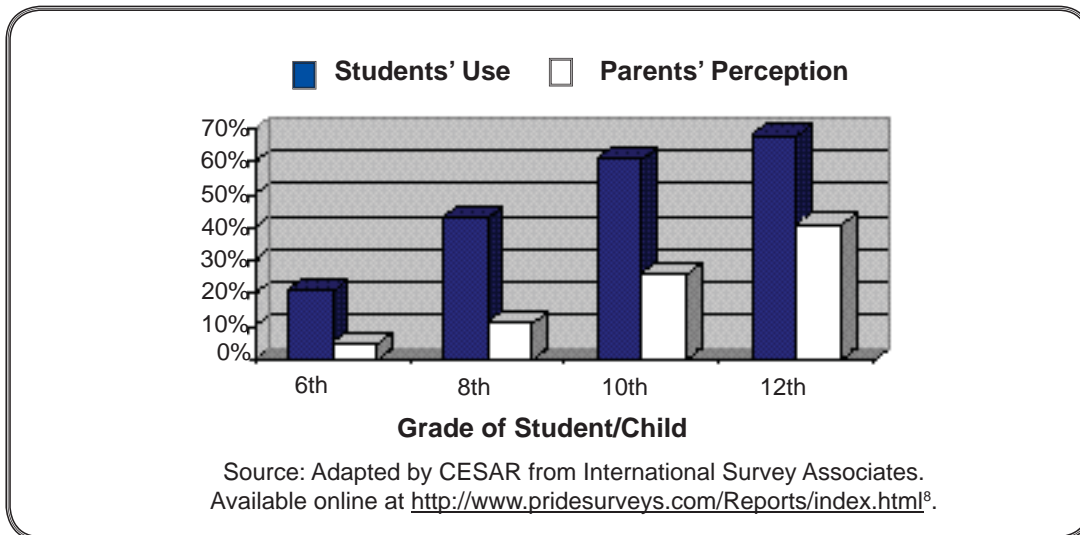
Binge Drinking

- Binge drinking is defined as having more than five drinks at one setting.
- When teens drink, it is often done to get drunk.
- Although binge drinking is beginning to decrease in Kansas, any binge drinking is too much.
- Nearly one fourth (21%) of 10th graders and one-third (32%) of 12th graders report binge drinking.²

Positive activities and caring adults reduce risky behaviors⁷

Get involved and talk with your child about their activities and interests

Youth and Alcohol: What Parents Believe vs. What Youth Are Doing



Parents play a crucial role in discouraging their children from beginning to use alcohol.

References

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