

SBIRT NEWSLETTER - DECEMBER 2023

# UNDERAGE DRINKING

Seattle Public Schools' SBIRT data suggests that 6% of middle schoolers and 12% of 9th graders have tried alcohol in the past year

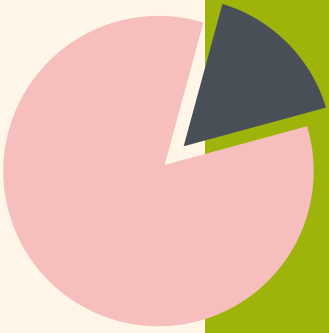
## OVERVIEW

Students are saying that most of their alcohol use is occurring with parent permission, in the form of small sips at parties, holidays, or religious activities.



## FACTS

Giving sips of alcohol might seem harmless, but a growing body of research indicates that it can increase chances of future dependency and excess drinking.\* No amount of alcohol is safe for teens. In fact, delaying drinking until 21 years old can improve health outcomes.\*\*



## QUESTION

“What about Europe?” There’s a common misperception that the earlier drinking age in Europe helps teens learn to drink in moderation, but data shows that European teens are more likely to binge drink and suffer long-term health problems.\*\*\*



## CALL TO ACTION

You can prevent underage drinking by talking with your child about alcohol. Reinforcing the legal drinking age of 21, setting family expectations around alcohol, and modeling a healthy approach to drinking are proven ways to keep your child safe and healthy.\*\*\*\*



\* Substance Abuse and Mental Health Services Administration, 2017 National Survey on Drug Use and Health

\*\* Centers for Disease Control and Prevention (CDC), 2023

\*\*\* U.S. Department of Justice - Office of Juvenile Justice and Delinquency Prevention, 2010

\*\*\*\* American Academy of Pediatrics, Committee on Substance Use and Prevention, 2019