



SOBER 'TIL 21

Under 21, No Can!

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THE FACTS ABOUT UNDERAGE DRINKING

- Hawai'i teens think that 85% of people their age drink at least one drink a day, when in actuality over 85% do not drink at all.¹
- The majority (88%) of both girls and boys (aged 12-17 years) in Hawaii refrain from binge drinking.²
- Almost half of all Hawai'i youth have never drank.³
- For those Hawai'i high schoolers who have drank, 16.9% had their first drink before the age of 13.⁴
- Three out of every 4 teenager claims that their parents are a leading influencer on their opinion of drinking.⁵
- Of Hawai'i teens who drink, 85% report getting alcohol from home without their parents'/guardians' knowledge.⁶
- Of Hawai'i teens who drink, 78% report getting alcohol from older family members who are not their parents/guardians.⁷
- In Hawai'i, not only is giving alcohol to a minor illegal, but allowing a minor to drink is unlawful. You can be arrested and criminally charged for providing a place for minors to drink whether it's at your home, yard, rental property, car – anywhere under your control.
- Issues, such as homicide, injury, alcohol poisoning, and committing crimes are results of underage drinking. Approximately \$0.2 billion dollars are lost from the repercussions of underage drinking in Hawaii with youth violence (assault, homicide, suicide) making up most of that number.⁸
- If a child starts to drink at a younger age, they are seven times more likely to be involved in a car crash later on involving alcohol.⁹
- One in four car crashes with teenagers involve an underage drunk driver.¹⁰

¹ www.hawaiihealthmatters.org

² www.hawaiihealthmatters.org

³ http://ibis.hhdw.org/ibisph-view/query/selection/yrbs/_YRBSSelection.html

⁴ http://ibis.hhdw.org/ibisph-view/query/selection/yrbs/_YRBSSelection.html

⁵ MADD.org

⁶ www.beajerk.org/why-be-a-jerk/factoids

⁷ www.beajerk.org/why-be-a-jerk/factoids

⁸ 2014 State Epidemiological Profile: Selected Youth And Adult Alcohol Indicators Report

⁹ MADD.org

¹⁰ MADD.org



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CONVERSATION STARTERS

Have you had the conversation yet about about underage drinking and substance abuse with your teen? If not, now may be the time. Kids want to hear from their parents about important topics like this. But, remember to keep fear out of it. Scare tactics typically don't work here and may even increase a teen's likelihood of engaging in an undesirable activity. Here are some helpful hints on how to start the conversation with your child:

- Bring up the conversation casually instead of lecturing
 - Your child is more likely to listen if the topic doesn't feel forced.
 - Begin by expressing your love and concern for their well-being.
 - Point out to your teen that **not** drinking is actually the norm.
- Reinforce the statistics:
 - You won't be the only teen sober at the party. Underage drinking has actually decreased over the past several years.
 - Hawai'i teens think that 85% of people their age drink at least one drink a day, when in actuality almost 75% do not drink at all.
- Demystify any stereotypes your teen may think are true about drinking
 - MYTH: Alcohol makes you feel "high" or "happy."
 - FALSE. Alcohol is an antidepressant, meaning it suppresses parts of the brain to make it feel euphoric at first but then those negative feelings are released later and you start to feel depressed, fatigued, and overall unpleasant.
 - MYTH: You can sober up from alcohol with coffee or a cold shower.
 - FALSE. The only thing that can help you sober up is time. Do not get into a car and drive.
 - MYTH: I can still control what I'm doing while drinking .
 - FALSE: Drinking directly impairs one's judgment and decision-making. This could lead to many regretful choices, from saying something you didn't mean to having unprotected sex or driving drunk.
- Remind your child that drinking under the age of 21 is illegal. You're not telling them to never drink alcohol but rather to wait until they are of the legal age and then to make smart, informed decisions about deciding to drink.
- Listen to what your child has to say
 - There's a higher chance that your teen will disregard your advice if they feel like they don't have a voice.
 - The more open you are with your child, the more they will disclose to you in the future.



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- Prepare your child for situations where they may be easily peer-pressured by coming up with responses.
 - When you're at a party:
 - "What will you do when you want to go home and your friends who drove want to stay and drink more?"
 - "What will you do when you want to go home and a friend who has been drinking says they will drive you home?"
 - "What will you say if everyone is drinking and asking you why you aren't or trying to influence you to?"
 - "What if you're invited to a party where you know alcohol will be present and all your friends are going?"
 - Other options to help your teen avoid bad situations:
 - Link your credit card to their uber or lyft account. That way, if they really want to leave a party, they will always have that option instead of getting a ride with someone else or catching a cab with their own money.
 - Let your child know that they can always call or text you for a ride or advice. Be supportive of your child who is reaching out to you for help.
- Promise more independence and privileges for their honesty
- Don't expect to discuss everything on this subject in a day
 - Helping your teen know they're in a safe and comfortable space to talk about their feelings and experiences will gradually allow them to open up more to you.

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KNOW THE LAW!

Social Host Law

The social host liability law states that consciously permitting a minor to drink under your supervision or on your property is a misdemeanor. The penalty for failing your responsibility as social host could entail financial charges up to \$2,000 and one year of jail time.

Use & Lose Law

If someone underage is caught with alcohol in their possession or in their system, they will lose their driver's license for 180 days. The person is also required to serve 75 hours of community service and 8-12 hours of alcohol education, and counseling.

Zero Tolerance Law

Anyone under the age of 21 is prohibited from operating a vehicle with any percentage of alcohol in their system. The consequences include losing their driver's license/privilege to drive for 180 days, 8-12 hours of alcohol education and counseling, and a \$150-1,000 fine.

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KNOW THE CONSEQUENCES!

About 5,000 people under age 21 annually die from alcohol-related injuries involving underage drinking. Approximately:

- 1,900 (38 percent) of the 5,000 deaths involve motor vehicle crashes,
- 1,600 (32 percent) result from homicides, and
- 300 (6 percent) result from suicides.

Underage drinking:

- Plays a significant role in risky sexual behavior, including unwanted, unintended, and unprotected sexual activity, and sex with multiple partners. Such behavior increases the risk for unplanned pregnancy and for contracting sexually transmitted diseases.
- Increases the risk of physical and sexual assault
- Is associated with academic failure.
- Is associated with illicit drug use.
- Is associated with tobacco use.
- Can cause a range of physical consequences, from hangovers to death from alcohol poisoning.
- Can cause alterations in the structure and function of the developing brain, which continues to mature into the mid- to late twenties, and may have consequences reaching far beyond adolescence.
- Creates secondhand effects that can put others at risk. Loud and unruly behavior, property destruction, unintentional injuries, violence, and even death because of underage alcohol use afflict innocent parties. For example, about 45 percent of people who die in crashes involving a drinking driver under the age of 21 are people other than the driver.
- Is a risk factor for heavy drinking later in life and continued heavy use of alcohol leads to increased risk across the lifespan for acute consequences and for medical problems such as cancers of the oral cavity, larynx, pharynx, and esophagus; liver cirrhosis; pancreatitis; and hemorrhagic stroke.

<http://www.camy.org/resources/fact-sheets/consequences-of-underage-drinking-surgeon-general/index.html>

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HELPFUL RESOURCES

Be A Jerk

<http://www.beajerk.org/>

Hawaii Prevention Resource Center

<http://www.hiprc808.org/underage-drinking/>

Power of Parents, MADD

<https://www.madd.org/the-solution/power-of-parents/>

Substance Abuse and Mental Health Services Administration

<https://www.samhsa.gov/underage-drinking>

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SOCIAL MEDIA

Facebook

- Take the pledge and share it on your Facebook account to encourage other parents to do the same
- Share content on your Facebook page:
 - Links to articles on website suggesting helpful tips for parents
 - Links to studies with eye-catching headlines
 - Photos of your teens enjoying activities not involving alcohol

Instagram

- Post photos of your teen enjoying activities not involving alcohol
- Use the hashtag #Under21NoCan

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