

Underage Drinking is Not a Rite of Passage

Minnesota Department of Health

2008

First the Data

- Drank in the past 30 days
 - U of M 18-24-year-old undergraduates – 74.3%
 - 12th grade – 47.5%
 - 9th grade – 24%
- Binge drank in past two weeks (5+ drinks at one time)
 - U of M 18-24-year-old undergraduates – 41.6%
 - 12th grade – 30%
 - 9th grade – 13%

2007 University of Minnesota College Student Survey

2007 Minnesota Student Survey

Data Continued

- Drove after drinking or using drugs¹
 - 12th grade – 25%
- Rode with someone who had been drinking or using drugs¹
 - 12th grade – 38%
 - 9th grade – 19%
- Youth reported drinking 4.9 drinks on the days they drank, adults reported 2.8.²

1. 2007 Minnesota Student Survey

2. Analysis of 2005 and 2006 National Survey on Drug Use and Health

Too Many Adults Say:

- So, what's the big deal, we drank when we were young!
- Kids will be kids!
- It's a rite of passage!

Too Many Adults Say:

- Our laws are too Puritanical, we should lower the drinking age:
 - If they could drink in a safe setting like a bar everything would be okay.
 - European countries have it right.
- If they are old enough to fight for their country, they are old enough to drink!
- At least it's only alcohol!

We Drank When We Were Young: Kids will be Kids!

Youth and young adult drinking is different now than it was for many of us.

- Ever use a beer bong?
- Ever play Beer Pong?
- Ever do a keg stand?
- Ever play Edward 40 hands?

Beer Bong



“The Ultimate Beer Bong”



An Inflatable Beer Bong



Beer Pong



“Ultimate Beer Pong”



Even if You Don't Have a Table



A Keg Stand



Edward Forty Hands AKA: 80 Ounces to Freedom



It's a Rite of Passage

Unfortunately, too many youth do not make it to adulthood and, of those who do, too many will experience harmful consequences including:

- Physical and mental health problems
- Possible alcohol dependence

If They Could Drink in a Safe Setting...

The tragedies of:

- Jason Reinhardt,
- Scott Radel,
- Amanda Jax,
- numerous people who drowned in the Mississippi after drinking in bars in La Crosse, and
- many others dispute this theory!

A Fundraiser for the Minneapolis Jaycees In December, 2007



BEER PONG TOURNAMENT
Benefiting the Minneapolis Jaycees
Blarney Club & Grill
1718 Grand Street, Minneapolis, MN 55404
Saturday, December 8 • 6:00pm
Registration for 4-person teams
Includes 100¢ buffet of food,
drink specials and a complimentary cash prize
**CASH PRIZE
FOR TOP 2 TEAMS
UP TO \$400!!!**
Visit www.citypages.com/promotions for details

Drunken Spelling Bee

Nightwatch notes: A drunken spelling bee

By Tom Horgen, Star Tribune

January 17, 2008

Catch a buzz at the bee

Oh, this is pure genius. On Feb. 2, the 331 Club in northeast Minneapolis will host the **1st Annual Drunken Spelling Bee**. Yes, you heard it right, and yes, you are just as excited as I am. The competition will feature themed spelling rounds that will include topics such as celebrity names, hipster phraseology, alcoholic beverages and naughty words...

Europeans Have it Right: Lower the Drinking Age

2003 research comparing drinking by 15 and 16-year-olds in the U.S and 35 European nations:

- Only youth from Turkey drank less and binged less than U.S. youth.
- 3/4 of the nations had a higher proportion of youth who drank to intoxication than U.S. youth.

If they are old enough to fight for
their country...

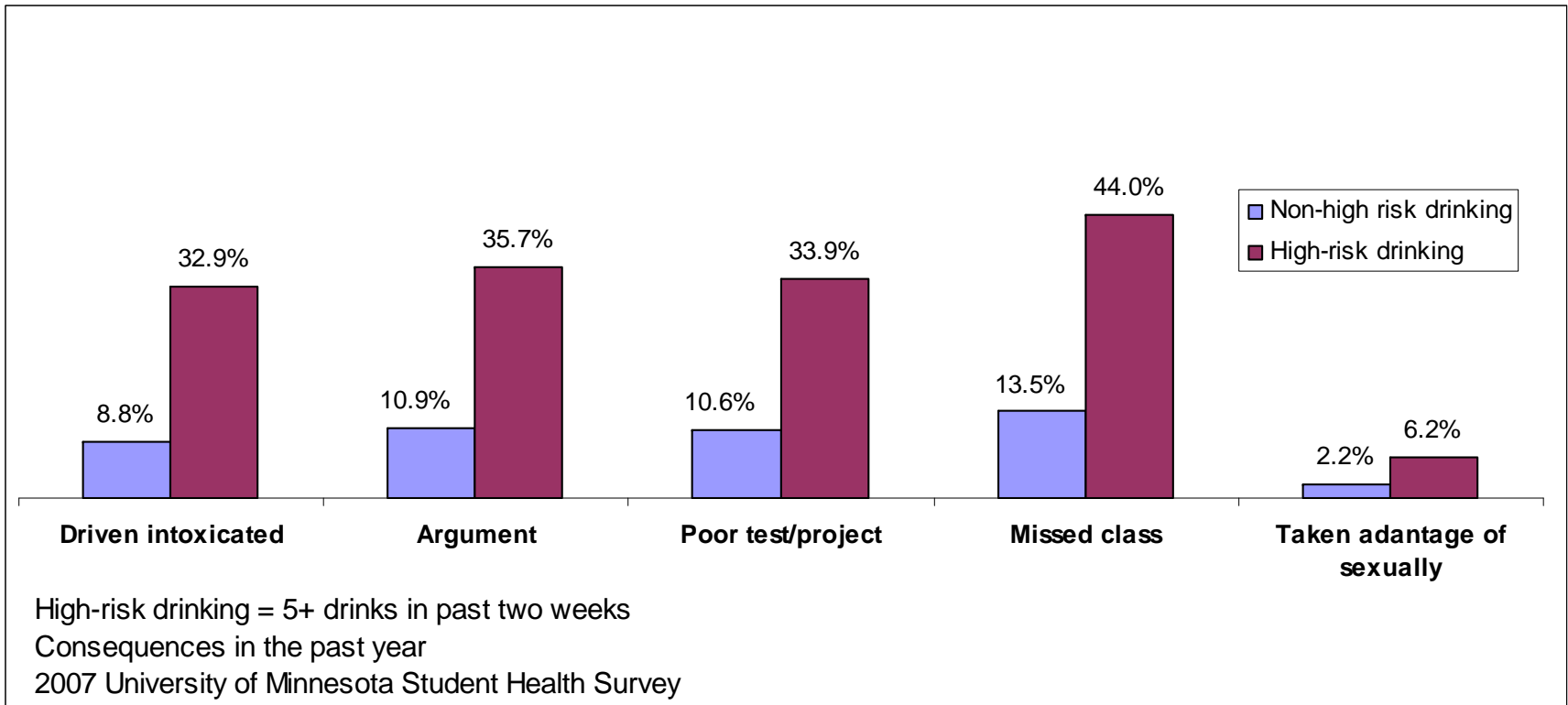
This is not a logical argument!

- The military needs people to follow orders unquestioningly.
- We need young people to question the wisdom of drinking excessively and not following others.

**U.S. military personnel in S. Korea must be 21 to drink, the legal drinking age is 20.

At Least it's Only Alcohol!

U of M Students (Ages 18-24)



At Least it's Only Alcohol!

Young people who begin drinking before age 15 are:

- 4 times more likely to develop alcoholism and 2 times as likely to develop alcohol abuse as those who begin drinking at age 21¹.

And:

- 12 times more likely to be unintentionally injured while under the influence of alcohol,
- 7 times more likely to be in a motor vehicle crash after drinking, and
- 10 times more likely to have been in a physical fight after drinking².

1. National Longitudinal Alcohol Epidemiologic Survey. *Journal of Substance Abuse*, 1998.

2. Social and Health Consequences of Underage Drinking. *Reducing Underage Drinking: A Collective Responsibility, Background Papers* (The National Academies Press, 2004).

And then there is Brain Development!

- The human brain does not fully develop until about age 25
- The last part to develop is the pre-frontal cortex which controls judgment
- How old do you have to be to rent a car?
 - Why?

What Can You Do?

Speak up and help end this myth that underage alcohol use is a rite of passage.

Help us change the norms about underage alcohol use and high-risk drinking.

Our communities cannot afford to experience more of these tragedies.