



"Building a Community Without Drugs"

Spring 2007

## **Moms & Dads PROM & GRADUATION ARE NEAR**

**But your job is not over yet:**

**Talk with your sons and daughters - before something happens.**

- About safe and smart celebrations
- About not drinking
- About safe driving
- About coming home alive

**Kids don't need *cool* parents - they just need parents.**

- Have the talk - before one bad choice ruins their lives, or ends it.
- Do not supply the alcohol, or allow it at your party.
- It could mean a felony for you-and a future for them.
- Provide options of chaperones and alcohol-free parties.

**Be smart, be a parent.**

**One day they will be around to say thanks.**

**-Message from Don Quick, District Attorney, 17th Judicial District-**

### **Impact of Alcohol on Adolescents**

- The average age when youth first try alcohol is 11 years for boys and 13 for girls. The average age at which Americans begin drinking regularly is 15.9 years old.
- Adolescents who begin drinking before age 15 are five times more likely to develop alcohol dependence than those who begin drinking at age 21.
- Teens who abuse alcohol can shrink their brain capacity up to 10%. An adolescent's central nervous system and brain are not fully developed and are especially sensitive to alcohol, the most commonly used drug.
- Alcohol is the leading factor as the cause of death for 15 to 24 year olds involved in automobile crashes, homicides and suicides.

**DON'T be a party to teenage Drinking. It's against the law.**

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### **Impacto del Alcohol En los Adolescentes**

- La edad promedio cuando los jóvenes prueban su primer bebida alcohólica es 11 años para los varones y 13 para las mujeres. La edad promedio en la que los Americanos empiezan a beber regularmente es a los 15.9 años.
- Jóvenes que empiezan a beber alcohol antes de los 15 años tienen 5 veces más probabilidades de desarrollar problemas de alcohol que quienes lo hacen después de los 21 años.
- Adolescentes que abusan el alcohol pueden encoger su capacidad cerebral hasta un 10%. El sistema nervioso central y el cerebro de un adolescente no están completamente desarrollados y son especialmente sensibles al alcohol, la droga más comúnmente usada.
- Alcohol es el factor primordial como la causa de muerte en jóvenes de 15 a 24 años involucrados en accidentes automovilísticos, homicidios y suicidios.

**No haga una fiesta para que los adolescentes beban alcohol. Es contra la ley.**

**PARA INFORMACIÓN EN ESPAÑOL POR FAVOR LLAME A VOCES (VOICES), 720-542-5360**

**APJD**