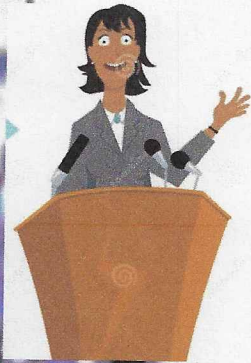


The Marengo County Coalition Presents



The ONE SHOT



YOUTH EMPOWERMENT



PROGRAM



Saturday, May 10, 2025

10:00 am – 3:00pm

Theo Ratliff Center

306 1st Avenue

Demopolis, Alabama 36732

Contact Bernice W. Nixon at 251 355 9846 for more information.

Free
Admission



Marengo County Coalition Meeting

Bernice W. Nixon, Coordinator

May 14, 2025

12:00 Noon

Theo Ratliff Center

Demopolis, Alabama 36732

“Let’s Say No to Underage Drinking”

For information, please contact
Bernice W. Nixon, the Marengo County
Coalition Coordinator at
1 (251) 355 9846 or bwnixon @altapointe.org

***Concerned parents and community
members are asked to attend.

“Let each new year find you a better
person.” – Benjamin Franklin



UNDERAGE DRINKING

— MYTHS — — VERSUS — FACTS

You probably see and hear a lot about alcohol—from TV, movies, music, social media, and your friends. But what are the real facts? Here are some common myths and facts about alcohol use.

MYTH All of the other kids drink alcohol.
You need to drink to fit in.

FACT Don't believe the hype: Most young people don't drink alcohol! Research shows that almost 82 percent of 12- to 20-year-olds haven't had a drink in the past month.¹

MYTH Drinking alcohol will make people like you.

FACT There's nothing likable about stumbling around, passing out, or puking on yourself. Drinking alcohol can also make your breath smell bad.

MYTH Drinking is a good way to loosen up at parties.

FACT Drinking is a dumb way to loosen up. It can make you act foolish, say things you shouldn't say, and do things you wouldn't normally do. In fact, drinking can increase the likelihood of fights and risky sexual activity.²

MYTH Alcohol isn't as harmful as other drugs.

FACT Your brain doesn't stop growing until about age 25, and drinking can affect how it develops.³ Plus, alcohol increases your risk for many diseases, such as cancer.⁴ It can also cause you to have accidents and get injured, sending you to the emergency room.⁵

MYTH Beer and wine are safer than liquor.

FACT Alcohol is alcohol. A 12-ounce beer, a 5-ounce glass of wine, and a shot of liquor (1.5 ounces) all have the same amount of alcohol.⁶

MYTH You can sober up quickly by taking a cold shower or drinking coffee.

FACT There's no magic cure to help you sober up. One drink can take at least an hour to leave your body and sometimes takes even longer.⁷ And there's nothing you can do to make that happen quicker.

MYTH There's no reason to wait until you're 21 to drink.

FACT When you're young, drinking alcohol can make learning new things more difficult.⁸ Also, people who begin drinking before they turn 15 are more likely to develop a drinking problem at some point in their lives than those who begin drinking at age 21 or older.⁹

MYTH You can drink alcohol and you won't get into trouble.

FACT All states and Washington, D.C. have 21-year-old minimum-drinking-age laws.¹⁰ If you get caught drinking, you might have to pay a fine, do community service, take alcohol awareness classes, or even spend time in jail.



Think you or your friend has an alcohol problem?

Don't wait—get help. Talk to a parent, doctor, teacher, or anyone you trust.

If you're more comfortable speaking with someone you don't know, call the confidential SAMHSA National Helpline at 800-662-HELP (800-662-4357) (English and Spanish).

You can find substance abuse treatment services near you at **samhsa.gov/treatment**.

**MORE
INFO**

Learn more about underage drinking at
stopalcoholabuse.gov.

¹ Substance Abuse and Mental Health Services Administration. (2020). *Key substance use and mental health indicators in the United States: Results from the 2019 National Survey on Drug Use and Health* (HHS Publication No. PEP20-07-01-001, NSDUH Series H-55). Retrieved from <https://www.samhsa.gov/data/report/2019-nsduh-annual-national-report>

² Substance Abuse and Mental Health Services Administration. (2018). *Report to Congress on the Prevention and Reduction of Underage Drinking*. Retrieved from <https://www.stopalcoholabuse.gov/resources/reporttocongress/rtc2018.aspx>

³ U.S. Department of Health and Human Services. (2017). *Facing Addiction in America: The Surgeon General's Report on Alcohol, Drugs, and Health*. Retrieved from <https://www.stopalcoholabuse.gov/resources/reporttocongress/rtc2018.aspx>

⁴ National Cancer Institute. (2020). *Cancer Trends Progress Report: Alcohol Consumption*. Retrieved from <https://www.progressreport.cancer.gov/prevention/alcohol>

⁵ Naeger, S. (2017). Emergency department visits involving underage alcohol use: 2010 to 2013. *The CBHSQ Report*. Center for Behavioral Health Statistics and Quality, Substance Abuse and Mental Health Services Administration, Rockville, MD. Retrieved from https://www.samhsa.gov/data/sites/default/files/report_3061/ShortReport-3061.html

⁶ Centers for Disease Control and Prevention. (2020). *Alcohol and Public Health: Frequently Asked Questions About Alcohol*. Retrieved from <https://www.cdc.gov/alcohol/faqs.htm>

⁷ Cederbaum, A. I. (2012). Alcohol metabolism. *Clinics in Liver Disease*, 16(4), 667–685. Retrieved from <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3484320/>

⁸ U.S. Department of Health and Human Services, Substance Abuse and Mental Health Services Administration. (2018). *Report to Congress on the Prevention and Reduction of Underage Drinking*. Retrieved from <https://www.stopalcoholabuse.gov/resources/reporttocongress/rtc2018.aspx>

⁹ Grant, B. F., & Dawson, D. A. (1997). Age at onset of alcohol use and its association with DSM-IV alcohol abuse and dependence: Results from the National Longitudinal Alcohol Epidemiologic Survey. *Journal of Substance Abuse*, 9, 103–110.

¹⁰ U.S. Department of Health and Human Services. (2016). *Facing Addiction in America: The Surgeon General's Report on Alcohol, Drugs, and Health*. Retrieved from <https://www.ncbi.nlm.nih.gov/books/NBK424850/>



FACTS

on Underage Drinking

MARCH 2021

PREVENTION WORKS! ▀

- The facts tell the story. **Prevention of underage drinking and its consequences is possible.**
- Between 2002 and 2019, current drinking by 12- to 20-year-olds **declined from 29 percent to 19 percent.** From 2015 to 2018, binge drinking and heavy alcohol use **declined from 13 percent to 11 percent and 3 percent to 2 percent, respectively.***
- The number of 12th graders who reported using alcohol at least once in their lives declined from 82 percent in 1997 to 59 percent in 2019, a **28 percent drop.**²
- **Minimum legal drinking age laws are estimated to have saved 31,959 lives since 1975.** Further progress can be achieved through strong, continuing prevention efforts.³

*Current drinking = past 30-day use or past month use. Binge drinking = five or more drinks for males and four or more drinks for females on the same occasion on at least one day in the past 30 days. Heavy alcohol use = binge drinking on five or more days in the past 30 days.

All data are from 2019 unless otherwise indicated.

SAMHSA
Substance Abuse and Mental Health
Services Administration

UNDERAGE DRINKING STARTS EARLY ▀

Alcohol continues to be the most widely used substance of abuse among American youth, and a higher proportion use alcohol than tobacco, marijuana, or other drugs.⁴

Underage drinking often begins at an early age. Of those who drink underage, 15 percent began using alcohol before they were 13 years old.⁵ Nearly 2.3 million 12- to 17-year-olds used alcohol for the first time in 2019, which averages to approximately 6,200 adolescents who began using alcohol each day.⁶

Underage drinking is common and often excessive. In 2019, over 7 million 12-to 20-year-olds reported past month alcohol use, over 4 million reported past month binge drinking, and nearly 1 million reported past month heavy alcohol use.⁷

On their most recent drinking occasion, 72 percent of youth reported that they obtained alcohol for free. Most got their alcohol from a non-relative who was older than 21 (22 percent) or person under 21 (12 percent).⁸ Half of them drank the alcohol at someone else's home.⁹

PREVALENCE OF ALCOHOL USE BY ADOLESCENTS VARIES BY AGE ▀

Among adolescents, 46 percent of 16- to 17-year-olds, 25 percent of 14- to 15-year-olds, and 9 percent of 12- to 13-year-olds reported using alcohol at least once in their lives.¹⁰ Among adolescents ages 12 to 17, 2.3 million reported using alcohol in the past month and 29,000 reported using alcohol daily.^{11,12}

By grade, 29 percent of 12th graders, 18 percent of 10th graders, and 8 percent of 8th graders reported current drinking.¹³ By 8th grade, 24 percent of students had used alcohol and by the end of high school 59 percent of students had done so.¹⁴

Past month binge drinking was reported by 11 percent of 16- to 17-year-olds and 3 percent of 14- to 15-year-olds.¹⁵ Among 12th graders, 5 percent reported drinking 10 or more drinks in a row and 3 percent drank 15 or more drinks in a row.¹⁶

Adolescents find it easy to obtain alcohol. The majority of students in 10th and 12th grade reported that it would be "fairly easy" or "very easy" to obtain alcohol. This perception was most common among 12th graders, with 84 percent reporting easy access. This percentage, however, represents a decline from a high of 95 percent reported in 1999.¹⁷



AFTER HIGH SCHOOL: TALKING WITH YOUR YOUNG ADULT ABOUT UNDERAGE DRINKING

THEIR NEXT PHASE OF LIFE

While they're wrapping up high school studies and obligations, high school seniors make important decisions about the rest of their lives. Some choose to pursue a college degree immediately, and others may decide to join the workforce or military or delay college enrollment.

The quest for independence and self-reliance can be exciting. But it also can increase stress levels and lead to a variety of unhealthy behaviors—like underage drinking.^{1,2} Research shows that the brain continues to develop into the 20s, so alcohol use can damage young adults' maturing brains—just as they're starting the next phase of their lives.^{3,4}

UNDERAGE DRINKING AFTER HIGH SCHOOL

Underage drinking is prevalent after seniors graduate from high school. After graduating from high school young adults tend to drink more each year—even before they turn 21 and are legally allowed to drink.⁵

YOUNG ADULTS AND ALCOHOL

In 2021, 18- to 22-year-olds who did not attend college reported using alcohol in the past month.*

- **Nearly 40 percent** used alcohol.
- **Roughly 23 percent** reported binge drinking.
- **About 5 percent** reported drinking heavily.

*Numbers from the Detailed Tables have been rounded to the nearest hundred thousands or nearest whole percent.
Substance Abuse and Mental Health Services Administration, Center for Behavioral Health Statistics and Quality, National Survey on Drug Use and Health, 2021.

Binge drinking at any age is associated with short- and long-term consequences, such as:

- Unintentional injuries (e.g., car crashes, falls, burns, drowning);
- Intentional injuries (e.g., firearm injuries, sexual assault, domestic violence);
- Alcohol poisoning;
- Sexually transmitted diseases; and
- Unintended pregnancy.⁶

Young adults entering the workforce are exposed to—and spend more time with—older coworkers who may become influencers on issues like alcohol use.⁷ This is particularly true in industries where heavy alcohol use is common among employees. For example, there is a higher heavy alcohol use among people aged 18 to 64 who work in the construction industry than for other industries.⁸

If young adults find themselves temporarily unemployed, they're still at risk. Research shows that unemployed young adults are more likely to be daily drinkers than their peers. This increases their likelihood of engaging in risky behaviors that have serious consequences, like drinking and driving.⁹

BINGE DRINKING

- **Binge Drinking:** Drinking five or more alcoholic drinks for males or four or more alcoholic drinks for females on the same occasion on at least one day in the past 30 days.
- **Heavy Drinking:** Binge drinking on 5 or more days in the past 30 days; all heavy alcohol users are also binge alcohol users.

Substance Abuse and Mental Health Services Administration. (2022). Key substance use and mental health indicators in the United States: Results from the 2021 National Survey on Drug Use and Health (HHS Publication No. PEP22-07-01-005, NSDUH Series H-57). Center for Behavioral Health Statistics and Quality, Substance Abuse and Mental Health Services Administration. <https://www.samhsa.gov/data/report/2021-nsduh-annual-national-report>

YOUR GUIDANCE MATTERS

You can help the young adults in your life make healthy choices in their late teens and early 20s. It may be as simple as talking with them about the consequences of underage drinking. Even though they are branching out on their own, you have a positive influence on choices affecting their health and future.

Your guidance matters. In fact, research shows that young adults whose parents made rules about drinking were less likely to drink as they grew and became independent.¹⁰ It's crucial that you communicate openly and clearly with your young adult about alcohol and the behavior you expect.

Plus, if you commit to knowing more about them—what they're doing, who they're with, where they are—you're more likely to have a positive effect on their behavior.

LEARN MORE ABOUT UNDERAGE DRINKING
AT WWW.SAMHSA.GOV

SAMHSA
Substance Abuse and Mental Health
Services Administration

GLOBAL LEADERSHIP ADVENTURES

SUMMER TRAVEL CAMPS FOR TEENS



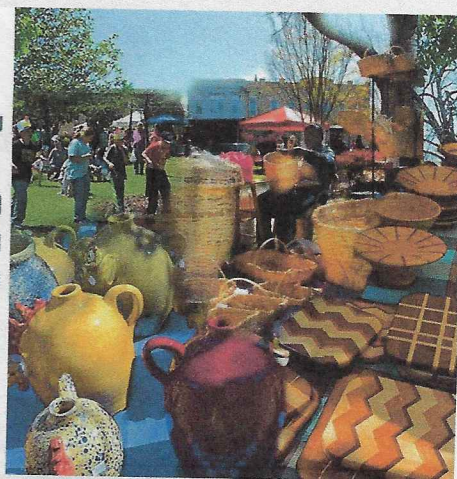
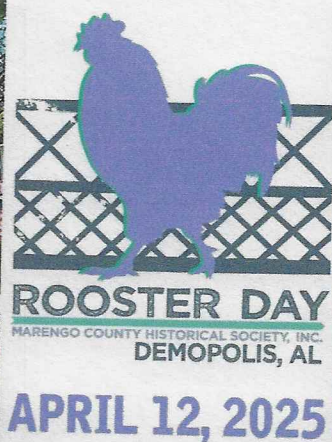
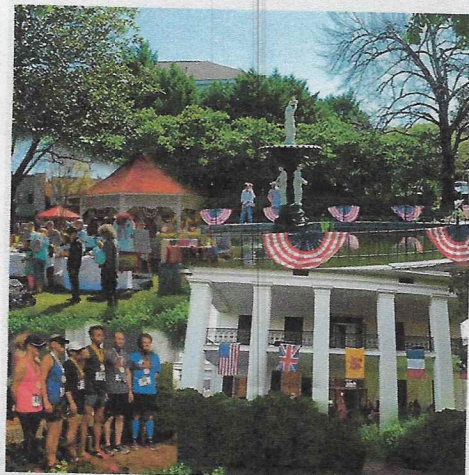
Life-changing journeys for teens in destinations across Africa, Asia & the Pacific, Europe and the Americas. **Spring break and summer options are available.** GLA travel camps for teens include meaningful community service, hands-on learning and adventure excursions.

Request Your Free GLA Program Catalog

Global Leadership Adventures is like a summer camp for teens, but way better!

Why? Because it combines the fun, friendships and adventure of a traditional camp with meaningful travel and real-world impact. Just like summer camp, GLA programs take teens to exciting destinations where they bond with peers, explore the outdoors and engage in hands-on activities. But instead of just roasting marshmallows or canoeing on a lake, participants find themselves immersed in new cultures, embarking on epic adventure excursions and working on service projects that make a tangible difference in communities around the world.

Beyond the traditional camp experience, GLA elevates summer learning by focusing on leadership, global awareness and personal growth.



Rooster Day, Demopolis, Al

Downtown Square

Marengo County Historical Society's Rooster Day in Demopolis, AL includes the Cocks Crow 5K & 1K, an arts and crafts fair -all handmade, an entertainment stage, area food vendors, and Coop Games for kids - inflatables, petting zoo, crafts, and more!