Underage Drinking

URL of this page: http://www.nlm.nih.gov/medlineplus/underagedrinking.html

Also called: Teenage drinking

It is possible to drink legally and safely - when you’re over 21. But if you're under 21, or if you drink too much at any age, alcohol can be especially risky.

Many kids begin drinking as early as middle school or even sooner. This is dangerous. Kids who drink are more likely to be victims of violent crime and sexual assault. They are more likely to have serious problems in school. They are more likely to be involved in drinking-related traffic crashes. They are also more likely to develop problems with alcohol later in life.

Kids often begin drinking to look "cool" or fit in with their peers. Parents can do many things to help their kids avoid alcohol problems. Get help for your child if you suspect a drinking problem.

NIH: National Institute on Alcohol Abuse and Alcoholism

Start Here
  Also available in Spanish [http://kidshealth.org/teen/en_espanol/drogas/alcohol_esp.html]
- Make a Difference: Talk to Your Child about Alcohol [http://pubs.niaaa.nih.gov/publications/MakeADiff_HTML/makediff.htm] NIH (National Institute on Alcohol Abuse and Alcoholism)
  Also available in Spanish [http://pubs.niaaa.nih.gov/publications/MakeADiff_SpanHTML/SpanDiff.pdf]

Overviews
- Alcohol and Children [http://www.ncfh.org/pdfs/BilingualEd/PDF15.pdf] Easy-to-Read (National Center for Farmworker Health) - PDF
  Also available in Spanish [http://www.ncfh.org/pdfs/BilingualEd/PDF16.pdf]
- College Drinking [http://pubs.niaaa.nih.gov/publications/CollegeFactSheet/CollegeFactSheet.pdf] NIH (National Institute on Alcohol Abuse and Alcoholism) - PDF
- Underage Drinking [http://www.cdc.gov/alcohol/fact-sheets/underage-drinking.htm] (Centers for Disease Control and Prevention)
- Underage Drinking: Talk, They Hear You [http://www.samhsa.gov/underagedrinking/] (Substance Abuse and Mental Health Services Administration)

Latest News
Diagnosis/Symptoms
- Message to Teenagers...How to Tell When Drinking Is Becoming a Problem [http://www.aa.org/pdf/products/fs-9_aMessageToTeenagers1.pdf] (Alcoholics Anonymous) - PDF
  Also available in Spanish [http://www.aa.org/pdf/products/sf-9_aMessageToTeenagers1.pdf]
- Warning Signs of an Underage Drinking Problem and How to Find Help [http://www.samhsa.gov/underagedrinking/pdfs/Talk-They-Hear-You-Warning-Signs.pdf] (Substance Abuse and Mental Health Services Administration) - PDF

Treatment
- Substance Abuse Treatment for Children and Adolescents: Questions to Ask [http://www.aacap.org/AACAP/Families_and_Youth/Facts_for_Families/Facts_for_Families_Pages/Substance_Abuse_Treatment_For_Children_And_Adolescents_Questions_To_Ask_41.aspx] (American Academy of Child and Adolescent Psychiatry)
  Also available in Spanish [http://www.aacap.org/AACAP/Families_and_Youth/Facts_for_Families/Facts_for_Families_Pages/Spanish/Tratamiento_Para_el_Abuso_de_Substancias_para_Ninos_y_Adolescentes_Qu_est_Preguntar_41.aspx]

Prevention/Screening
- College Drinking - Changing the Culture [http://www.collegedrinkingprevention.gov] NIH (National Institute on Alcohol Abuse and Alcoholism)
- Parenting to Prevent Childhood Alcohol Use [http://pubs.niaaa.nih.gov/publications/adolescentflyer/adoflyer.htm] NIH (National Institute on Alcohol Abuse and Alcoholism)
- Too Smart to Start: Families [http://www.toosmarttostart.samhsa.gov/families/default.aspx] (Substance Abuse and Mental Health Services Administration)

Coping
  Also available in Spanish [http://www.aacap.org/cs/root/facts_for_families/informacion_para_la_familia/los_hijos_de_alcoholicos_no_17]
  Also available in Spanish [http://kidshealth.org/teen/en_espanol/mente/coping_alcoholic_esp.html]

Related Issues
- Alcohol Use: Fact Sheet for Parents [http://www.acog.org~/media/Departments/Adolescent%20Health%20Care/Teen%20Care%20Tool%20Kit/Alcohol_4_Parents.ashx] (American College of Obstetricians and Gynecologists) - PDF
- Answering Questions about Alcohol [http://www.dontserve teens.gov/questions.html] (Federal Trade Commission)
  Also available in Spanish [http://www.drugabuse.gov/en/publicaciones/drugfacts/conducir-bajo-la-influencia-delas-drogas]
- Learn to Answer Tough Questions [http://www.samhsa.gov/underagedrinking/pdfs/Tough-Questions.pdf] (Substance Abuse and Mental Health Services Administration) - PDF

Health Check Tools
• Alcohol Calorie Calculator [http://www.collegedrinkingprevention.gov/CollegeStudents/calculator/alcoholcalc.aspx] NIH (National Institute on Alcohol Abuse and Alcoholism)

Tutorials
• Time to Act!: Teen Drug and Alcohol Intervention [http://timetoact.drugfree.org/] (Partnership for a Drug-Free America)

Videos
• D'cisions: Drugs + HIV, Learn the Link [http://hiv.drugabuse.gov/english/message/webisodes.html] NIH (National Institute on Drug Abuse)

Anatomy/Physiology
• Interactive Body [http://www.collegedrinkingprevention.gov/CollegeStudents/interactiveBody.aspx] NIH (National Institute on Alcohol Abuse and Alcoholism)

Clinical Trials
• ClinicalTrials.gov: Alcohol and Youth [http://clinicaltrials.gov/search/open/term=alcohol+%5BCONDITION%5D+AND+(adolescent+OR+teen)+%5BALL-FIELDS%5D] NIH (National Institutes of Health)

Research

Journal Articles
References and abstracts from MEDLINE/PubMed (National Library of Medicine)
• Article: Gender differences in the effects of exposure to violence on... [http://www.ncbi.nlm.nih.gov/pubmed/23520836?tool=MedlinePlus]
• Article: Heavy episodic drinking and soccer practice among high school students... [http://www.ncbi.nlm.nih.gov/pubmed/23514566?tool=MedlinePlus]
Directories

- Substance Abuse Treatment Facility Locator [http://findtreatment.samhsa.gov/TreatmentLocator/faces/quickSearch.jspx] (Substance Abuse and Mental Health Services Administration)

Organizations

- Alcoholics Anonymous [http://www.aa.org/]
  Also available in Spanish [http://www.aa.org/sp_index.cfm?Media=PlayFlash]

Statistics

- Adolescent Substance Abuse and Mental Health Issues by State [http://www.samhsa.gov/statesinbrief/] (Substance Abuse and Mental Health Services Administration)
- CDC Vital Signs: Binge Drinking [http://www.cdc.gov/vitalsigns/BingeDrinking/] (Centers for Disease Control and Prevention)
- CDC Vital Signs: Teen Drinking and Driving - A Dangerous Mix [http://www.cdc.gov/vitalsigns/TeenDrinkingAndDriving/] (Centers for Disease Control and Prevention)
  Also available in Spanish [http://www.cdc.gov/Spanish/especialesCDC/VitalSigns/ConductoresAdolescentesBeiendo/]
- Fathers’ Alcohol Use and Substance Use among Adolescents [http://oas.samhsa.gov/2k9/108/FatherAlcUse.htm] (Substance Abuse and Mental Health Services Administration)
- Substance Use among Asian Adolescents [http://oas.samhsa.gov/2k11/006/WEB_SR_006.htm] (Substance Abuse and Mental Health Services Administration)
- Substance Use among Black Adolescents [http://oas.samhsa.gov/2k11/004/WEB_SR_004.htm] (Substance Abuse and Mental Health Services Administration)
- Substance Use among Hispanic Adolescents [http://oas.samhsa.gov/2k11/007/WEB_SR_007.htm] (Substance Abuse and Mental Health Services Administration)
- Trends in Adolescent Substance Use and Perception of Risk from Substance Use [http://www.samhsa.gov/data/2k13/NSDUH099a/sr099a-risk-perception-trends.pdf] (Substance Abuse and Mental Health Services Administration) - PDF
- Underage Drinking Reports [http://www.oas.samhsa.gov/underage.cfm] (Substance Abuse and Mental Health Services Administration)

MedlinePlus Magazine


Children

- Alcohol [http://kidshealth.org/kid/stay_healthy/body/alcohol.html] (Nemours Foundation)
- Kids and Alcohol [http://kidshealth.org/parent/positive/talk/alcohol.html] (Nemours Foundation)
  Also available in Spanish [http://kidshealth.org/parent/en_espanol/emociones/alcohol_esp.html]
  Also available in Spanish [http://kidshealth.org/kid/en_espanol/sano/poll_alcohol_esp.html]

Teenagers

  Also available in Spanish [http://kidshealth.org/teen/en_espanol/drogas/binge_drink_esp.html]
on Alcohol Abuse and Alcoholism)

  Also available in Spanish [http://kidshealth.org/teen/en_espanol/mente/addictions__esp.html]
- Too Smart to Start: Youth [http://www.toosmarttostart.samhsa.gov/tweens/default.aspx] (Substance Abuse and Mental Health Services Administration)

Women

- CDC Vital Signs: Binge Drinking a Serious, Under-Recognized Problem Among Women and Girls [http://www.cdc.gov/vitalsigns/bingedrinkingfemale/] (Centers for Disease Control and Prevention)
  Also available in Spanish [http://www.cdc.gov/Spanish/especialesCDC/VitalSigns/AlcoholMujeres/]

Patient Handouts

  Also available in Spanish [http://www.nlm.nih.gov/medlineplus/spanish/ency/patientinstructions/000528.htm]
- Talking to your teen about drinking [http://www.nlm.nih.gov/medlineplus/ency/patientinstructions/000505.htm]
  Also available in Spanish [http://www.nlm.nih.gov/medlineplus/ency/patientinstructions/000505.htm]

You may also be interested in these related encyclopedia pages:

- Talking to your teen about drinking [http://www.nlm.nih.gov/medlineplus/ency/patientinstructions/000505.htm]

You may also be interested in these related MedlinePlus topics:


The primary NIH organization for research on Underage Drinking is the National Institute on Alcohol Abuse and Alcoholism [http://www.niaaa.nih.gov/]

Date last updated: 7 July 2013
Topic last reviewed: 27 March 2013