



**SOBER 'TIL 21**

***Under 21, No Can!***

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## THE FACTS ABOUT UNDERAGE DRINKING

- The biggest fact you need to know is that the majority of teens do not drink! Hawai'i teens think that 85% of people their age drink at least one drink a day, when in actuality almost 85% do not drink at all.<sup>1</sup>
- Almost half of all Hawai'i youth have never drank.<sup>2</sup>
- The majority (88%) of both girls and boys (aged 12-17 years) in Hawaii refrain from binge drinking.<sup>3</sup>
- Three out of every 4 teenager claims that their parents are a leading influencer on their opinion of drinking.<sup>4</sup>
- Of Hawai'i teens who drink, 85% report getting alcohol from home without their parents'/guardians' knowledge.<sup>5</sup>
- Of Hawai'i teens who drink, 78% report getting alcohol from older family members who are not their parents/guardians.<sup>6</sup>
- One in four car crashes with teenagers involve an underage drunk driver.<sup>7</sup>

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<sup>1</sup> [www.hawaiihealthmatters.org](http://www.hawaiihealthmatters.org)

<sup>2</sup> [http://ibis.hhdw.org/ibisph-view/query/selection/yrbs/\\_YRBSSelection.html](http://ibis.hhdw.org/ibisph-view/query/selection/yrbs/_YRBSSelection.html)

<sup>3</sup> [www.hawaiihealthmatters.org](http://www.hawaiihealthmatters.org)

<sup>4</sup> MADD.org

<sup>5</sup> [www.beajerk.org/why-be-a-jerk/factoids](http://www.beajerk.org/why-be-a-jerk/factoids)

<sup>6</sup> [www.beajerk.org/why-be-a-jerk/factoids](http://www.beajerk.org/why-be-a-jerk/factoids)

<sup>7</sup> MADD.org



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## HOW TO REFUSE ALCOHOL

We recognize that there will be times in your teen life when you will encounter alcohol...whether at a party, a school dance, or at a friend's home. Here are some easy tips for how to refuse alcohol without feeling uncomfortable.

- Remember that saying no to alcohol is totally okay.
- Before entering the party, let your good friend know that you don't want to drink so both of you can come up with a plan together on how to handle situations with alcohol. You can come up with code words or signals to keep it discreet.
- Say that you're the designated driver for the night or you have an important event the following morning and are unable to drink.
- Hold a cup of soda or juice in your hand.
- Tell people that you're allergic to alcohol.
- Say that you don't want to consume alcohol – that you don't like the taste or how it makes you feel.
- Take a stand and say you don't drink.
- Leave altogether. You don't need alcohol or intoxication to have a good time.

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## 25 FUN ACTIVITIES WITHOUT ALCOHOL

1. Read a book.
2. Go hiking.
3. Watch a movie.
4. Yoga or exercise.
5. Go to the beach.
6. Have a picnic.
7. Play games at an arcade.
8. Start writing on a blog or in your own personal journal.
9. Play an old board game from your childhood.
10. Play video games with friends.
11. Learn to cook something new.
12. Try a new sport.
13. Spend time with your family.
14. Sing karaoke with friends.
15. Binge-watch a television series.
16. Visit an art exhibit or a craft fair.
17. Create art.
18. Volunteer at a non-profit.
19. Attend a concert.
20. Learn a new musical instrument.
21. Explore the town.
22. Go biking.
23. Adopt a fitness routine.
24. Join a meetup group.
25. Visit an animal shelter.

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## TOP 10 REASONS TO SAY NO TO ALCOHOL

10. It impairs your judgment.
9. Getting caught with it could result in not being admitted to the college you want or losing a scholarship.
8. You could lose your license.
7. It takes away your ability to make safe and healthy choices.
6. It could damage your brain.
5. Drinking can make you depressed.
4. It is strongly linked to other risky behaviors.
3. It affects your memory.
2. It could result in serious injury, or even death.
1. The majority of your peers are already saying no!

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## HELPFUL RESOURCES

Above the Influence

<https://abovetheinfluence.com/>

The Cool Spot

<https://www.thecoolspot.gov/>

Power of Youth

<http://www.powerofyouth.com/>

Teen Link Hawaii

<https://www.teenlinkhawaii.org/>

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