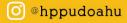


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### THE FACTS ABOUT UNDERAGE DRINKING

- 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>&</sup>lt;sup>1</sup> www.hawaiihealthmatters.org

<sup>&</sup>lt;sup>2</sup> http://ibis.hhdw.org/ibisph-view/query/selection/yrbs/\_YRBSSelection.html

<sup>&</sup>lt;sup>3</sup> www.hawaiihealthmatters.org

<sup>&</sup>lt;sup>4</sup> MADD.org

<sup>&</sup>lt;sup>5</sup> www.beajerk.org/why-be-a-jerk/factoids

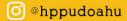
<sup>&</sup>lt;sup>6</sup> <u>www.beajerk.org/why-be-a-jerk/factoids</u>

<sup>7</sup> MADD.org



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#### **HOW TO REFUSE ALCOHOL**

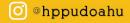
We recognize that there will be times in your teen life when you will encounter alcohol...whether at a party, a school dance, or at a friend's home. Here are some easy tips for how to refuse alcohol without feeling uncomfortable.

- Remember that saying no to alchohol 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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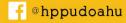


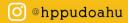
#### 25 FUN ACTIVITIES WITHOUT ALCOHOL

- 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 <a href="https://abovetheinfluence.com/">https://abovetheinfluence.com/</a>

The Cool Spot <a href="https://www.thecoolspot.gov/">https://www.thecoolspot.gov/</a>

Power of Youth <a href="http://www.powerofyouth.com/">http://www.powerofyouth.com/</a>

Teen Link Hawaii https://www.teenlinkhawaii.org/