

# Alcohol Awareness

Division of Behavioral  
Health Services  
[www.azdhs.gov/  
bhs/](http://www.azdhs.gov/bhs/)

## QUICK FACTS:

- Anyone drinking before the age of 15 has a 40% chance of developing an addiction. This is only 7% for those age 21 or older.
- Serving alcohol in your home to anyone under 21 is a class 1 misdemeanor.
- Underage drinking plays a role in death of 5,000 youths across America each year.
- Alcohol-impaired motor vehicle crashes cost more than an estimated \$37 billion annually.
- In Arizona, alcohol is consumed more frequently than all illicit drugs combined and is the drug most associated with injury or death.

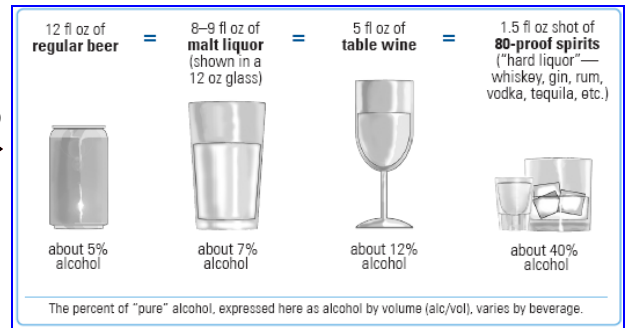
## RESOURCES:

[Rethinking Drinking](#)  
[Talk. They Hear You.](#)

Approximately 14 million people in the United States are addicted to alcohol or abuse alcohol. This is a serious disease that can be prevented and treated. People who achieve recovery improve the quality of life for themselves and their loved ones.

## Do you know how much alcohol is in a standard drink?

In the United States, a standard drink contains about 0.6 fluid ounces or 14 grams of pure alcohol. Click the image to learn more...



## Are you binge drinking?

Having four or more drinks during a single occasion is considered *binge drinking*. It is defined as a pattern of drinking that brings a person's blood alcohol concentration (BAC) to 0.08% or above. This usually means about five drinks for men and four for women.

## Are you (or a loved one) drinking too much?

1. Do you drink alone when you feel angry or sad?
2. Does your drinking ever make you late for work?
3. Does your drinking worry your family?
4. Do you ever drink after telling yourself you won't?
5. Do you ever forget what you did while you were drinking?
6. Do you get headaches or have a hang-over after you have been drinking?

If you answered "yes" to any of these questions, you may have a drinking problem. Check with your doctor to be sure. [Click here](#) to learn how to cut down or quit your drinking.

## Are you concerned that your child may be drinking?

And you should be...Alcohol permanently damages a young person's developing brain! The following may be warning signs your child is drinking alcohol: mood changes, school problems, a lack of involvement in former interests, smelling of alcohol, memory lapses, poor concentration, bloodshot eyes, lack of coordination or slurred speech.

## Tips for Parents:

- \* Send a consistent, clear message that underage drinking is not acceptable behavior or a "rite of passage."
- \* Get to know your child's friends and help them find ways to avoid drinking when they feel pressured by peers. Help them decide how they will exit a situation that is uncomfortable, unsafe or against your rules.
- \* Be home for all parties and require the parties to be free of alcohol.
- \* Set firm, no-alcohol boundaries. Parents and adults have more influence than they think to keep kids away from alcohol.
- \* Learn how to [talk to your children](#) about drinking and drug use.