



Alcoholism Prevention

Reducing underage drinking requires a cooperative effort from all levels of government, alcohol manufacturers and retailers, the entertainment industry, schools, parents and other adults in a community. We need to change social norms to reinforce the message that underage alcohol use is unacceptable.

What MCSAC is doing

- *Education:* Provide alcohol vendor education through PREP and Safe Community Festival Initiative.
- *Law Enforcement:* Support legislation to create a safe and healthy community (e.g., Social Hosting law passed in July 2011 which stiffens criminal penalties).
- *Monitoring:* Work with law enforcement to increase ID compliance checks. Compliance rates improved from under 50% in 2009 to 88% in 2010.
- *Environmental Scans:* Scan community festivals/events and offer suggestions for a safer environment. Provide ID scanners for use at festivals/events to reduce underage drinking.

What you can do

- Drink in moderation: 2 drinks/day for men, 1 drink/day for women. (Rethinking drinking)
- Never drive under the influence, or allow others to do so.
- Never serve alcohol to anyone under age 21. Learn more about social hosting.
- Seek help if you have a problem; encourage others to do the same.
- Support policies and legislation that promote alcohol abuse prevention and treatment.
- If you are pregnant do not drink

Avoid alcohol if you are:

- Taking medications that interact with alcohol.
- Managing a medical condition that can be made worse by drinking.
- Planning to drive a vehicle or operate machinery.
- Pregnant or trying to become pregnant.

Additional tips for parents

Parents often believe that their children don't listen to them, yet 74% of kids say they turn to their parents for guidance on drinking. Adolescents who are aware that their parents would be upset if they drank are less likely to do so.

- Be informed; use reliable sources: Evaluate web-based health resources
- Talk early and often, in developmentally appropriate ways, with youth about alcohol.
- Be aware of the latest fads.
- Model responsible alcohol consumption.