

UNDERAGE DRINKING



Alcohol is the **most abused** drug by youth. The following information represents South Texas data in relation to underage drinking.

High School

From **Middle School to High School**, the number of students that have tried alcohol **DOUBLES**.



By **7th Grade**
1 in 5 students
have tried alcohol



By **12th Grade**
2 in 3 students
have drunk alcohol



124
students were
expelled from alcohol
violations in 2016-2017

College/University

3 in 5 college students reported that underage drinking is a **problem on campus**.



2 in 3
18-20 year old college
students drink alcohol
regularly

Tips for a Healthy Lifestyle

Participate in School Activities



School involvement reduces behavior problems and less likely to engage in drug use.

Communicate With Trusted Parent/Adult



Research shows that open communication between trusted parent/adult and teen is the **most effective way to get help and guidance with a problem**.

Positive Peer Associations



Having positive/healthy peer relationships influences positive/healthy behaviors.