



BEFORE YOU RISK IT!

1

KNOW THE LAW. The minimum drinking age in the United States is 21. Having a national minimum drinking age saves lives and improves health. There is even evidence that the law protects people from other drug dependence and suicide.⁸

2

KNOW THE RISKS. Underage drinking contributes to more than 4,300 deaths among people below the age of 21 in the U.S. each year.⁹ Drinking under age 21 is also strongly linked with death from alcohol poisoning.¹⁰

3

LOOK AROUND YOU. Although alcohol is the most commonly used substance by teens, most teens don't drink. Each year, teens' alcohol use continues to drop—in 2019, rates of past-year alcohol use by students in 10th and 12th grades were at a 5-year low.¹¹



KNOW THE SIGNS

How can you tell if a friend is using alcohol? Potential side effects and symptoms include:¹²

- **Changes in mood, including anger and irritability**
- **Academic and/or behavioral problems in school**
- **Changing groups of friends**
- **Less interest in activities and/or care in appearance**



WHAT CAN YOU DO TO HELP SOMEONE WHO IS USING ALCOHOL?

BE A FRIEND. SAVE A LIFE.

Encourage your friend to stop drinking or seek help from a parent, teacher, or other caring adult.

For 24/7 free and confidential information and treatment referrals in English and Español, call SAMHSA's National Helpline at:

1-800-662-HELP (1-800-662-4357)

or visit the SAMHSA Behavioral Health Treatment Services Locator at: findtreatment.samhsa.gov

TO LEARN MORE ABOUT UNDERAGE DRINKING PREVENTION, CONTACT:

SAMHSA

1-877-SAMHSA-7 (1-877-726-4727)

(English and Español)

TTY 1-800-487-4889

www.samhsa.gov | store.samhsa.gov

MORE INFORMATION

FOR MORE INFORMATION OR FOR RESOURCES USED IN THIS

"TIPS for TEENS,"

visit store.samhsa.gov or call
1-877-SAMHSA-7 (1-877-726-4727)
(English and Español).

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^{1,3,11} National Institute on Drug Abuse (NIDA). (2020). Drug Facts: Alcohol. Retrieved from <https://teens.drugabuse.gov/drug-facts/alcohol>

^{2,5,9} U.S. Department of Health and Human Services (HHS), Substance Abuse and Mental Health Services Administration (SAMHSA). (2018). *Report to Congress on the Prevention and Reduction of Underage Drinking*. Retrieved from <https://www.stopalcoholabuse.gov/resources/reporttocongress/rtc2018.aspx>

^{4,12} National Institute on Alcohol Abuse and Alcoholism (NIAAA). (2020). Underage Drinking. Retrieved from <https://www.niaaa.nih.gov/publications/brochures-and-fact-sheets/underage-drinking>

⁶ Substance Abuse and Mental Health Services Administration. (2020). *Key substance use and mental health indicators in the United States: Results from the 2019 National Survey on Drug Use and Health*. (HHS Publication No. PEP20-07-01-001, NSDUH Series H-55). Rockville, MD: Center for Behavioral Health Statistics and Quality, Substance Abuse and Mental Health Services Administration. Retrieved from <https://www.samhsa.gov/data/>

^{7,10} Centers for Disease Control and Prevention (CDC). (2020). *Age 21 Minimum Legal Drinking Age*. Retrieved from <https://www.cdc.gov/alcohol/fact-sheets/minimum-legal-drinking-age.htm>

⁸ Ibid.