

Children's Home of York Prevention Education

-Alcohol Fact Sheet-

What is it?



Alcohol is a type of drug called a depressant, meaning it slows down a drinker's reflexes, coordination, brain activity and more. In small and moderate amounts alcohol can cause slurred speech, lack of coordination, slowed reaction time, vomiting, diarrhea, lowered inhibition, poor decision-making, and much more. In large amounts alcohol can cause temporary unconsciousness, comas and even death. There are three basic types of alcohol: beer, wine, and liquor. All alcoholic beverages fall into one of the above categories based on their alcohol content: beer (approx. 3-6% alcohol), wine (approx. 12-14% alcohol), and liquor (approx. 40-50% alcohol). To put this information into action it means that a 12oz can of beer, a 5oz glass of wine, and a 1.5oz shot of liquor contain approximately same the amount of alcohol. It is important to remember that alcohol affects individuals differently based on: your age, gender, physical condition (height/weight), physical health or the amount of food that you consumed.

Did you know?

- Excessive drinking is responsible for more than 4,300 deaths per year in individuals under the age of 21
- Every year teens and young adults between 12-20 years drink about 11% of all alcohol consumed in the US
- About 30% of high school students and 8% of 8th grade students report that they have consumed alcohol within the past 30 days
- Youth who drink alcohol are more likely to experience: school problems (more absences or failing grades), social problems (fighting or lack of participation in extracurricular activities), legal problems (related to driving or violence while intoxicated), memory problems, misuse of other drugs, development issues (physical, mental and sexual), and being the victim of an assault (physical or sexual).

Solutions for Parents



To help reduce alcohol use among the youth in your life, try some of these solutions:

-Talk to your child or teen early and often about your expectations surrounding alcohol; the health, safety and legal dangers of underage drinking; and how to deal with pressure from friends and peers surrounding drinking alcohol. You can even role play situations to help your child or teen prepare for pressure they may experience to drink alcohol

-**Bonus:** Create a code phrase that your child or teen can discretely use if they need to text or call you when they feel unsafe in someone else's home or at a party because alcohol is being served/consumed and would like you to come take them home.

-Remember to store your alcohol in a safe and non-accessible place, such as locked liquor cabinet. This will help prevent accidental consumption for young children and intentional consumption in older children and teens

-Stay informed about alcohol such as different ways your child or teen could consume it as well as new slang or code words that describe alcohol or drinking



Our Resources

Children's Home of York provides several free prevention programs to schools and youth in York County communities that help children and their families learn strategies to avoid using alcohol, tobacco and other drugs. To request information or set up a free program in your school and community please call or email Cecilia Keesey, Director of Prevention at (717) 755-1033 ext. 1257 or ckeesey@choyork.org.

-Ask About Our New Free Virtual Prevention Programming Options-

Looking for More?



We hope this guide has helped you in your journey towards drug and alcohol education for yourself and your family. Remember research, education and support are key components to navigating the world of drug and alcohol prevention and treatment. If you want more information about alcohol for you or your family check out our comprehensive drug and alcohol resource guide. This guide includes countless website links, hotline phone numbers, and even local in-person resources for York County.