

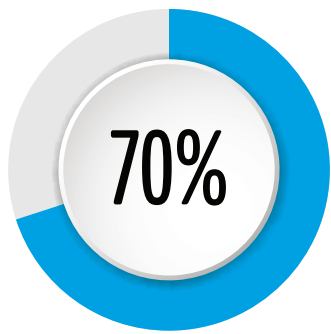
Alcohol use among Durham Region Students



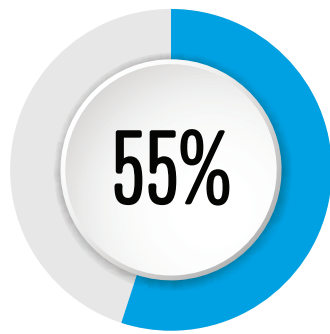
Grades 9-12

Research has shown that delaying use of alcohol is vital to healthy brain development and good mental health

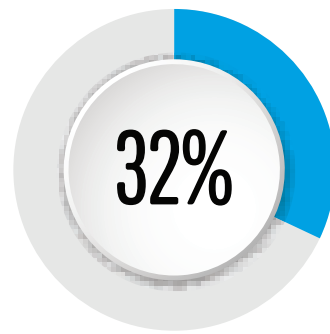
What do Durham Region secondary students say?



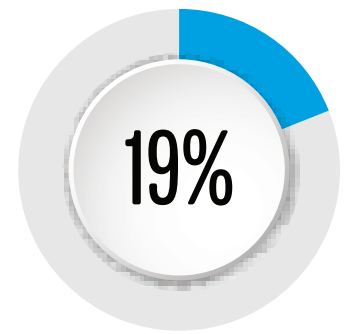
Said getting access to alcohol was easy.



Reported using alcohol in the past year.



Reported binge drinking (5 or more drinks at one time).



Said they rode in a car when the driver had been using alcohol.

Know the health effects:



Drinking even low to moderate amounts of alcohol increases the risk of eight types of cancer.



Consequences of youth alcohol use include poor school performance, and increased risk of suicide, homicide, and risky sexual behaviours.



Youth who begin using alcohol at a young age are at greater risk since the brain is still developing up until the mid 20's.



Youth who use alcohol frequently have a greater risk of developing an addiction when they are adults.

Parents play a key role in shaping students' attitudes about alcohol!

- 1 Be in the know! If teens are going to use substances, they are going to do it when adults are not around. Know who your teen is with, what they are doing and where they are.
- 2 Be Positive. Listen with an open mind and try not to frighten, shame or lecture your teen.
- 3 Teens are watching what you do as a parent and your behaviour affects them. Think about your own opinions and substance use, and what messages you are sending your teen.
- 4 Talk with your teen early and often. Talk about peer pressure and strategies your teen can use against it.



Durham Health Connection Line
905 668-2020 or 1-800-841-2729
durham.ca/alcohol

If you require this information in an accessible format, contact 1-800-841-2729.

*Statistics obtained from OSDUHS 2017.
**References available upon request.

