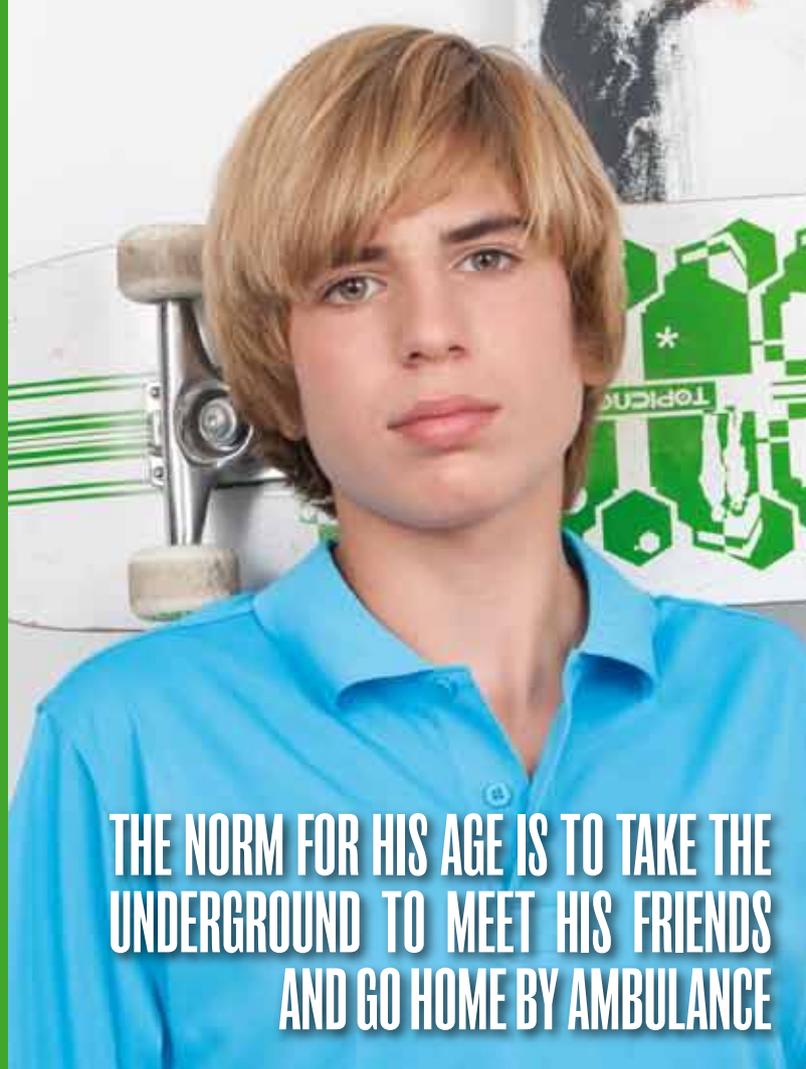




GOBIERNO
DE ESPAÑA

MINISTERIO
DE SANIDAD, POLÍTICA SOCIAL
E IGUALDAD



**THE NORM FOR HIS AGE IS TO TAKE THE
UNDERGROUND TO MEET HIS FRIENDS
AND GO HOME BY AMBULANCE**

Teenagers start drinking at the age of 13
THIS SHOULD NOT BE THE NORM

The age that young people start drinking is getting earlier by the day, and with it all the associated risks. Young people are the most at risk. Between us all we can help stop underage drinking from being seen as normal.

Talk to them today, for a better tomorrow.

www.alcoholmenoresnoesnormal.es



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Teenagers start drinking at the age of 13

Consequences

Drinking amongst teenagers has serious effects on their physical, psychological and social health at an age when they are not yet fully developed, and increases their probability of becoming dependent on alcohol in adult life.

The teenage brain is particularly vulnerable to the damaging effects of alcohol. Numerous studies have been carried out in recent years which prove the association between alcohol consumption and brain damage in teenagers.

The lack of psychological maturity amongst teenagers makes it difficult for them to handle many sensations and effects caused by drinking alcohol. Drinking lowers levels of attention, capacity and reaction times and impedes decision making.

Alcohol provokes violent attitudes, aggression, alterations in relationships with family, friends, teachers, colleagues, problems with school work, it can lead to risky behaviour such as driving or travelling as a passenger in a car after drinking, or lead to unsafe sexual relations causing unwanted pregnancies and sexually transmitted diseases.



THIS SHOULD NOT BE THE NORM

We can all help prevent underage drinking

Accepting that it is a problem and is the responsibility of everyone.

Changing the permissive attitude and helping to create a social environment that does NOT encourage drinking alcohol.

Training our teenagers to take responsible decisions.

Talk to them today, for a better tomorrow.

A consumption rate of 0% should be the norm in underage drinking

DID YOU KNOW?

- Spanish teenagers usually start drinking at around the age of 13.
- Alcohol currently figures very highly in the leisure activities and social relationships of young people.
- 75.1% of teenagers aged between 14 and 18 have consumed alcohol at some point in their lives.
- 6 out of 10 teenagers have got drunk at some point in their lives and 1 out of 3 has done it in the last 30 days.
- The number of girls who drink alcohol and get drunk is higher than boys.
- Boys drink more alcohol units than girls.
- Half of Spanish teenagers do not think that consuming 4 or 5 drinks over a weekend is bad for their health.
- There is a very high percentage of young people and teenagers in Spain who drink alcohol from a very young age.