

# *Clinical Psychology Associates of North Central Florida*

*Providing quality psychological and neuropsychological assessment, treatment and consultation services to the North Central Florida community.*

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## **Underage Drinking**

According to the [Center for Disease Control \(CDC\)](#) underage drinking accounts for about 4,700 deaths per year among underage youth. Drinking before age 15 makes a person five times more likely to develop alcohol dependence or abuse later in life compared to those starting drinking at or after age 21.

People aged 12-20 years old drink 11% of all alcohol consumed. Underage drinkers actually drink more alcohol per person than adult drinkers. Much of this consumption is done in binges, resulting in intoxication, high blood alcohol levels and other medical and psychological consequences.

### **Consequences**

- Underage drinkers can face problems in school (higher absence, poor or failing grades), social problems (fighting, lack of participation in youth activities), legal problems (arrests for driving or physically hurting someone while drunk), and physical problems (hangovers, illness)
- Many colleges have strict policies on alcohol-related arrests. Suspension, probation, loss of tuition, and even loss of Merit Scholarships can be consequences. Conviction is not necessary
- Unwanted, unplanned, and unprotected sexual activity
- Disruption of normal growth and sexual development
- Physical and sexual assault
- Higher risk for suicide or homicide
- Alcohol related car crashes and other injuries
- Memory problems
- Abuse of other drugs
- Changes in brain development that may have lifelong consequences
- Alcohol poisoning

### References and Resources:

Johnston, L D, O'Malley P M, Bachman, J G, & Schulenberg J E. ["Monitoring the Future national results on drug use: 2013 Overview- of key findings on Adolescent Drug Use](#) [PDF 3.37 MB] Ann Arbor, MI: Institute for Social Research, The University of Michigan.