

Tackling Tough Topics - ALCOHOL ALERT

Any parent child talk about sex must include a discussion about alcohol.

- When teens use alcohol, they take risks they wouldn't normally take. They have poor judgment and less control over their actions.
- Young people who begin drinking before age 15 have four times the risk of developing an alcohol addiction compared with those who begin drinking at age 21.
- The more teens are involved in drinking, the more likely they are to have had intercourse. Of 14-15 year olds who report regular use of alcohol, 66% have had intercourse. Of those who report no use of alcohol, 26% have had intercourse.
- **Alcohol and Sexual Assault**
 - More than half of all rapists know their victim.
 - One out of three rapes occur on a date.
 - Often the rapist, the victim or both have been drinking.
 - Alcohol can - lower self control and cause more aggressive actions.
 - make victims less alert to danger signals.
 - cause victims to be alone with someone in a risky situation and less able to defend themselves.
- **Women and Alcohol**
 - * Where men and women of the same size and weight drink the same, women have 30% more alcohol in their blood stream.
 - * Women have more fat and less of the muscle fluids that can dilute alcohol.
 - * Women have less alcohol dehydrogenase, the enzyme that processes alcohol.
 - * Before and during menstruation women are more susceptible to the effects of alcohol.
 - * Although women feel less sexually inhibited by drinking, sexual dysfunctions are often linked to alcohol abuse.
- **RISK REDUCTION**
 1. Don't let anyone talk you into drinking.
 2. Notice if friends, especially your driver, are or have been drinking.
 3. Don't get into close, private situations with someone who has been drinking.
 4. Don't let a friend who has been drinking go off alone with someone.
 5. Always have an "**escape plan**" in case your driver has been drinking.
 6. The less you drink, the more you will be aware of everyone else, your driver, your friend - and even someone you don't know who could hurt you.