



Myths About Drinking



● **Everybody drinks:**

One third of American adults don't drink at all and many Americans are drinking less and less.

● **When things go wrong, having a drink will help:**

Drinking when things go wrong puts you at high risk for developing alcoholism.

● **Drinking is the best way to party or celebrate:**

Alcohol can be one element of an adult party or celebration, but when alcohol becomes the most important element and socializing with friends is difficult without it, serious problems can occur.

● **Young people drink to have a good time:**

A recent national survey of junior and senior high school students tells a much different story. More than 30% of teenagers drink alone; boredom and emotional stress are among the reasons why they say they drink.

● **Alcohol is less dangerous than other drugs such as marijuana, cocaine or LSD:**

Car crashes, suicides, homicides and drowning's are all associated with alcohol use and make it the number-one drug problem for young people. In fact, the most likely cause of death for a 16-year old is alcohol-related.

● **If I let my child drink at home, he or she will be less likely to get into trouble with alcohol outside the home:**

Research shows teenagers whose parents allow them to drink at home are more likely to drink outside the home and to use other drugs. They also have a much greater chance of developing a serious problem.

● *So long as my child doesn't drive, it's okay for him or her to drink:*

Teens don't drink the same way adults do. Many teens engage in "binge drinking" and down their drinks quickly so that they will get drunk. When they are drunk they are more likely to drink and drive, or to ride with another teen who has been drinking.

● *A mixed drink contains more alcohol than beer, wine or wine coolers:*

A 12 oz. can of beer, a 5 oz. glass of table wine and a standard mixed drink with 1.5 oz. of 80 proof alcohol all contain the same amount of alcohol. A 12 oz. bottle of wine cooler contains as much or more alcohol than the rest.

● *Coffee or a cold shower will sober you up if you're drunk:*

Only time can make you sober. It takes approximately two hours for each ounce of alcohol to work its way out of your bloodstream.

Source: What Should I Tell My Child About Drinking? National Council On Alcoholism And Drug Dependence, Inc.