The Washington State Coalition to Reduce Underage Drinking (RUaD) is a collaboration of state, local, and non-profit partners dedicated to reducing underage drinking.

**About RUaD**

Kids who drink before age 15 are 5 times more likely to have alcohol problems when they’re adults.

To find tips on how to talk with your child about alcohol or to get involved in your community, visit StartTalkingNow.org

**Coalition members represent:**

- WA State Governor’s Office
- WA State Office of the Lt. Governor
- Office of the Attorney General of Washington
- WA State Patrol
- WA State Dept. of Health
- WA State Office of the Sup. of Public Instruction
- WA Traffic Safety Commission
- WA State Community, Trade, & Economic Development
- WA State DSHS, Division of Alcohol & Substance Abuse
- WA State Liquor Control Board
- Governor’s Council on Substance Abuse
- Governor’s Juvenile Justice Advisory Committee
- WA State Family Policy Council
- WA National Guard Counter-drug Task Force
- WA Assoc. of Sheriffs & Police Chiefs
- WA Assoc. for Substance Abuse & Violence Prevention
- Governors’ Spouses’ Underage Drinking Initiative
- College Coalition for Substance Abuse Prevention
- Mothers Against Drunk Driving
- WA State Students Against Destructive Decisions
- Native American Tribes
- Faith Communities
- Parents/Families
- DASA Citizens Advisory Council

To learn more, go to www.StartTalkingNow.org

Kids who drink before age 15 are 5 times more likely to have alcohol problems when they’re adults.

To obtain this publication in alternative format, please contact the agency ADA coordinator at (360) 725-3763.
Percentage of students who drank alcohol in past 30 days *

<table>
<thead>
<tr>
<th>Grade</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>8</td>
<td>15%</td>
</tr>
<tr>
<td>10</td>
<td>33%</td>
</tr>
<tr>
<td>12</td>
<td>42%</td>
</tr>
</tbody>
</table>

Percentage of students who think it is easy to get alcohol when they want *

<table>
<thead>
<tr>
<th>Grade</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>8</td>
<td>33%</td>
</tr>
<tr>
<td>10</td>
<td>57%</td>
</tr>
<tr>
<td>12</td>
<td>70%</td>
</tr>
</tbody>
</table>

### How do students who drank during the past month get their alcohol?*

- I got it at a party: 14%
- I got it at home with permission: 11%
- I took it from home without permission: 9%
- I gave money to someone to get it for me: 19%
- I got it from friends: 31%
- I got it some other way: 12%
- I bought it from a store: 4%

*Source: 2006 Healthy Youth Survey www.askhys.net

### Myth or Truth?

1. **Alcohol is not such a big deal compared to other drugs. Myth!**

   **Truth:** Alcohol is a factor in the three leading causes of deaths among 14- and 15-year-olds: unintentional injuries, homicides, and suicides.

2. **Alcohol affects adults and teens in the same way. Myth!**

   **Truth:** Research shows that alcohol harms the developing adolescent brain. Kids who drink alcohol before age 15 are 5 times more likely to have alcohol problems when they are adults.

3. **My children know everything about drinking, so we don’t need to talk about it. Myth!**

   **Truth:** Many teens have dangerous misconceptions about alcohol. Teens may not know that wine coolers have the same alcohol content as a shot of hard alcohol, or they may think that they can sober up by drinking coffee or getting fresh air.

### Parents Are The #1 Influence On Kids

- The key reason kids give for not drinking is that they don’t want to disappoint their parents.

- Parents can protect their kids from drinking by:
  - Not accepting alcohol use as a rite of passage to adulthood.
  - Setting clear rules about not drinking and helping them deal with peer pressure.
  - Being a good role model by showing kids that people don’t need alcohol to relax or celebrate.

---

**YOUTH are at a greater risk of brain damage than adults from drinking alcohol.**

—American Medical Association