

# About RUaD

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



To find tips on how to talk with your child about alcohol or to get involved in your community, visit [StartTalkingNow.org](http://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 obtain this publication in alternative format, please contact the agency ADA coordinator at (360) 725-3763.



My name is Tyler,  
and in 9 years  
I'll be an alcoholic...

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

To learn more, go to [www.StartTalkingNow.org](http://www.StartTalkingNow.org)

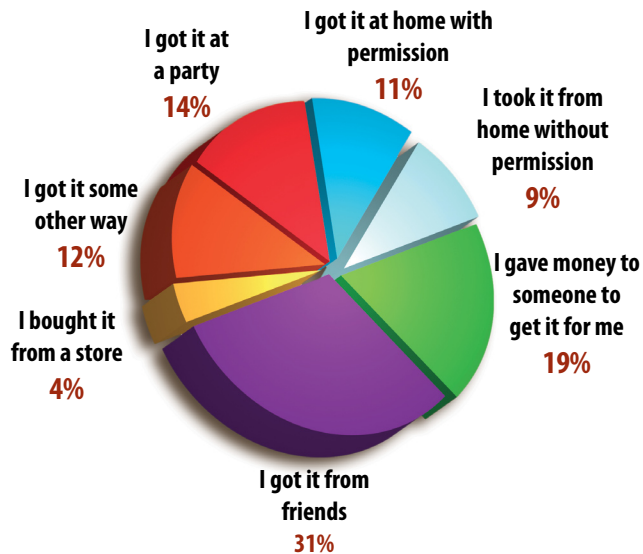


# Washington Facts

Percentage of students who drank alcohol in past 30 days *	
Grade 8	15 %
Grade 10	33 %
Grade 12	42 %

Percentage of students who think it is easy to get alcohol when they want *	
Grade 8	33 %
Grade 10	57 %
Grade 12	70 %

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



\*Source: 2006 Healthy Youth Survey [www.askhys.net](http://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