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Preventing Underage Drinking

How can the concept of underage drinking be prevented or reduced? Underage drinking is a very consistent problem that continues to grow in young teens. Whether it be the person's homelife or the influences they choose to hang out with, alcohol is one of the most commonly used drugs in America. It seems impossible to prevent, but we can still take actions at home, in the classroom, and in the community.

Homelife plays a big factor in influencing a young teen's decisions. Parents need to be sure that their child knows the consequences of their actions. Regarding underage drinking, parents can help by removing the temptation of alcohol throughout the house. This doesn't mean that parents can't drink; it only means that if they do not plan on it, don't be around it at all. One big way to help is to simply talk to their children about the overall concept of drinking. As parents, it is important to build trust with your child. Know how your child feels about underage drinking, know if he or she knows anybody who does drink underage, and especially know if they have ever been tempted to drink. Most importantly, parents should make sure that their children understand the rules and consequences of underage drinking.

Schools can play a crucial role in preventing underage drinking. Schools can hold assemblies focused towards discussing the consequences of underage drinking. Schools can also have breathalyzers present at certain school functions such as dances or even at the school. Having an SRO on campus could encourage students to abide by the rules. Schools have a huge

responsibility being one of the main influences in a teen's life. So the staff and faculty should be good influences encouraging students to stay away from alcohol. Some schools even offer certain programs in the hopes of reducing the use of alcohol in young teens. They offer teaching techniques that promote student participation and help students overcome the pressures of drugs and alcohol. These programs also help students maintain healthy relationships while battling the temptation of alcohol usage. Students should also be aware of what is going on around them in order to stand clear from making any bad choices. They should strive to surround themselves with people who also do not even consider taking a drink. This can help improve a person's attitude towards underage drinking and help lead to its eventual decline.

The involvement of one's community is important regarding the policies aimed at reducing the access to alcohol among teens. Many community trials have been successful in their attempts at changing policies that address public health. Communities that have more involving activities and events within their community will keep teens out of trouble. Keeping teens busy through sports, community service, etc. will make it easier for them to stay away from alcohol. More ideas include involving the media, increased law enforcement, compliance checks, and even reduction of sales in order to hinder the chance of underage drinking. These communities have also shown promise in the reduction of driving laws being broken. Intervention communities showed way less underage drinking and driving reports and addressed other problems as well, such as speeding and seat belt usage.

Many actions can be taken to prevent underage drinking as long as we are all proactive. With newly brought techniques, strategies, and parenting styles, the rate of alcohol use among teens will hopefully drop significantly. Young teens can now hopefully enjoy their own lives

without even considering taking a drink. In the end, it comes down to all of us making a real effort to improve the status of our lives.

Works Cited

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