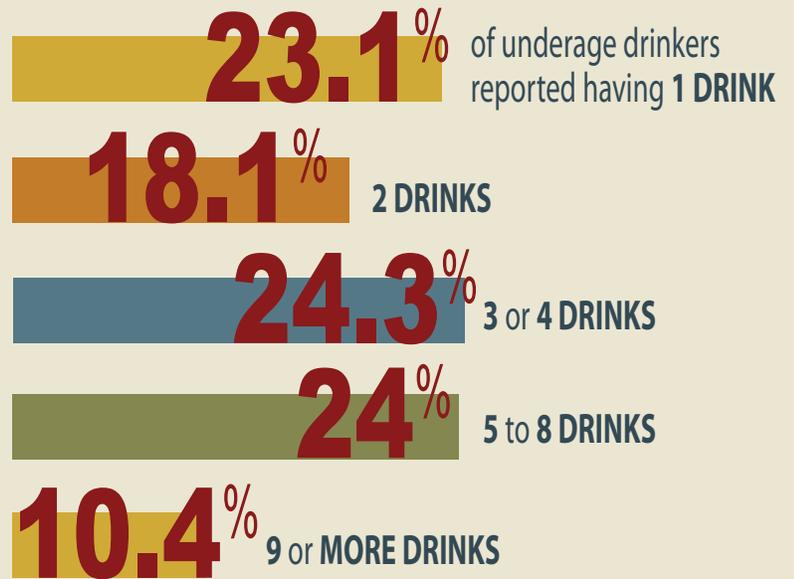


# KNOW THE FACTS ABOUT UNDERAGE BINGE DRINKING

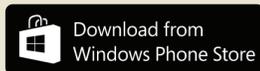
Underage drinkers tend to drink less often than adults, but they drink more heavily when they do drink. On average, underage drinkers consume 5 drinks per occasion, 5 times a month.<sup>1</sup>

When asked about the last time they drank:<sup>2</sup>



The sooner you talk to your kids about alcohol, the greater chance you have of influencing their decisions.<sup>3</sup> Practice for one of the most important conversations you may ever have with SAMHSA's "Talk. They Hear You." Mobile Application, available for download on the App Store<sup>SM</sup>, Google Play<sup>TM</sup>, and the Windows<sup>®</sup> Store.

Learn more at <http://www.underagedrinking.samhsa.gov>.



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<sup>1</sup> Substance Abuse and Mental Health Services Administration. (2013c). Results from the 2012 National Survey on Drug Use and Health: Special Data Analysis. Center for Behavioral Health and Statistics and Quality. Rockville, MD: Substance Abuse and Mental Health Services Administration.

<sup>2</sup> Substance Abuse and Mental Health Services Administration. (2013c)

<sup>3</sup> U.S. Department of Health and Human Services. *The Surgeon General's Call to Action to Prevent and Reduce Underage Drinking: A Guide to Action for Educators*. U.S. Department of Health and Human Services, Office of the Surgeon General, 2007.