

Helping Girls and Young Women Stay Healthy ... BY AVOIDING ALCOHOL



In 2021, girls and young women ages 12-20 years old were more likely than boys and young men to say they used alcohol in the past month.

GIRLS AND YOUNG WOMEN REPORTED:

HAVING USED ALCOHOL AT LEAST
ONCE IN THEIR LIVES



VS. 31.9% OF BOYS AND YOUNG MEN



HAVING USED ALCOHOL
IN THE PAST YEAR



VS. 26.4% OF BOYS AND YOUNG MEN

HOW CAN PARENTS, CAREGIVERS, AND COMMUNITIES RESPOND?

- 1** **Be aware** of the reasons that youth use alcohol, including stress over fitting in or a traumatic experience, a relationship break-up, or peer pressure.
- 2** **Make it clear** to the girls and underage young women in your life that you disapprove of underage drinking and other drug misuse. Share the reasons why.
- 3** **Talk** with your daughters, granddaughters, students, and other girls you care about on how to avoid alcohol and other drug misuse.
- 4** **Share positive solutions to problems they may be facing.**



Learn more about underage drinking—and what you can do to prevent it—at [StopAlcoholAbuse.gov/CommunitiesTalk](https://www.stopalcoholabuse.gov/CommunitiesTalk).