Helping Girls and Young Women Stay Healthy …

BY AVOIDING ALCOHOL

In 2020, girls and young women ages 12–20 years old were more likely than boys and young men to say they used alcohol.

GIRLS AND YOUNG WOMEN REPORTED:

<table>
<thead>
<tr>
<th>Having Used Alcohol at Least Once in Their Lives</th>
<th>Having Used Alcohol in the Past Year</th>
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<tbody>
<tr>
<td>36.7% GIRLS</td>
<td>31.6% GIRLS</td>
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<tr>
<td>VS. 32.7% OF BOYS AND YOUNG MEN</td>
<td>VS. 27.3% OF BOYS AND YOUNG MEN</td>
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</table>

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.

Source: Substance Abuse and Mental Health Services Administration, Center for Behavioral Health Statistics and Quality. (2021). Results from the 2020 National Survey on Drug Use and Health: Detailed tables. (Table 2.44B) https://www.samhsa.gov/data/report/2020-nsduh-detailed-tables

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