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

37.0% GIRLS

VS. 31.9% OF BOYS AND YOUNG MEN

HAVING USED ALCOHOL IN THE PAST YEAR

30.7% GIRLS

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.


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