



KERN COUNTY SHERIFF'S OFFICE COMMUNITY RELATIONS UNIT

WHAT YOU SHOULD KNOW UNDERAGE DRINKING



▼ DANGERS OF UNDERAGE DRINKING

- It can cause death and injuries.
- Impairs judgment and increases the risk of trouble with school and the law.
- Increase risk of physical and sexual assault.
- Linked to other substance use.
- It raises the risk of alcohol use disorder later in life.
- Alters brain function and structure.

▼ SUCCESSFUL PREVENTION STRATEGIES

- Individual-level counseling.
- School-based programs.
- Family-based therapies.
- Community-based support.
- Policy-level interventions.

▼ TREATMENT OPTIONS

- Counseling sessions (individual or group).
- Medication to reduce alcohol cravings.
- Family therapy for support.

▼ HEALTHY COPING STRATEGIES

- Connecting with community or faith-based groups.
- Taking media breaks.
- Practice breathing exercises.
- Make time to unwind.
- Sleep well, eat healthy, and exercise.

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