

THE HOLIDAY SEASON IS HERE. HOW WILL YOU CELEBRATE ?

DID YOU KNOW...

The two most popular drinking days of the year are Christmas and New Years Eve.



DRIVE SAFE THIS SEASON

Around Christmas and New Years, there are 2-3 times more deaths in alcohol related accidents than any other time of the year

40%

of these deaths involve a driver impaired by alcohol

YOUNG PEOPLE ARE MORE LIKELY TO DRINK EXCESSIVELY IF THEY:

- » believe that alcohol is a necessary part of celebrations
- » have easy access to alcohol at home
- » see a parent or close family member getting drunk

The most common age for a first drink is 12 to 13, usually when with an adult and celebrating a special occasion

Being drunk in front of your kids...



- ! ...doubles the chance of your teen getting drunk repeatedly in the future
- ! ...can influence youth to believe this kind of drinking is normal
- ! ...influences how excessively they will drink

SAFE DRINKING BEGINS WITH US AS PARENTS



1. Pace yourself: don't have more than one drink per hour
2. Use "drink spacers": make every other drink non-alcoholic
3. Make plans to get home safely
4. Remember celebrating does not always have to involve alcohol
5. Talk to your kids about alcohol and safe drinking

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