

PREVENTION TALKS: ALCOHOL

May 2023 | Vol.1

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What is Binge Drinking?

Binge drinking is the act of consuming 4 or more alcoholic beverages in a single sitting (generally being reported within 2 hours). Parties are the most common place for binge drinking to occur. Oftentimes, people do not intend to binge drink, but either due to peer pressure or, being lost in the moment, drink more alcohol than they considered.



Unfortunately, many are not aware binge drinking can lead to alcohol poisoning. Alcohol poisoning is a potentially fatal outcome to drinking large amounts of alcohol in a short amount of time. If you suspect that either yourself or somebody else is suffering from alcohol poisoning, seek medical attention immediately.

The Side Effects of Binge Drinking

Short-term and long-term side effects to binge drinking include:

Short-Term Effects:

- Dehydration
- Alcohol poisoning
- Slower breathing
- Poor motor control
- Slower reaction times

Long-Term Effects:

- Liver problems
- Loss of brain volume (gray matter)
- High blood pressure
- Social isolation
- Mental Health struggles
- Insomnia
- Stroke



Ways to Prevent Your Child from Drinking

Have preventive talks

Often times, teenagers who understand the expectations of their behavior will reconsider learn peer pressure refusal strategies. Keep in mind for preventative talks to be effective, they should be short and frequent conversations rather than lectures.

Understand the risk factors

Big life changes, moving, or separation of parents can be stressful which may lead a teen to use negative coping skills such as underage drinking. Being influenced by peers who partake in underage drinking can lead to pressured experimentation. Mental health challenges and family history of alcohol abuse can also increase the risk of underage drinking.

Be a positive role model

Children can learn behaviors based on observations. It is important to show them how to handle drinking responsibly and make it known that you do not stand for underage drinking.

Keep alcoholic beverages out of reach

According to the 2022 Florida Youth Substance Abuse Survey, the top two ways youth stated they had access alcohol were "my home" and "another person's home". It is important to keep alcoholic beverages out of reach to prevent children from having access to the substance.

Upcoming Events:

Active Parenting Classes:

Beginning May 25, 2023

Active Parenting of Teens Classes:

Beginning Fall 2023

To register contact the Prevention Department by calling 239-263-4013



Signs of teenage alcohol use:

- Rebellious
- Changes in mood
- Changes in grades
- Smell of alcohol on their breath
- Change of friend group to ones with favorable attitudes
- Finding alcohol in their belongings
 - We recommend not searching their personal space (such as their room) until you have other evidence that they may be using alcohol. As searching their room without a probable reason can lead to a strained relationship with your teenager.



Horseshoe Drive Location | Prevention Services
2806 South Horseshoe Drive, Naples Florida 34104 | 239-263-4013

Parenting Classes: To register contact 239-263-4013
Prevention Talks: DLCPrevention.org
Mind Your Mind: DLCMindYourMind.org

