

IS YOUR TEEN DRINKING ALCOHOL?

The adolescent years are filled with change and growth, including changes in behavior. These changes are often a normal part of growing up, but they can also indicate an alcohol problem. The following warning signs of underage drinking should be closely observed by parents, family, caretakers and teachers:¹⁴

- Changes in mood, including anger and irritability
- Academic and/or behavioral problems in school
 - Rebelliousness
- Changing groups of friends
 - Low energy level
- Less interest in activities and/or care in appearance
- Finding alcohol among a young person's things
- Smelling alcohol on a young person's breath
- Problems concentrating and/or remembering
 - Slurred speech
- Coordination problems

¹⁴ <https://www.alcohol.org/laws/underage-drinking/>



For more information:

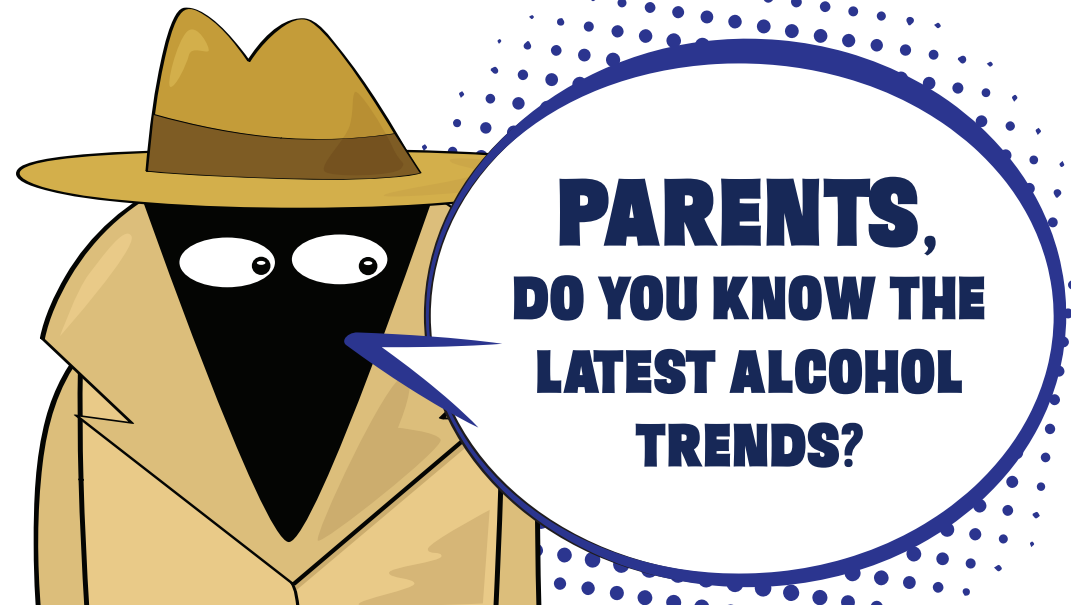
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THE MOST WIDELY USED SUBSTANCE AMONG AMERICAN YOUTH IS ALCOHOL. IN THE U.S., 11% OF ALCOHOL IS CONSUMED BY UNDERAGE DRINKERS.¹

Underage drinking is dangerous and may lead to the following:²

- School problems (e.g., lower grades)
- Social problems (e.g., fighting)
- Legal problems (e.g., arrest for driving drunk)
- Physical problems (e.g., illness)
- Physical and sexual violence
- Increased risk of suicide or homicide
- Alcohol-related motor vehicle crashes
- Unintentional injuries (e.g., burns)
- Memory problems
- Misuse of other substances
- Alcohol poisoning
- Hangovers
- Changes in brain development having life-long effects
- Disruption of normal growth or sexual development
- Unwanted, unplanned and unprotected sexual activity

With information widely available on the internet and social media, teens are learning creative and nontraditional ways to consume, conceal and communicate about alcohol.

¹ <https://www.alcohol.org/laws/underage-drinking/>

² <https://www.cdc.gov/alcohol/fact-sheets/underage-drinking.html>

ALCOHOL DISGUISE DEVICES

The days of hiding alcohol in paper bags is a thing of the past. Today, concealing alcohol is easier than ever with items readily available online. Common household items, such as hairbrushes, lotion bottles, umbrellas and more are made with compartments that hold alcohol. Be sure to look at everyday items to make sure they do not have the ability to conceal alcohol.

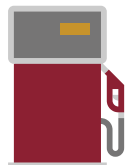


ALCOHOL COMMUNICATION

Teens often use emojis, code words and hashtags to refer to drinking, someone supplying alcohol to minors and partying. By searching online, you can stay current on the language youth are using.^{3, 4}



or term *SuSu Bev* refers to a "connect" or supplier who will provide alcohol or drugs.



or terms *Lit*, *Strakotto*, *#wired*, *#wavey* or *#merked* describes being 'gassed,' drunk or intoxicated.



An emoji that refers to having a hangover or using multiple drugs.

Votter, *Ashley Water* or *Expired Water* describes vodka/alcohol in a water bottle.
Funahol, *Diecrook* or *#pre-ing* describes drinking before or at a party.
Gatting, *Goon Boys* or *Sauce Maggot* refers to underage drinking/drinkers.

³ <https://smartsocial.com/teen-slang-emojis-hashtags-list>
⁴ <https://urbandictionary.com>

VAPING/INHALING ALCOHOL

- Alcohol vapors are produced by pouring alcohol over dry ice or heating it.⁵
- Inhaling alcohol vapor bypasses the digestive system and is absorbed into the lungs.⁶
- Effects are felt quickly, as the alcohol is transported through the bloodstream to the brain.⁷
- When bypassing the digestive system, nausea and vomiting that typically indicate overconsumption do not occur resulting in alcohol poisoning.⁸
- Inhaling alcohol vapor is like binge drinking; consuming large amounts of alcohol in a short time results in alcohol poisoning.⁹



- Inhaling alcohol can cause harm to the brain and lungs.¹⁰
- AWOL (Alcohol Without Liquid) devices used to inhale alcohol are mainly banned; however, other commonly found devices are being used, such as vapes, nebulizers and homemade vaporizer devices.¹¹

⁵ <https://www.poison.org/articles/inhaling-alcohol-is-dangerous>
^{6, 7, 8} Ibid.
⁹ <https://www.healthline.com/health/vaping-alcohol#impact-on-body>
¹⁰ Ibid.
¹¹ <https://www.healthline.com/health/alcohol/snorting-alcohol#methods>

ALCOPOPS

- Alcopops are sugary, sweet alcoholic beverages packaged and marketed like their nonalcoholic counterparts (i.e., energy drinks, sodas, teas and waters).
- These beverages can easily be mistaken for nonalcoholic beverages, so be sure to check the labels to ensure they are nonalcoholic beverages.
- Alcopops can contain up to 15% alcohol by volume (ABV) and have little alcoholic taste.¹²
- These beverages are marketed to young, inexperienced drinkers and can be dangerous when consumed in high doses.¹³



¹² <https://alcoholrehab.com/alcoholism/effects/alcopops/>
¹³ Ibid.