

THEIR NEXT PHASE OF LIFE: GUIDING YOUNG ADULTS



STARTING THE CONVERSATION

Discussing alcohol use doesn't have to be direct or confrontational. Integrate the topic into everyday discussions about careers, social pressures, or media stories. Highlight the legal and health consequences of underage drinking and suggest alternative activities that don't involve alcohol.

SUPPORTING MENTAL HEALTH

As young adults navigate their transition, they may experience increased anxiety or depression, raising the risk for alcohol use disorders. Be ready to assist them in finding mental health resources if needed. Repeated and supportive conversations can reinforce your message and make a significant impact.

LEGAL CONSIDERATIONS

Remind young adults that legal issues from underage drinking, like arrests or convictions, can hinder their job prospects and career advancement. All states have a minimum legal drinking age of 21, reinforcing the importance of adherence to these laws.

KEY GOALS FOR CONVERSATIONS

- Emphasize the health risks and potential career limitations associated with underage drinking.
- Clearly state your stance against underage alcohol use.
- Encourage engagement in alcohol-free activities.

CONCLUSION

Your influence as a parent or caregiver remains crucial as young adults transition into their next phase of life. Start the conversation about underage drinking today, and continue to provide guidance and support to help them make healthy choices.



TRANSITIONING FROM HIGH SCHOOL

High school seniors face significant decisions as they finish their studies, including higher education, joining the workforce, military, or delaying college. This quest for independence, while exciting, can increase stress and lead to unhealthy behaviors like underage drinking. Since the brain continues developing into the 20s, young adults are particularly vulnerable to the adverse effects of alcohol.

UNDERAGE DRINKING TRENDS

Underage drinking spikes after high school graduation, with young adults often increasing their alcohol consumption before turning 21. Those entering the workforce might be influenced by older colleagues, especially in high-alcohol-use industries like construction. Unemployed young adults are also at higher risk for daily drinking and related risky behaviors, such as drinking and driving.

THE ROLE OF PARENTAL GUIDANCE

Parents and caregivers significantly influence young adults' choices. Open communication about the dangers of underage drinking can deter alcohol use. Establishing clear rules and maintaining ongoing conversations about alcohol can reinforce healthy behaviors.