

## **APRILIS**



# Awareness Month



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This month,

the DART Prevention Coalition of Ocean County will be sharing information and resources related to alcohol use, alcohol use disorder, and underage drinking.

Want to help spread awareness and share on your own social media?

Make sure to keep an eye out on the DART Facebook page for our posts and feel free to repost or share with your family, friends, and groups! If you want to share elsewhere, great!

### Alcohol Use Disorder

Alcohol use disorder is a chronic disease characterized by uncontrolled dependence on alcohol. It can include periods of alcohol intoxication and symptoms of withdrawal.



753,000 youth ages 12 to 17 had AUD in the past year

28.8 million adults ages 18 and older had AUD in the past year

Source: https://www.niaga.nih.gov/alcohols-effects-health/alcohol-tonics/alcohol-facts-and-statistics/alcohol-use-disorder-aud-united-states-age-groups-and-demographic-characteristic



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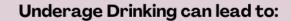
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Alcohol Use Disorder

WHAT'S THE RISK?

### What's the Risk?

Underage drinking and other drug use can have severe consequences for adolescents under the age of 21.





- School problems, such as higher rates of absences or lower grades.
- Social problems, such as fighting or lack of participation in youth activities.
- Legal problems, such as arrest for driving or physically hurting someone while drunk.
- Disruption of normal growth and brain development
- Increased risk of physical and sexual violence.
- · Increased risk of suicide and homicide.

Source https://www.cdc.gov/alcohol/fact-sheets/underage-drinking.htm



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What's the Risk?

**UNDERAGE DRINKING** 

### **Underage Drinking**

# 21+

#### **Poor Decisions**

Drinking can lead people to make poor decisions and engage in risky behaviors, such as drinking and driving, unsafe sexual behavior, and using other substances that can result in a range of negative consequences.



#### **Recognizing Danger**

Alcohol use also slows down the ability to recognize—and respond to—potential danger. This could lead to fights and accidents. Alcohol use can also lead to injuries in other ways, such as burns, falls, or drowning.

#### **Effect on Academics**

Drinking has been associated with drops in academic performance in teens and young adults, such as missing classes and getting lower grades. However, it is important to note that other life factors may be the root cause for both drinking alcohol and poor academic performance.



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**Underage Drinking** 

**FUN SPRING SIPS RECIPES** 

### **Watermelon Mint Refresher**

#### **INGREDIENTS**

2 fresh mint leaves, plus more for garnish

Ice

3/4 cup watermelon juice

½ cup club soda

Small slice watermelon for garnish



#### **DIRECTIONS**

Mash mint leaves in the bottom of a large cocktail glass or pint glass with a muddler or small wooden spoon. Fill the glass one-third full of ice; add watermelon juice. Top with club soda and garnish with a watermelon slice and more mint leaves, if desired.



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### **Layered Strawberry-Mango Freezes**

#### **INGREDIENTS**

3 cups frozen strawberries ½ cup orange juice, divided

3 cups ice, divided ¼ cup simple syrup, divided

1 cup water, divided 3 cups frozen mango chunks

<sup>2</sup>/<sub>3</sub> cup lime juice, divided

#### **DIRECTIONS**

Place strawberries, 1 1/2 cups ice, 1/2 cup water, 1/3 cup lime juice, 1/4 cup orange juice and 2 tablespoons simple syrup in a blender. Puree until smooth. Transfer to a pitcher or bowl.

Place mango and the remaining 1 1/2 cups ice, 1/2 cup water, 1/3 cup lime juice, 1/4 cup orange juice and 2 tablespoons simple syrup in the blender. Puree until smooth.

Decoratively layer the two in 6 glasses.





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### Whipped Frozen Lemonade

**INGREDIENTS** 

For Lemon Simple Syrup:

½ cup granulated sugar

1/2 cup water

zest of 1 lemon

For Lemonade:

1/2 cup freshly squeezed lemon juice (from 2 lemons)

1 cup full-fat coconut milk

2 1/2 cups ice cubes

#### **DIRECTIONS**

To prepare simple syrup: Bring sugar and water to a simmer in a small saucepan over medium heat, stirring occasionally until the sugar dissolves. Stir in lemon zest and remove from heat. Cover and let steep for 1 hour, then strain the syrup through a fine-mesh sieve; discard the zest.

To prepare whipped lemonade: Add 1/2 cup simple syrup, lemon juice, coconut milk and ice to a blender. Blend until the ice is crushed and the mixture is slushy. Divide between 4 8-ounce glasses and serve immediately.





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Watermelon Mint Refresher
Layered Strawberry-Mango Freezes
Whipped Frozen Lemonade

#### **RESOURCES**

#### Alcohol and Your Brain: A Virtual Reality Experience

>>Interactive virtual experience through National Institue on Alcohol Abuse and Alcoholism.

#### **Alcohol and Your Health**

>>National Institute on Alcohol Abuse and Alcoholism teen fact page.

#### **DART Prom Fact Card**

>>DART Fact Card with tips for ensuring safety during Prom season.

#### **DART Underage Drinking Fact Card**

>>DART Fact Card with tips for talking to your child about underage drinking.

#### **NIAA for Middle School**

>>National Insitute on Alcohol Abuse and Alcoholism resources and activities for middle school students.

#### **Teen Drinking**

>>National Insitute on Alcohol Abuse and Alcoholism teen drinking homepage.

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