

Do You Know About the Social Host Law?

In Connecticut, anyone who owns, rents, or controls property where a party or gathering is held is considered "the host." If alcohol is available to minors at the host's home, there are major risks even if the host is NOT aware that alcohol is being consumed.

- **Consequences include a fine up to \$2,000 and/or jail time.**
- **Hosts are also liable for any injuries or accidents that may occur as a result of an underage drinking party.**

Youth who drink under the age of 21 are at risk too.

- They can have their driver's license suspended, or defer being issued, and fined as well.
- They can also face these penalties as a result of using a fake ID, someone else's ID, or falsely signing off that they are 21 years of age just for trying to obtain alcohol.



Find resources at fairfieldct.org/fairfieldcares



Email: fairfieldcares@fairfieldct.org

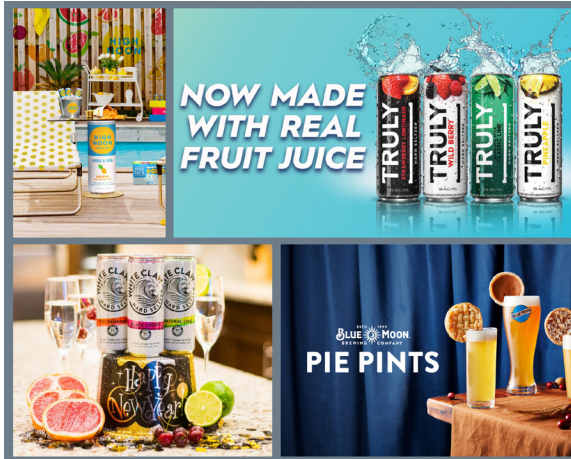


Alcohol & Teens: Why 21? A Guide for Parents



The Challenge: Drinking Alcohol is Socially Acceptable

Millions are spent on marketing alcoholic beverages such as hard seltzers, beer, and hard sodas — drinks that appeal to youth and young drinkers. Alcohol ads feature bright colors, appealing flavors and a promise of a fun time.



Think about it, have you ever been to a party when alcohol has not been available? It's a social norm to offer alcohol when entertaining friends, BUT only if you are 21 or older. The availability of alcohol is pervasive — not just at bars or restaurants or at home, but at professional sports events, concerts, and festivals. The message is we can't have fun without alcohol, but we can.

One study found youth ages 11 - 14 were exposed to an average of 3 alcohol ads per day. - RAND Corporation study, 2018

Alcohol is NOT Harmless!

When people drink alcohol faster than their liver can break it down this causes a “buzzed” feeling or becoming drunk. As a result, there are a number of health and safety implications.



Alcohol is a depressant and causes our brains to take longer to process information, which is why people slur their words, or lose their balance. People should definitely not drive when they have been drinking.



Teens who drink are at increased risk of also using marijuana, cocaine or other drugs. Because the brain is still developing, there is the potential for developing alcohol dependence or an alcohol use disorder later in life.



Social drinking often includes binge drinking, having 4 or more alcoholic drinks in one setting, which increases the risk for drunk driving, violence, or unwanted sexual advances.



The release of dopamine, the “feel good” neurotransmitter, when alcohol is consumed is associated with “problem drinking” and alcohol addiction.

The Factors That Influence Teen Drinking

- **Stress, Anxiety and Depression:** Teens drink to self-medicate to cope with stress and symptoms of mental health conditions. Help them find healthier ways to manage their feelings. Perhaps have your child talk to a therapist or counselor.
- **Peer Pressure:** Teens drink because friends drink and they may feel pressured (self-imposed or otherwise) to drink to fit in.
- **Curiosity:** The social norm of drinking in our society peeks teens’ curiosity to want to know “what’s it like?”



Parents Can Make a Difference - Here's How

- **Have open conversations:** Explain to your teen why you don't want them to drink. Visit our website to get tips for talking with teens.
- **Set family rules:** Communicate the rules and expectations and what the consequences are if rules are not followed.
- **Prepare them:** Discuss strategies for how to handle possible social situations where alcohol might be available.
- **Keep alcohol at home out of reach:** Store alcohol in a locked cabinet and use a Fairfield CARES' Liquor Lock Sticker to communicate alcohol is not for youth.
- **Monitor your teen's social activities:** Make sure alcohol is not present at parties or when friends are over.
- **Keep having those conversations:** It's all about keeping teens safe.