

Physiological Effects of Alcohol on Teenagers

Scientific evidence suggests that even modest alcohol consumption in late childhood and adolescence can result in permanent brain damage.

—*Testimony of Dr. John Nelson, American Medical Association, 2002*

Teenage Girls 12 to 16 years old who currently drink alcohol are four times more likely than their non-drinking peers to suffer from depression.

—*Third National Health and Nutrition Survey, 2000*

Research shows teen drinkers score worse than their non-drinking peers on vocabulary, visual-spatial, and memory tests, and are more likely to perform poorly in school as a whole.

—*“Underage Drinkers at Higher Risk of Brain Damage,” American Medical Association, 2003*

Teens who drink alcohol may remember 10 percent less of what they learned compared to non-drinking adolescents.

—*Alcoholism: Clinical and Experimental Research, 2000*

Among current drinkers aged 12 to 17, 31 percent suffered extreme levels of psychological distress, and 39 percent exhibited serious behavioral problems.

—*Substance Abuse and Mental Health Services Administration, 1999*

Among 12 to 16 year olds, regular alcohol use is associated with attention-deficit disorder. In one study, adolescents who reported higher levels of drinking were more likely to have attention-deficit disorder.

—*Substance Abuse and Mental Health Services Administration, 1999*

