

For Immediate Release

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Reach Out Now Teach-In Offers Sobering Facts About Alcohol Use

On April 1st local fifth and sixth graders will have an opportunity to learn some sobering facts about alcohol use. Allies in Substance Abuse Prevention will be holding a *Reach Out Now* Teach-In to educate fifth and sixth-grade students, parents, and caregivers about the harmful effects of underage drinking.

Reach Out Now Teach-In is part of a nationwide effort to get the prevention message out to parents, teachers, and others who influence young children and the decisions they make. It is never too soon to begin educating our children about alcohol use. Age 10 or 11 is not too young to start. A child's decision not to drink creates health benefits that last a lifetime.

In the United States, more than 10 million youth aged 12 to 20 have used alcohol illegally and among high school students in our region, 30% reported that they binge drank during the past thirty days. Underage substance abuse has far-reaching community costs due to increased number of traffic accidents, vandalism, and untimely and unintentional deaths that rob our young people of their futures. Research has shown that young people who drink before age 14 are five times more likely to develop alcohol dependence in their lifetime than individuals who start drinking at age 21.

Chief Eddie Edwards of the NH Liquor Enforcement will lead the discussion about why and how young people can avoid alcohol use. Allies in Substance Abuse Prevention, in collaboration with the Substance Abuse and Mental Health Services Administration within the U.S. Department of Health and Human Services, is sponsoring the event.

Reach Out Now Teach-In

April 1, 2009

8:15 a.m.

Iber Holmes Gove Middle School in partnership with the Raymond Coalition for Youth
Raymond NH

10:00 a.m.

Sandown Central Elementary School in partnership with, SoRock Coalition for Healthy Youth

12:20 p.m.

Seabrook Middle School in partnership with the Lower Seacoast Youth and Family Coalition

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Allies in Substance Abuse Prevention (ASAP, www.asapnh.org) envisions a healthy region where individuals and families are connected and positively engaged in their communities. Its mission is for community members to work together to develop and improve access to comprehensive substance abuse prevention strategies that support the continuum of care. ASAP is fiscally sponsored by United Way of the Greater Seacoast.