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## Dear Parents, Grandparents and Caregivers:

Alcohol is the most commonly used and abused drug among youth in the United States. Although it is illegal, young people under age 21 drink 11 % of all alcohol consumed in the U.S. Did you know:

- 90% of alcohol is consumed by teens in the form of binge drinking, a pattern of drinking alcohol usually in less than 2 hours (5 or more drinks for males or 4 or more drinks for females).
- It is estimated that 5,000 people under age 21 die every year from alcohol-related injuries from traffic fatalities, suicides and homicides.
- Research has also shown a specific link between heavy alcohol use and youth suicide.

You can keep kids safe from alcohol and drugs. Learn how.

[www.Talk2Prevent.NY.gov](http://www.Talk2Prevent.NY.gov)

Find help: 877-846-7369



**Talk 2  
Prevent**

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