

Alcohol Risks and Teenage Deaths...Did you know?

On an average summer day, about 11,000 youth will take their first drink of alcohol.

- Discuss with your teen how many people's lives are taken every day to alcohol.
- Ask your teen's opinion about underage drinking

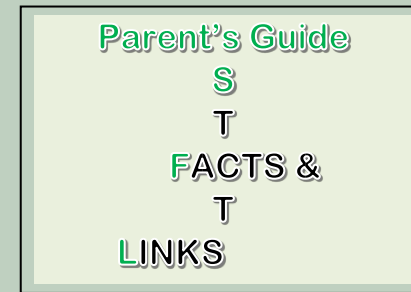
Causes many deaths Based on data from 2006–2010, the Centers for Disease Control and Prevention (CDC) estimates that, on average, alcohol is a factor in the deaths of 4,358 young people under age 21 each year. This includes:

- 1,580 deaths from motor vehicle crashes
- 1,269 from homicides
- 245 from alcohol poisoning, falls, burns, and drowning
- 492 from suicides

Causes many injuries Drinking alcohol can cause kids to have accidents and get hurt. In 2011 alone, about 188,000 people under age 21 visited an emergency room for alcohol-related injuries.





For more information:

https://pubs.niaaa.nih.gov/publications/UnderageDrinking/Underage_Fact.pdf



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Safe and Healthy Options Emotional Health

Low Emotional Intelligence		High Emotional Intelligence
Aggressive Demanding Egotistical Bossy Confrontational		Assertive Ambitious Driving Strong-Willed Decisive
Easily Distracted Glib Selfish Poor Listener Impulsive		Warm Enthusiastic Sociable Charming Persuasive
Resistant to Change Passive Un-Responsive Slow Stubborn		Patient Stable Predictable Consistent Good Listener
Critical Picky Fussy Hard to Please Perfectionistic		Detailed Careful Meticulous Systematic Neat

Emotional Intelligence Domains and Competencies

SELF-AWARENESS	SELF-MANAGEMENT	SOCIAL AWARENESS	RELATIONSHIP MANAGEMENT
Emotional self-awareness	Emotional self-control	Empathy	Influence
	Adaptability		Coach and mentor
	Achievement orientation	Organizational awareness	Conflict management
	Positive outlook		Teamwork
			Inspirational leadership