

# Alcoholism among teenagers in the us

Psychology



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The use of alcohol among teenagers is on the rise in the United States of America. It is the most frequently used drug among teenagers. It is estimated that over half of juniors and seniors in the U. S. used alcohol at least once a month (Medicine, 2011). Alcohol is a gateway drug that can lead to the use harsher drugs such as marijuana, cocaine, crack, and heroin. Teenagers that use alcohol regularly often fall behind on their class work. The use of alcohol is responsible for over half the deaths of teenagers in America. Teenagers are not responsible and often drive under the influence of alcohol. Last year 2000 teenagers died in car crashes (Medicine, 2011). Teens that drink are often more promiscuous and they do not practice protected safe sex. The use of alcohols among teenagers is detrimental to the health of the teen. Four warnings of teenage alcohol abuse include physical, emotional, social problems, and declining grades in school (Aacpa, 2011). Three of the reasons teenagers use alcoholic beverages are due to depression, peer pressure, and low self-esteem. Teenagers that do not have proper family support often turn to alcohol. The drug that is mixed the most with alcohol by teenagers is marijuana.

It is important for parents to monitor the activities of their children in order to detect any warning signs of alcohol abuse by their children. Many parents make the mistake of assuming that the problem of possible usage and abuse of alcohol does not exist (Drug-addiction-support, 2011). Sudden changes in weight are a potential sign of alcohol use. Teenagers who drink often lose interest in their personal appearance. Underage drinking accounts for 11% of the total consumption of alcohol in the United States (About, 2011). The United States is facing an epidemic of underage drinking. Alcohol causes people to lose their ability to reason. Some people become violent when they

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drink. Teenagers often go in binge drinking which is a dangerous practice that could lead to alcohol intoxication. Due to the lack of recognition of the existence of the problem by the majority of parents only about 10% of teenage alcoholics receive medical treatment to control their addiction. There is a myth that exists among adults that alcohol is less dangerous than other drugs (Betterhealth, 2011). This mentality is probably due to the social acceptance of alcohol among the adult population. The use of alcohol can impair the brain development among teenagers. For parents one of the worst things that can occur is dealing with alcoholism among teenagers. Denial and lies are two of the primary responses of teenagers when they are confronted about alcohol abuse. Parents must apply tough love to resolved alcohol abuse among their underage teenagers (Alcoholism-detox, 2011). Parents must seek the help of professionals in healthcare such as psychologists to deal with the situation in a serious manner. Interventions are often effective to make the alcoholic realize the existence of the problem. Acceptance is the first step towards recovery. Teenagers need the support of their family to help break the habit of drinking.

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