



YOUTH RESEARCH ACADEMY

ALCOHOL & YOUTH



McCreary Centre Society

About this fact sheet

This fact sheet was created by McCreary Centre Society's Youth Research Academy using data from the BC Adolescent Health Survey. Visit www.mcs.bc.ca for more info.

What is binge drinking?

Having at least 3 drinks in a couple of hours for females or 4 for males is considered binge drinking. In this fact sheet, binge drinking statistics are among youth who drank at this level or higher.

45% of youth

aged 12 to 19 in BC schools had tried alcohol. Among these youth, most had drunk alcohol at least once in the past year (93%).

56% of youth

who had tried alcohol reported the last time they drank was to have fun. However, 9% drank because of stress, and 7% because they felt down or sad.

3 in 10 youth

who had used alcohol (and not other substances) had experienced negative consequences of their drinking.

1 in 5 youth

who drank regularly reported not using protection the last time they had sex vs. 1 in 10 youth who drank less often (among youth who had ever had sex).

39% of females

who had tried alcohol binge drank in the past month, a rate similar to males. However, younger females were more likely to drink at this level than younger males.

28% of youth

who drank on 3 or more days in the past month reported multiple negative consequences of their use, compared to 13% who drank less often.

65% of youth

who binge drank had used tobacco vs. 30% of youth who hadn't drunk this much (among those who had tried alcohol). They were also more likely to have tried other substances.

1 in 10 youth

who had friends who disapproved of them getting drunk drank regularly in the past month vs. 30% with friends who didn't mind if they got drunk (among those who drank).

3 resources

www.heretohelp.bc.ca
mental health & substance use info

www.youthinbc.com
crisis line & live chat

www.foundrybc.ca
health & wellness resources & supports



SOME HELPFUL TIPS IF YOU DECIDE TO DRINK

- Know your limits. Your age, weight, medications and health problems might mean alcohol affects you differently to your friends.
- Don't have more than one or two drinks and don't drink more than once or twice a week.
- For every drink of alcohol, have a non-alcoholic drink (bring your own water bottle or juice when going out).
- Eat before and while you are drinking. This can help slow down how quickly you absorb alcohol.
- Check the alcohol content of your drink (just because it's the same size doesn't mean it's the same percentage).

For more info on Canada's low risk drinking guidelines, visit <https://www.camh.ca/-/media/files/canadas-low-risk-guidelines-pdf.pdf>