

# WRAP's 2008 Youth Guide



The Washington  
Regional Alcohol  
Program's  
2008 School  
Resource Guide  
to Preventing  
Underage Drinking

Sponsored by  
**GEICO**  
geico.com

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In 2006, 3,490 15-20-year-old drivers were killed and an additional 272,000 were injured in motor vehicle crashes. Thirty-one percent of the young drivers who were killed in crashes had a BAC of .08 g/dL or higher. Finding this completely unacceptable, the Washington Regional Alcohol Program (WRAP) and its community partners have joined together and renewed their efforts to create an effective combination of enforcement, public information, education and advocacy to decrease underage drinking. WRAP offers this Youth Guide as a resource to keep teens safe all year long.

*Information provided by National Highway Traffic Safety Administration*

## **Washington Regional Alcohol Program**

Founded in 1982, the Washington Regional Alcohol Program is an award-winning, public-private partnership working to prevent drunk driving and underage drinking in the Washington D.C.-metropolitan area. Through public education, innovative health education programs and advocacy, WRAP is credited with keeping the percentage of Washington-metropolitan area's alcohol-related traffic deaths consistently lower than the national average.

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# School-Based Programs and Initiatives

**The Washington Regional Alcohol Program (WRAP)** offers a vast array of services to fight underage drinking and impaired driving in the Washington-metropolitan area. For information on speakers and other free educational information contact us at (703) 893-0461.

## **Alcohol Awareness for Students**

Through the use of cutting edge information and ideas, WRAP provides an innovative, educational program designed to raise teen awareness of the dangers and consequences of underage drinking.

- \* Stimulates discussion through innovative questioning and interactive demonstrations!
- \* Raises awareness of the consequences of underage drinking and impaired driving with the use of Power Point presentations and videos!
- \* Associates stereotypical student decisions with alcohol-induced risky behaviors!
- \* Utilizes local law enforcement partnerships for increased effectiveness!
- \* Engages students in role-play activities!
- \* Interactive use of unique "Fatal Vision Goggles!"
- \* Caters to the individual needs of each audience!

For more information or to schedule a presentation, call (703) 893-0461 or email [wrap@wrap.org](mailto:wrap@wrap.org).

# GEICO Student Awards

**WRAP would like to offer an exciting opportunity to your school - The GEICO Student Awards!**

This annual teen contest honoring Washington-metropolitan area high school groups for their work in promoting alcohol/drug-free lifestyles to their peers is a great way to reward your group for all their hard work and dedication throughout the year!

Each school group will compete against other groups within the same metropolitan-area jurisdiction for \$500 to continue their fight against underage drinking and impaired driving. Traditionally, one winning group has been chosen from each jurisdiction in the metropolitan area.

Keep in mind that yearly, GEICO Student Award Applications are due in March and the ceremony is usually held in April. For more information or to request an application, please call us at (703) 893-0461 or visit us online at [www.wrap.org](http://www.wrap.org).



# Alcohol myths and

# myths and

#	T/F	Question
1	T/F	Most of the alcohol people drink enters the bloodstream through the stomach.
2	T/F	A mixed drink made with one shot (1 1/2 oz.) of hard liquor has more alcohol in it than a 12-ounce can of beer, a 12-ounce wine cooler or a 5-ounce glass of wine.
3	T/F	Alcohol kills six times more young people in America than all illicit drugs combined.
4	T/F	Drinking coffee, eating or taking a cold shower will help sober you up.
5	T/F	To report a drunk driver, you should call 911.
6	T/F	Alcohol gives you the false impression that you can do things you can't, like drive.

## Answers to Quiz:

1. (F) Most alcohol enters a body by way of small intestine. Approximately 20% enters the bloodstream through the stomach.
2. (F) 1 can of beer/12 oz. at 5% alcohol = 1 glass of wine at/5 oz. at 12% alcohol = 1 shot of whisky/1.5 oz. at 40% alcohol.
3. (T)
4. (F) Once alcohol is in your bloodstream nothing you can eat or drink will make you sober. Only time will help.
5. (T)
6. (T) Most drunk drivers are not fully aware of their impairment.

# Did you know?

- On average, one person is injured in an alcohol-related traffic crash every two minutes and one person is killed every 30 minutes (*National Highway Traffic Safety Administration, 2006*).
- Motor vehicle crashes are the leading cause of death of 15-20 year olds. Thirty-one percent of the drivers who were killed in motor vehicle crashes during 2006 had been drinking. (*National Highway Traffic Safety Administration*).
- If you are arrested for drinking and driving, it will cost you approximately \$5,000-\$20,000 (*Thomas Jefferson Community Criminal Justice Board*).  
This is equivalent to:
  - \* One used car or a downpayment for a new car
  - \* 6,688 ringtones
  - \* 2,200 movie tickets
  - \* 215 pairs of shoes
  - \* 428 haircuts
- In 2006, 7,463 15 to 20 year olds were involved in fatal crashes. 3,490 of them were killed due to injuries.
- Teenagers between the ages of 15 and 19 who drink are seven-times more likely to have sex than someone who doesn't drink and twice as likely to have four or more partners, which makes them more susceptible to STD's and unwanted pregnancies (*Office of National Drug Control Policy*).



# BUZZ KILLS.... Underage Drinking Laws & Consequences

Laws	District of Columbia	Maryland	Virginia
Blood Alcohol Content (BAC) Under 21	.00 BAC	.02 BAC	.02 BAC
Illegal to drink and drive	<b>Fine:</b> Up to \$300 <b>Suspend License:</b> Six months <b>Jail:</b> Up to three months	<b>Fine:</b> Up to \$500 <b>Suspend License:</b> One year <b>Jail:</b> Up to two months	<b>Fine:</b> Up to \$250 or 50 hours community service <b>Suspend License:</b> 12 months*
Illegal to possess, consume, transport or purchase alcohol	<b>Fine:</b> Up to \$300 <b>Suspend License:</b> Up to three months	<b>First Offense:</b> \$500 fine <b>Repeated Offenses:</b> \$1,000 fine	<b>Fine:</b> \$500 minimum <b>Sanction:</b> 50 hrs. mandatory community service probation <b>Revoke License:</b> Up to one year
Misrepresentation of Age (Fake IDs)	<b>Fine:</b> Up to \$300 <b>Suspend License:</b> Six months <b>Jail:</b> Up to one year	<b>Fine:</b> Up to \$500 <b>Suspend License:</b> Up to six months <b>Jail:</b> Up to two months <b>12 points on your license</b>	<b>Fine:</b> \$500 minimum <b>Sanction:</b> 50 hrs. mandatory community service probation <b>Revoke License:</b> Up to one year <b>Jail:</b> Up to one year
Adults/Parents Who Aid Minors in Obtaining Alcohol	<b>Fine:</b> \$300 <b>Suspend License:</b> Up to three months	<b>First Offense:</b> Up to a \$500 fine <b>Repeated Offenses:</b> Up to a \$1,000 fine	<b>Fine:</b> \$250 to \$2,500 <b>Revoke License:</b> Up to one year <b>Drivers License Suspension:</b> Up to one-year for purchasing for underage

\* Effective 7/1/2008

# Regional DUI/DWI Youth Arrests

## Washington-metropolitan area underage impaired drinking arrests of youth in 2006:

District of Columbia	4
Montgomery County, MD	468
Prince George's County, MD	15**
Arlington County, VA	40
City of Alexandria, VA	1
City of Fairfax, VA	1
City of Falls Church, VA	2
City of Manassas, VA	0
City of Manassas Park, VA	1
Fairfax County, VA	209
Loudoun County, VA	70
Prince William County, VA	37

Numbers only reflect those under age 21.  
(Youth defined differently between some jurisdictions.  
Some collect under 18 and some under 21.)

Several jurisdictions were unable to provide data on youth.  
\*\*Prince George's County data represents those under 24.

Information provided by the Washington Metropolitan Council of Governments (COG).



# Alcohol-related traffic fatalities

# Alcohol-related traffic injuries

## Washington-Metropolitan Area 2006 Youth Under Age 21

	Total Traffic Fatalities (under 21)	Alcohol-Related Traffic Fatalities (under 21)
District of Columbia	11	0
Montgomery County, MD	9	2
Prince George's County, MD	13**	0**
Arlington County, VA	0	0
City of Alexandria, VA	0	0
City of Fairfax, VA	1	0
City of Falls Church, VA	0	0
City of Manassas, VA	0	0
City of Manassas Park, VA	0	0
Fairfax County, VA	15	6
Loudoun County, VA	6	0
Prince William County, VA	5	0
<b>Regional Total</b>	<b>60</b>	<b>8</b>

## Washington-Metropolitan Area 2006 Youth Under Age 21

	Total Alcohol-Related Traffic Injuries (all ages)	Alcohol-Related Traffic Injuries (under 21)
District of Columbia	416	N/A*
Montgomery County, MD	234	27
Prince George's County, MD	826	93
Arlington County, VA	154	24
City of Alexandria, VA	91	0
City of Fairfax, VA	20	0
City of Falls Church, VA	8	0
City of Manassas, VA	40	0
City of Manassas Park, VA	11	0
Fairfax County, VA	705	87
Loudoun County, VA	138	28
Prince William County, VA	295	47
<b>Regional Total</b>	<b>2,938</b>	<b>306</b>

\*Not available.

\*\*Prince George's County data represents those under 24. Information gathered from local police departments by COG.

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\*\*Prince George's County data represents those under 24. Information gathered from local police departments by COG.

# Fact or Fiction

**Myth:** Drinking isn't all that dangerous.

**Fact:** One in three 18- to 24-year olds admitted to emergency rooms for serious injuries is intoxicated. Additionally, alcohol is associated with many sexual assaults, homicides, suicides, drownings and accidental injuries or fatalities.

**Myth:** I can drink and still be in control.

**Fact:** Alcohol impairs your judgment, which increases the likelihood that you will do something you'll later regret such as having unprotected sex, being involved in date rape, damaging property, injuring friends or being victimized by others.

**Myth:** I can sober up quickly if I have to.

**Fact:** The liver metabolizes about 90% of the alcohol in a body. Only 10% or less is excreted through urine, sweat and breath. It takes at least one hour for the body to fully process one drink. Nothing can speed up this process—not even coffee, cold showers or chugging water.

**Myth:** I'd be better off if I learn to "hold my liquor."

**Fact:** If you have to drink increasingly larger amounts of alcohol to get a "buzz" or "high," you are developing a tolerance. This increases your vulnerability to many serious problems, including alcoholism. In addition, a person may not look or feel intoxicated, but his or her cognitive and psychomotor skills are nevertheless impaired putting him or her at high risk for serious problems involving driving, sexual decision making and long term health problems.

*Information provided by the National Institute on Alcohol Abuse and Alcoholism.*



# Facing the Facts

**The following consequences are a small sample of the realities one might face as a result of underage drinking.**

## **Medical:**

- Accidents and injuries
- Passing out
- Blackouts
- Nausea and vomiting
- Hangovers
- Alcohol poisoning

## **Social and Psychological:**

- Social isolation and withdrawal
- Personality changes
- Depression
- Anxiety
- Embarrassment or guilt
- Drinking to feel more confident in social situations
- Feeling angry when one's drinking is discussed

## **Academic:**

- Academic failure
- Missed classes
- Difficulties with deadlines or procrastination
- Delayed or missed graduation

## **Sexual**

- Impotence to males
- Contracting a sexually transmitted disease
- Unintended pregnancy
- Victim of a sexual assault
- Not using protection

## **Decision Making:**

- Trying other drugs for the first time
- Mixing alcohol with medication
- Engaging in risky behaviors
- Inability to predict one's behavior

*Information provided by the College of William and Mary.*



# Suggested Activities

Each year, student groups throughout the Washington-metropolitan area compete in WRAP's annual GEICO Student Awards (see page 3) bringing with them a plethora of creative, low-cost activity ideas. The following concepts are just a few of the innovative ideas WRAP has seen over the years. For further suggestions, please feel free to call us at (703) 893-0461 or visit us at [www.wrap.org](http://www.wrap.org).

**Spread Your Message** – Design flyers, posters or tie messages onto candy and distribute to students.

**Project Graduation/Prom** – Find a way to support school's project graduation/prom chapter. In Northern Virginia go to [www.nvpg.org](http://www.nvpg.org).

**Make a PSA** – Make your own public service announcement/commercial with a focus on the dangers of underage drinking and impaired driving. Show it to your school during morning announcements or at the next pep-rally. Send copies to local TV stations.

**Day of the Living Dead** – Have students paint their faces, wear tombstones and walk around in silence for a day as a means of representing the number of people killed in alcohol-related traffic crashes each year.

**Join Up** – Join or start up a SADD or related club in your school. Visit [www.saddonline.com](http://www.saddonline.com) for more information.

**Community Involvement** – Get involved with the community through leadership positions, walks/runs, volunteer opportunities, etc. The more effort you make to spread your message and promote your name, the more effective you will be.



## Special Thanks To:

District of Columbia Department of Transportation  
Maryland Highway Safety Office  
Virginia Department of Motor Vehicles

**For further information or to order more guides,  
please contact us at:**

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