

Press Release

June 16, 2025

FOR IMMEDIATE RELEASE

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SAFE Glen Cove Coalition: Prom Season is Often Associated with Underage Binge Drinking

According to the 2024 National Survey on Drug Use and Health, underage drinking is a national problem. Binge drinking is often associated with prom season.

Survey researchers define alcohol use and binge drinking in the past month for adolescent males as drinking five or more drinks on the same occasion on at least 1 day in the past 30 days. Binge drinking for adolescent females was defined as drinking four or more drinks on the same occasion on at least 1 day in the past 30 days. Heavy alcohol use was defined as binge drinking on 5 or more days in the past 30 days. The survey findings are as follows:

- Binge Alcohol Use Among people aged 12 or older in 2023, 21.7 percent (or 61.4 million people) were binge drinkers in the past month.
- The percentage was highest among young adults aged 18 to 25 (28.7 percent or 9.8 million people), followed by adults aged 26 or older (22.7 percent or 50.6 million people)
- Among the 134.7 million current alcohol users aged 12 or older in 2023, 61.4 million people (or 45.6 percent) were past month binge drinkers
- Among past month binge drinkers, 16.4 million people were past month heavy drinkers. The 16.4 million heavy drinkers represent 26.7 percent of current binge drinkers and 12.2 percent of current alcohol users.

Binge drinking often occurs before and after-prom celebrations. This is due to peer pressure, the desire to celebrate milestones, and the perception that drinking is necessary to have fun. Underage drinking can have significant negative consequences, including impaired judgment, increased risk of accidents, and potential long-term health problems as underage drinking can increase the risk of developing alcohol use disorder and other substance use disorders later in life.

The National Institute on Alcohol Abuse and Alcoholism (NIAAA) offers the following tips to parents to prevent underage drinking during prom season:

- **Open Communication:** Parents should have open and honest conversations with their teens about the dangers of underage drinking.

- Set Clear Expectations: Parents should establish clear rules and expectations about alcohol use and enforce them.
- Plan Safe Alternatives: Families can plan safe alternatives to after-prom parties, such as attending a movie, going to a sports event, or having a pizza party.
- Know Your Child's Friends: Parents should be aware of their child's friends and their behaviors to monitor the situation and offer support if needed.
- Community Involvement: Local communities can organize events and initiatives to promote safe and sober celebrations.
- Parents should review with their teen the NIAAA's website Facts About Teen Drinking
- Information for teens to know how alcohol affects their health, how to identify the signs of a problem, and where to get help.

According to SAFE, the best method of protecting against underage alcohol use and binge drinking is early prevention education and encouraging a goal to "Live SAFE" and substance free.

The SAFE Glen Cove Coalition was formed in 2003 to change societal norms about alcohol and substance use. The Coalition is concerned about excessive alcohol use in youth and adults and seeks to educate the community about its negative effects on one's health and wellness. The Glen Cove Police Department has been a longstanding member of the Coalition and works diligently to monitor alcohol sales to minors, monitor hot spots where youth are known to drink and provide prevention education to youth and adults about Glen Cove Social Host Law and its consequences throughout the year.

In 2006, the Coalition worked with the City of Glen Cove Mayor and City Council to adopt Nassau County's first "Social Host" Law, which makes it a violation for adults to permit alcohol use in their homes by persons under the age of 21. In 2007, the law was adopted county-wide. This law aims to prevent underage drinking and its associated risks by holding individuals accountable for providing alcohol to minors at social gatherings.

To learn more about the SAFE Glen Cove Coalition please follow us on www.facebook.com/safeglencovecoalition or visit SAFE's website to learn more about Alcohol and its negative consequences please visit SAFE's Underage Drinking Awareness page at www.safeglencove.org.