

Transcript: 'Don't Become a Statistic'

Introductory Statement

This is a recording about how alcohol relates to you as a young person.

Script

- S1: Hello to all the listeners out there.
We are recording today to give you an insight on the effects that alcohol has on people, whether you are the drinker or with someone who is drinking.
- 3.3 million People die from alcohol each year globally; that's 3.8 per cent of the world population. Each year, in Australia, the outcomes from other people's drinking result in 367 deaths, 14,000 hospitalisations, 70,000 victims of alcohol-related violence, 24,000 victims of domestic violence, and almost 20,000 children being victims of alcohol-related child abuse.
- S2: You can control your own drinking, but if you're affected by alcohol, you're less able to make good decisions. 1 in 5 of fatal road accidents in NSW involves someone who has drunk too much alcohol. In NSW, 33% of all drink drivers involved in fatal accidents are aged between 17 to 24.
- S3: For young people under the age of 18, the safest option is to delay their first drink of alcohol for as long as possible. In Australia, 13% of all deaths among 14–17-year-olds are alcohol-related.
- Here are some reasons why you should re-think your decision of taking that first sip.
The human brain does not fully mature until you're in your early twenties.
The younger you start drinking alcohol, the greater the risk of harmful changes to the brain.
- S1: The two areas of the brain that are at most risk to damage by alcohol during the teenage years of 13 to 19 are the hippocampus and the frontal lobes.
- The hippocampus is vital to learning and memory. Drinking alcohol can cause learning difficulties which can result in poor school performance, which can affect your ability to learn new information and recall memories.
- S2: The frontal lobes are associated with movement, self-control, rational thinking, and making decisions. Drinking alcohol can cause difficulties to control your urges and body reaction times, and jeopardise your judgements and decisions.
This can result in you not being able to control your emotions, such as having an argument with a loved one of losing your temper; not being able to make sound decisions, such as spending all your money and talking smack to people; or not being able to move fast enough or make a quick decision to defend yourself against physical or sexual assault.
- S3: So all in all, when it comes to drinking, know your limits and look after your mates.
Don't become a statistic.

Acknowledgments Statement

This recording was produced by DAMEC, the Drug and Alcohol Multicultural Education Centre; and made possible through funding from the Ministry of Health New South Wales.

I'd like to make a shout out to the youth group of Congregational Christian Church of Samoa in Emerton, for their help in designing and producing this recording.

If you need any drug or alcohol support, please contact DAMEC during business hours on 8706 0150. If you need urgent support, please call Lifeline on 13 11 14.