

## Quick Facts

Women can be more susceptible to alcohol than men for two main reasons:

1. Percentage of body fat compared to water. Females generally have more fat & less water in their bodies. Alcohol is water soluble, so less water in the body translates to a higher blood alcohol concentration.
2. Females have less of the active enzyme alcohol dehydrogenase which begins to break down alcohol in the stomach lining. Less enzyme means more alcohol in the system



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## If You are a Girl...



*Facts  
About  
Alcohol  
You Should  
Know...*



## Risk Factors for Females Who Use Alcohol



Many of the reasons why adolescents drink are gender blind, but some factors may affect girls more than boys.

♀ Puberty tends to bring a higher incidence of depression among young girls, which can trigger alcohol use. One study found symptoms of depression in one in four girls – a rate that is 50% higher than in boys.

♀ Girls often are introduced to alcohol by their boyfriends, who may be older and also more likely to drink alcohol.

♀ Overall, friends have a big influence on teenagers, but girls are particularly susceptible to peer pressure. Adolescent girls are more likely than boys to drink to fit in with their friends.

♀ Adolescent girls who are heavy drinkers (drink five or more drinks in a row on at least 5 different day in the past month) are more likely than boys to say that they drink to escape problems or due to feelings of frustration or anger.

Source: <http://www.health.org/govpubs/rpo993/>



## Suicide, Driving, Pregnancy, & Victimization

♀ The rate of fatal crashes among alcohol involved drivers between 16-20 years old is more than twice the rate for alcohol involved drivers 21 and older.

♀ In one study, 37 percent of eighth grade females who drank heavily reported attempting suicide, compared with 11% who did not drink.

♀ A national survey found that 58.8% of women age 15-44 years old drank while pregnant.

♀ Research suggests that alcohol use by the offender, the victim or both, increase the likelihood of sexual assault by a male acquaintance.

Source:

<http://www.teendrugabuse.us/teensandalcohol.html>