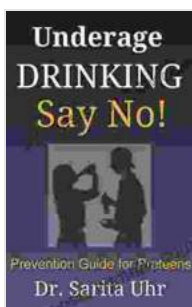


# Underage Drinking: Say No!

By Dr. Sarita Uhr

Underage drinking is a serious problem with potentially devastating consequences. According to the Centers for Disease Control and Prevention, underage drinking is the leading cause of preventable death among youth in the United States. Each year, approximately 5,000 young people under the age of 21 die as a result of underage drinking. In addition, underage drinking can lead to a number of other health problems, including liver damage, heart disease, and cancer.



## Underage Drinking: Say No! by Dr. Sarita Uhr

★★★★★ 5 out of 5

Language : English  
File size : 1442 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 59 pages  
Lending : Enabled



Dr. Sarita Uhr's book, 'Underage Drinking: Say No!', provides parents and educators with the information and tools they need to help young people avoid the dangers of underage drinking. The book covers a wide range of topics, including the physical and psychological effects of alcohol on young people, the social and legal consequences of underage drinking, and strategies for preventing underage drinking.

Dr. Uhr is a leading expert on underage drinking. She is the Director of the Center for the Study of Adolescent Health at the University of California, San Francisco. She has conducted extensive research on the causes and consequences of underage drinking, and she has developed effective prevention programs for young people.

'Underage Drinking: Say No!' is a must-read for parents and educators who are concerned about the dangers of underage drinking. The book provides clear and concise information about the risks of underage drinking, and it offers practical advice on how to prevent young people from drinking alcohol.

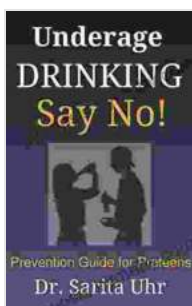
**Here are some of the key features of the book:**

- Provides a comprehensive overview of the physical, psychological, and social effects of alcohol on young people.
- Discusses the legal consequences of underage drinking, including fines, jail time, and driver's license suspension.
- Offers practical advice on how to prevent underage drinking, including setting clear rules and expectations, talking to young people about alcohol, and monitoring their activities.
- Includes a resource guide with information on support groups, counseling services, and other resources for parents and young people.

'Underage Drinking: Say No!' is an essential resource for parents and educators who are concerned about the dangers of underage drinking. The book provides clear and concise information about the risks of underage

drinking, and it offers practical advice on how to prevent young people from drinking alcohol.

To Free Download your copy of 'Underage Drinking: Say No!', please visit the following website: [website address]



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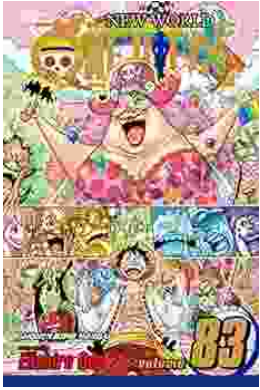
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