

Young people and alcohol

In this presentation we will talk about the alcohol use amongst young people in Denmark. We will present some statistics about the amount of alcohol being consumed, as well as showing a pattern, which shows the increased amount of alcohol being consumed by young people. We will also be analyzing different sources, dealing with young Danish people travelling to other countries, simply to get wasted.

Alcohol restrictions

There are several restrictions in both Denmark and Spain regarding the consumption of alcohol.

It is illegal to sell alcohol to minors under the age of 16, except for a few new adjustments.

The government recently made some new restrictions, regarding strong alcohol which contains more than 17.5%. You now have to be at least 18 to buy these products, and this age limit is also the rules in force if you want to buy alcohol at bars, restaurants and discos. There is no drinking age, only a purchase age, and an adult may buy alcohol for a minor. By tradition, youths are privately allowed to drink alcohol after their confirmation (age 13-14). If a shop or bar fails to ask for an ID card and is identified having sold alcohol to an underage, it is warned or at worst case fined. A national ID card, obtained in the local town hall, can serve as age verification. This card is rarely used though, since a passport or moped-licence can be used.

Denmark has a more tolerant view towards alcohol, than the Spanish government. And if you look at the numbers, they will tell you about a much larger amount of alcohol consumed by the Danish youth. The Danish youth has a reputation, especially in cities as Lloret de Mar and Malaga, of being heavily drunk and way out of control.

According to several sources, we found that the age limit for buying and consuming alcohol in public places is 18 years old at most communities, but 16 by national law. The consequences if you get caught could be a fine between €30,000 and €600,000. Stores are now allowed to sell alcohol between 10 p.m. and 9 a.m after a recent law

was passed. And it proven to be a lot easier to buy alcohol, and get into bars, if you are a native.

Some regional Governments in *Spain* have banned the consumption of *alcohol* in the street. Failure to respect this may result in a heavy fine.

We also found that many politicians believe that the harsh restrictions in Spain may have an effect on what amount, and in what age the youth in Spain starts drinking. We do not think this is the truth, but that is for you to answer.

Alcohol statistics

According to the **National Health Profile 2010** from the Danish Health Service, young people drink more than older people, and men drink more than women. **63,5 %** of all men at the age of **16-24** drink more than the recommended **5 units** on one occasion at least once a month. For women at the same age that number is **53,5 %**.

The low-risk limit of alcohol use for men is **14 units** per week and the high-risk limit is **21 units** per week. For women, the low risk limit is **7 units** per week and the high-risk limit is **14 units** per week. **38,3 %** of men and **42,8 %** of women drink more than the low-risk limit recommends. **22 %** of men and **17,4 %** of women drink more than the high-risk limit recommends.

In the Danish regions with the biggest cities, the alcohol consumption is generally higher than in other regions.

The statistics also showed that people under education drink more than other groups of society, which is probably because most people between 16 and 24 years are under education.

Reasons for drinking

Parents affect the younger generation.

In many cases the parents consumption of alcohol affects young people to start drinking. A smaller Danish study has shown that young people who have good relationships with their parents drink less. Likewise parents' own alcohol use influences how much young people drink - especially boys. In this study it shows that the more parents drink in the weekdays, the bigger the young boys' alcohol consumption will be.

Identity and self-confidence.

How young people look at themselves do also have a influence on when they start to drink. Often teenagers with low self-confidence start drinking in an early age, because they become more social and their shyness will fade. Moreover, young people with a negative perception of the school environment do also have an early experience with alcohol.

Bullying.

A Danish study shows that victims of bullying drink rarely, while bullies drink more frequently than other teenagers.

Also Danish teenagers who drink much more alcohol than the Health Service recommends, have a poor health, are tired in the morning, do bad in school and are often dissatisfied with their life.

Peer Pressure.

Peer pressure, which is when other people press you into doing something you do not want to do, is often a problem when it comes to drinking. Among friends you develop some norms in how you talk and behave. Although teenagers pick their friends by those norms they got at home.

Drinking holidays

In 2007 10.000 young Danish people went on a binge in Bulgaria. Same year a young man died because he choked in his own puke and after that Sunny Beach was known as the cave of the devil.

When young people from Denmark travel to Sunny Beach or other places to drink, they travel in a crowd of friends. And there is only one way forward, and it's the way to the next drink! The point is not to lie on the beach having fun but the point is to party and drink all day long.

The holidays started in Florida where they call it "spring break". In America the parties went too wild because seven men died in only one year, so they closed the parties. But in Sunny Beach there is no one to stop the parties.

The experiences in Sunny Beach are wilder than some of the experiences from Denmark.

The guides ask the visitors to the motto: "What happens in Sunny Beach stays in Sunny Beach".

Friends are helping each other to have as much fun as possible.

All the people, the dance, the alcohol and the very loud music are making a very intensive energy and the energy makes you lose your control and without your control you get crazy experiences.

72 per cent of the young people have drunken 5 days in a row or more.

40 per cent have drunken more than 12 units in a day in more than six days

Hay varias restricciones tanto en Dinamarca como en España sobre el consumo de alcohol. Dinamarca tiene una visión más tolerante hacia el alcohol que España. En nuestro país es ilegal vender alcohol a menores de 16 años, mientras que en España la mínima edad necesaria es 18. Las leyes son muy estrictas en España, lo cual puede tener un efecto contrario en los jóvenes, queriendo los mismos comenzar a beber antes de la edad permitida. Nosotros creemos que esto es verdad, pero nos interesaría que nos lo contesten si es posible.

De acuerdo con el “Instituto Nacional de Salud de Dinamarca”, los adolescentes beben más alcohol que los adultos, y los hombres beben más que las mujeres. Varias personas no están de acuerdo con esto, lo cual significa que se arriesgan a grandes enfermedades cuando beben.

En muchos casos los padres son la razón por la cual los jóvenes consumen alcohol a tan temprana edad. La baja autoestima también puede llevar a consumir alcohol. Además, las presiones en los adolescentes los llevan a beber desde tan corta edad.

Cada año, muchos jóvenes daneses se juntan en pequeños grupos y se van de vacaciones, en lo cual lo único que importa es ir a fiesta y beber mucho alcohol. Estas fiestas son muy peligrosas y muchas veces alguna persona resulta herida o, incluso, muerta.

Este tipo de fiestas comenzaron en Florida, donde los adolescentes iban, en receso de primavera, a tomar alcohol y asistir a fiestas. Las mismas fueron prohibidas porque eran muy peligrosas.