

Alcohol & The Holidays

Holidays may involve family time, games, movies, food, and possibly drinks. Although loneliness is a cause for alcohol or drug consumption, being around others does not necessarily mean a decrease in unhealthy habits. Alcohol consumption increased during the pandemic and has not decreased after we have returned to a semblance of normalcy. Many people are still trying to figure out how to navigate our “new normal”. We encourage the consideration of a few things as we move towards the end of the year, have time off, and look forward to social interactions.

Questions to consider when drinking with your family:

1. What message am I sending if I drink in excess around my underage child?
2. Have I had conversations about responsible drinking with my child(ren)?
3. Are the conversations I have about alcohol consumption realistic?
4. Are the conversations I have with others reinforcing alcohol use as a coping skill during stressful times?
5. What messages am I sending my underage child(ren) if I allow them to drink with me or another adult in the house?

Information to consider:

“One-third of Fairfax County students (33.7%) reported drinking alcohol at least once in their lifetime, ranging from 18.8% of eighth-grade students to half of twelfth-grade students (49.4%). One in seven students (15.2%) reported drinking alcohol in the past month, ranging from 4.5% of eighth-grade students to 27.7% of twelfth-grade students.” (FCPS Youth Survey 2020)

“Female students reported higher rates of alcohol use in their lifetime (36.1% compared to 31.2% of male students), in the past month (17.1% and 13.1%, respectively), and binge drinking in the past two weeks (7.3% and 6.5%, respectively)” (FCPS Youth Survey 2020).

Resources:

- [Holiday Stress](#)
- [Helpful Info to Quit Vaping](#)
- [FCPS video on Alcohol, Tobacco, and Other Drugs](#)
- [Substance Abuse Prevention \(Spanish\)](#)

For general questions about the FCPS Substance Abuse Prevention Program, please contact the Office of Student Safety & Wellness at: (571) 423-4270 and be sure to follow us on Twitter at @FCPSAPS.

For further information & support:
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