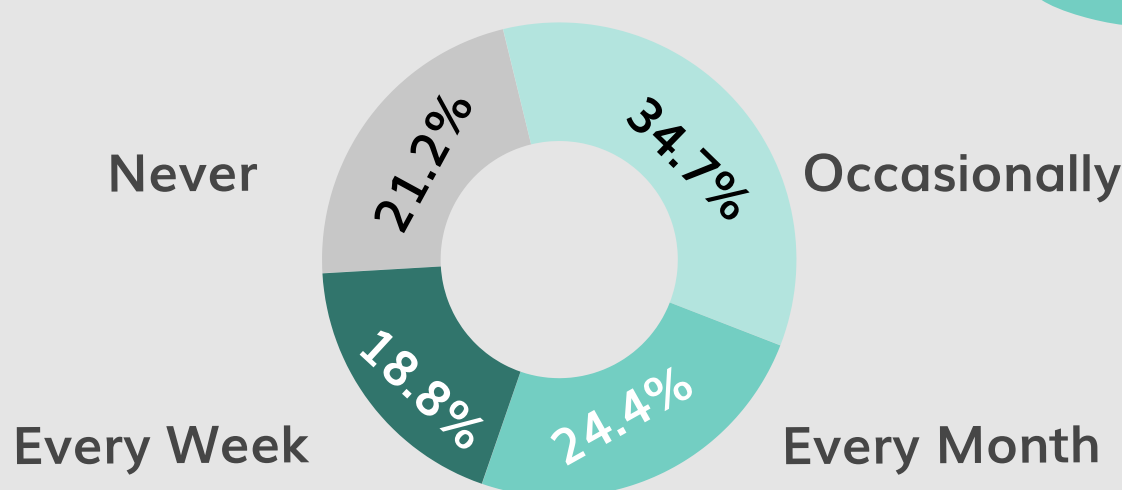


Alcohol Use and Dating Relationships in Adolescents



HOW OFTEN DID ADOLESCENTS CONSUME ALCOHOL DURING A YEAR?



These results are based on our sample of 216 adolescents aged between 14 and 19 years

During the 2 weeks of our study:



and of those who drank

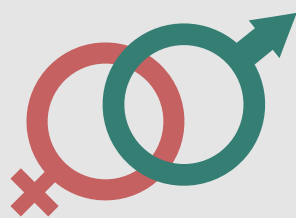


*Binge drinking is defined as having 5 drinks or more on one occasion

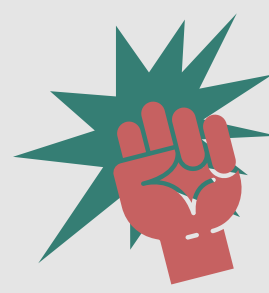
Our results showed that adolescents who drink alcohol regularly were more likely to:



Experience **daily conflicts** with their partner

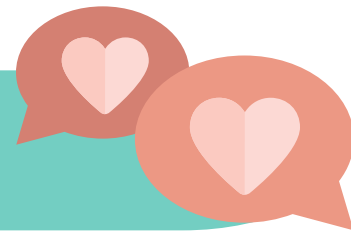


Have experienced **sexual violence** in their relationship



Have used **physical violence** against their partner

Adolescents who drink were also less avoidant of intimacy with their partner!



While this sounds like a good thing, remember disinhibition from alcohol may cause adolescents to say and do things that may lead to conflict or even violence.

Our results suggest that alcohol use can **negatively impact** adolescents' mental and physical health as well as their relationships by increasing the risk of conflict escalation.



Visit Tel-Jeunes to learn more about adolescent alcohol use !

What is the take-home message?

Despite teen drinking being illegal, many often experiment with alcohol. The most important point is to drink in **moderation**. It is always best to discuss disagreements with your partner **when sober** in order to apply **positive conflict management strategies**.



[Click here](#) to learn more about the different ways of managing conflicts!

To know more about our lab's projects: www.lefac.uqam.ca