

SAFEGUARD YOUR FUTURE

Did you know? Alcohol and other drug use during and after high school can affect your future aspirations.

Many professions require licensing or certification from a board or a committee and almost every job requires a background check.



A person's misuse of alcohol and other substances may interfere with obtaining a job.

UNDERSTANDING THE LAWS

There are several Maine laws that if violated could interfere with future career options.

Under 21: No one under 21 is permitted to possess, purchase, or consume alcohol or marijuana.

Drug paraphernalia: It is a civil violation to possess any drug paraphernalia. It is a crime to furnish/traffic drug paraphernalia to someone else.

Transporting alcohol: No person under the age of 21 is permitted to transport alcohol in a motor vehicle unless in the scope of their employment or with parental permission.

Transporting drugs: If a person under the age of 21 transports marijuana or any other illegal drug in a motor vehicle, they could face criminal or civil charges, and may have their driver's license suspended for up to a year.

Furnishing alcohol: No person may furnish, sell, or provide alcohol or a place to consume to someone under 21.

OUI: All states are "zero tolerance" which means anyone under 21 with ANY amount of alcohol in their system who operates or attempts to operate a vehicle will have their license suspended for one year. Operating a vehicle under the influence of marijuana and/or other substances that impede driving can result in a charge of OUI.

NOW YOU KNOW

WHAT'S IN A DRINK?

Knowing alcohol content can help you make smart choices about drinking.

SOME DRINKS CAN FOOL YOU

A standard drink has ½ ounce of pure alcohol but many drinks have different amounts of alcohol depending on the brand or the mix.

We have listed the amount of one standard drink for many popular alcoholic beverages below, but check the label for actual alcohol content.



Beer: 12-ounce beer or 10 ounces of most microbrews



Wine: 4 ounces of wine with 15% alcohol or 5 ounces of wine with 12% alcohol



Hard Liquor: 1½-ounce shot of 80-proof liquor or 1 standard* mixed drink
**Some mixed drinks can equal 1-3 drinks or more*



Spiked Seltzer: 12 ounces

MAKE A PLAN

Whether you are under 21 or of legal drinking age, it's important to make a plan ahead of time to make safe choices.

- When inviting friends to attend a party you are hosting be clear that alcohol will not be served to anyone under 21 and illegal substances are not welcomed.
- Be direct and confident when you give a reason why you don't want to drink alcohol or use other substances. For instance, you might explain you are driving, need to study for an exam that night, or that you just prefer to stay sober.
- Set a limit before you start drinking and keep track of how much you drink. Avoid drinking games.
- Know what's in your drink and who is preparing any mixed drinks.
- Have a plan to leave a party if you are not comfortable. If available in your area, download a rideshare app or devise a code word or phrase that you can text to a friend or relative so they can pick you up.

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