A Conversation About Youth and Drinking:  
Is There Evidence To Support Low-Risk Drinking Guidelines For Youth

**Conversation Dialogue**

**Andrea Zeelie** Monday, 29 October 2012

I'd like to welcome and thank Kara Thompson for providing an overview of the evidence.

Let's start off the discussion with the following questions:
1) Should we have guidelines for youth?
2) Can they actually reduce drinking? Should we expect them to?
3) How do we market the guidelines to young people in a way that doesn't condone drinking?
4) What should the role of government, health services and parents be? Who is responsible for message delivery?

**Diane Buhler** Monday, 29 October 2012

I think the whole concept of identifying low risk drinking guidelines for youth, including underage drinkers, is interesting. It challenges some of our previously held convictions about messaging for youth. For example, at Parent Action on Drugs - along with many other health promotion organizations - we said "Be smart about your drinking" or "Stay in control".

Importantly, these messages were done in consultation with underage drinkers. They felt these messages were non-judgmental, and absolutely they do convey a harm reduction approach. But is this enough? Is staying smart and being in control too subjective, given the evidence around the effects of drinking?

**Terry** Monday, 29 October 2012

Good morning, and forgive me if this is jaded for a Monday morning. Whenever I talk with teens, I ask the question... "Is it OK for parents, or should parents, to buy alcohol for their underage kids?"

Surprisingly, I have never heard one say yes. In one instance when talking with youth in an alternative education program for teens and young adults, one kid, who had his head down, and doodling the entire discussion, raised his head and said, "The drinking age is 19 for a reason. Kids don't know how to handle alcohol or the risks." So kids are listening...but will they absorb the message?

Parents need to realize they are parents, not friends, and kids want structure.

You can have as many guidelines as you want, but I am not sure teens would follow them. The only way I see reduction is to have other teens lead by example and to have the government have rules about marketing and advertising regulations.

If life were only like a beer commercial... nice times, pretty girls and guys and none of the risks. Some limitations on what can be marketed would be great but when gov't talks out of both sides of the mouth, reduce consumption but also encourages consumption, I think the message is loud and clear... alcohol is more fun. And worth any risks.

**Jull** Monday, 29 October 2012

I agree with leading by example, either by other teens or parents, helps a teen's awareness about drinking and its challenges.

However I disagree with the teen who says wait until you are 19. Is waiting until a kid is 19 to say "ok, it's now okay to drink" because it's thought that a 19 year old can handle alcohol better than a 16 year old due to maturity or because now they're legal to do so, the right approach? What if the 19 year old is a sheltered young man who hasn't had the conversation about alcohol with their parents or anyone for that matter, and doesn't know how his body type will handle alcohol, but he's pushed to celebrate his new legit
status and goes out and over does it due to his own ignorance? What if the 16 year old was introduced to the guidelines and had open discussions about limits with her peers through an open discussion in school....and she takes a responsible approach to alcohol and maybe has the occasional drink and doesn't overdo it? Situations differ and it's hard to broad stroke this issue.

The guidelines are just that, guidelines. They aren't rules, regulations or legislation. They are to guide a person through an issue and they don't claim to have all the answers.

As for the beer commercials, I agree, life is not like a beer commercial. I'd like to see digital and tv ads in Canada that portray the unpleasant side of binge drinking (lying in a pool of vomit, waking up with the unknown, etc), and provide a solution: education via the guidelines.

Andrea Zeelie Wednesday, 31 October 2012
Is 19 an arbitrary age for legal consumption and purchase? A look at legal ages internationally (http://www.icap.org/portals/0/download/all_pdfs/icap_reports_english/report4.pdf) shows that much of Europe has a lowered age limits of 16 or 18 (which is the age in Alberta and Quebec). These lower age limits suggest that youth below legal age may be equipped to drink alcohol if given guidance (as you've pointed out).

Diane Buhler Monday, 29 October 2012
You make a good point about parental supervision - and I must admit I'm confused by what is stated in the guidelines. What does drinking "under parental guidance" mean for youth who choose to drink underage?

I'm hoping Kara can help clarify this from a research point of view!

LArmstrong Monday, 29 October 2012
I'm really interested in the answers to the question of underage drinking and harm reduction and the roles of parents and public health (and other partners). I love the parenting videos from MLHU (http://www.healthunit.com/parenting-teens.aspx). These videos tell parents to relay the expectation to their kids that they should not use alcohol or drugs under any circumstance. Do you agree? Does anyone know the evidence for harm-reduction and alcohol in teens? And are there differences depending on a source of information?

Joanne Monday, 29 October 2012
I'm not sure what the right answers are but I might suggest that our messages might differ depending on the youth's age.

If the youth is 14 years old and looking for a reaction or possibly permission to drink I might stand firm with my expectation that they not use alcohol under any circumstances.

However, if I were speaking with a 17 year old who I know is drinking alcohol on the weekends my message might be more that I don't want them to drink but if they are going to drink that they consider how they can do it safely, ie, asking for a ride home, considering a limit on the number of drinks they will have, etc. I would want them to think about their safety in any situation where they might be drinking.

Kara Thompson Tuesday, 30 October 2012
You all raise some great points. Parents play an important role in socializing adolescents into adult drinking practices and the impact of many different parenting factors on alcohol use have been examined in the research literature including parental monitoring, parental provision of alcohol, parental attitudes, parental rules, parental support, etc.

With regards to the guidelines specifically, the recommendation of “parental supervision”,
is trying to put youth drinking in context. For those youth who choose to drink it is best to do it under supervision (with or under the watchful eyes of parents). There is research to support this recommendation. For example, McBride (2003) found that **unsupervised drinkers consumed up to 6 times more alcohol that supervised drinkers** and non-drinkers. They were also more likely to drink in risky patterns and experience more alcohol-related harm. More generally, **research shows that drunkenness and heavy drinking are more likely to occur in settings without adult supervision.**

**However, findings are mixed.** Some research also suggests that parental supervision can have negative outcomes. **Adolescents who first start drinking at home tend to have earlier ages of first use, which can place them at increased risk for later problem drinking** (Van Der Vorst, et al., 2010). Research suggests that supervision condones drinking, thus adolescent being to drink more frequently both at home and in other contexts.

Overall, the jury is still out and it is an area that is getting more research attention recently.

Also mentioned was parental supply of alcohol - so buying alcohol for your adolescent. Its nice to hear that some kids are disagreeing with this, but in my experience that isn’t always the case. **There is not a lot of research on the effects of parental supply yet, but results are similar to supervision - mixed - some show protective effects, and some show increased risks.** There is still a lot of research to be done in this area - particularly in Canada. Approximately, 22% of Canadian adolescents reported their parents as the source of supply on their most recent drinking occasion.

*Sue* Tuesday, 30 October 2012

Thanks for the great information and discussion.

I am hoping the guidelines will be an opportunity to engage youth and thier parents in the alcohol conversation. Its a good place to start and get feedback from both groups. I include parents also as it has been mentioned they have an influence based on thier values and actually the supply of alcohol to youth. Would both groups be making the decisions they have if they were aware of the background information, would parents be more able to offer the needed boundaries and monitoring we strive for. As someone already mentioned we are working with the results of media portraying a different message to youth. That is why I think we need to engage parents of youth to be more empowered to understand the issue.

*Tamar Meyer* Monday, 29 October 2012

Thanks for the great overview of the evidence and starting this interesting discussion.

I think Guideline 5 of the LRDG’s is realistic since we know from the 2011 OSDUHS Drug Use Report, 54.9% of all students between the grades of 7-12 used alcohol in the past year and 22.3% reported binge drinking.

Regarding the fourth question, in addition to the role that governments, parents and health services should and can play, a key audience for delivering messaging for safer, responsible, low-risk drinking (including saying no to alcohol – either as a designated driver or taking a “break” from alcohol) are other youth and young adults. By engaging youth directly in developing messaging as Diane suggests and by engaging them as peer leaders in schools and community settings, can help to ensure messaging is not only non-judgemental but appropriate for a youth audience.

*Andrea Zeelie* Monday, 29 October 2012

Janet Sherbanowski Monday, 29 October 2012

Through MADD's messages and other venues, young people are finally getting the message that there should be a designated driver. They are media savvy and have seen the terrible consequences of drinking and driving. If we want to stop binge drinking, why wouldn't we do the same kind of targeted messaging and make use of their innate sense of survival.

Image is really important to young people, one of the most powerful anti-drug messages of late is the commercial showing a young woman go from attractive to an out-of-control druggie. Drinking carries the same loss of control. Show someone lying in their own vomit, waking up in bed with a stranger, stepping in someone else's vomit or vomiting on someone. These are the images that teens talk about and remember from others.

I think that those who want to drink will drink; that won't change. The criminalization of these acts may not be the way to handle it. If these laws are to be changed, then we need to increase penalties for drinking and driving. Don't criminalize kids, criminalize actions. As long as the message that getting behind the wheel of a vehicle after you have been drinking, no matter how little or much, is strong, enforced and illegal I am in favour of realistic laws.

Andrea Zeelie Monday, 29 October 2012

Have you seen the "No Magic Goat" campaign from Injury Free Nova Scotia? [http://nomagicgoat.ca/](http://nomagicgoat.ca/)

Ginny Gonneau Monday, 29 October 2012

Hello,

I would like to add to this conversation by sharing a few of the resources I have been involved in developing around girls and alcohol with the British Columbia Centre of Excellence for Women's Health (BCCEWH).

1) Girl-Centred Approaches to Prevention, Harm Reduction and Treatment
This is a discussion guide on girl-centred approaches to prevention, harm-reduction and treatment which came out of a national project about Gendering the National Framework

2) Preventing Heavy Alcohol Use Among Girls & Young Women:
Practical Tools & Resources for Practitioners & Girls' Programmers

3) Symposium on Heavy Alcohol Use Among Girls and Young Women
Gender-Informed Primary Prevention Approaches for BC

4) Visit Coalescing on Women and Substance Use 'Young Women, Alcohol and Other Substance Use’ section: [http://www.coalescing-vc.org/virtualLearning/section3/default.htm](http://www.coalescing-vc.org/virtualLearning/section3/default.htm)

5) Preventing Heavy Alcohol Use in Girls (April 20, 2010) Nancy Poole, MA, PhD(C), Director, Research & Knowledge Exchange BC Centre of Excellence for Women’s Health

6) Girls' Perspectives on Girls' Groups and Healthy Living Research Summary June 2012

I hope these are useful in contributing to the conversation, particularly in reaching girls and young women through a gender-informed, holistic, strength-based, health promotions approach.

Tamar Meyer Monday, 29 October 2012

Yes, thanks for sharing those resources... also looking foward to your webinar Ginny!
Andrea Zeelie Monday, 29 October 2012

For those interested:
Webinar: Girls, Alcohol & Depression
Thursday, November 8th, 2012 at 12PM (EST) http://www.bccewh.bc.ca/news-events/default.htm

Rose Monday, 29 October 2012

Thank you for sharing these helpful resources with us.

Andrea Zeelie Monday, 29 October 2012

Thank you for sharing these helpful resources with us.

Rose Monday, 29 October 2012

Thanks to all who have provided their comments. Here are some thoughts on the questions posed:

1) Should we have guidelines for youth?
As professionals we do need guidelines so that we can provide information to youth so they can make informed decisions. Having said this...it doesn't mean the guidelines in and of themselves will make the difference as mentioned above...we need a multiple strategies...including peer leadership/youth engagement strategies, polices around alcohol access and advertising...parental engagement strategies...etc..to make the difference...and at the same time we need the evidence....which these guidelines provide.

2) Can they actually reduce drinking? Should we expect them to?
I don't think we should expect them to reduce drinking just like we didn't expect evidence on the harms from tobacco...to reduce smoking....it was all the approaches...advocacy...multiple strategies...social marketing...policy to limit access and advertising......and development of new cultural norms which decreased tobacco use...

3) How do we market the guidelines to young people in a way that doesn’t condone drinking?
Good question and not sure it is about marketing the guidelines...as much as how to engage youth and other key stakeholders in comprehensive, collaborative strategies...to promote safe drinking......the guidelines are our reference...and provide information/evidence...and also need to be supplemented with a variety of strategies to engage youth and help promote their health...and need to involve coordinated and collaborative approaches across the sectors and with lots of partners...focused on youth health...

4) What should the role of government, health services and parents be? Who is responsible for message delivery?
I think all of the above are responsible...in one way or another...and I like to think we as a community and society are responsible...because youth are vulnerable.....and I like the research on youth resiliency which states that youth are influenced by their relationships with significant adults......and thus there is a need to educate adults so that they can at least be informed of the risks and can also model healthy behaviours when it comes to alcohol and provide information as needed...also youth do need to be involved in the messaging and the process of education...as mentioned above...to be empowered to be informed consumers...just like other products they are exposed to....

Thanks for having this discussion and for the information provided.

Andrea Zeelie Monday, 29 October 2012

I'd like to thank all our respondents thus far. We look forward to continuing this discussion over the next two days.

Please note that posts must be moderated. As such, any comments posted this evening may only be posted tomorrow.

Patricia Tuesday, 30 October 2012

Through my experiences working with youth, I have experienced the extreme polarization of attitudes about the use of alcohol. Some youth practice in abstinence and I believe that it is important to support these choices; however, others struggle with the images of ‘parties’ that portray extreme drinking. Although not targeted to youth, young people are subjected to adult messages about drinking. In particular, the ‘drink responsibly’ message. When discussing this with youth, I have found that they have limited information about what ‘responsible’ means for them.

Most consistently, they identify not drinking and driving– but other than that one message, they lack any context. Generally they discuss “when drunk, don’t…” as their understanding of what responsible means. Their understanding of responsible use of alcohol does not seem to reflect consumption, but rather behaviours when already impaired. While it is important that we continue to discuss and promote reducing harms when impaired, I believe we also have a duty to provide a context for youth around the use of alcohol, perhaps a middle ground between no use, and ‘party ‘til you puke’
would be helpful for youth. When discussing with youth the idea of having one drink with friends I often hear ‘What would be the point? If you don’t drink to get drunk, why would you drink at all?’

Melissa Knowler (Rennison) Tuesday, 30 October 2012

Wow - what great comments! I was so happy to see that some people started to touch on the subject of alcohol advertising and youth. I find it appalling the amount of positive alcohol messaging that can be found so readily by teens - radio, t.v., magazines, social media, sponsorship etc. We are fighting against billion dollar marketing companies who have convinced our youth that drinking is cool, a way to have fun, be popular, get that girl/guy you have your eye on, and have ZERO negative outcomes. Although we may know this is an unrealistic expectation of alcohol, do you think teens get that? How can we better regulate advertising? It's obvious that the current self-regulation of marketing companies is failing miserably. Even if a complaint brings action to a contravening advertisement, it's likely that they ad has been visible long enough to do the damage. What kind of impact does advertising have on the suggested guidelines for youth? How can we fight these persuasive and in-your-face messages? How can our moderation or delay messages get to teens? I wish I had more answers and less questions...

Diane Buhler Tuesday, 30 October 2012

There seems to be a common thread running here about context; that does pose a challenge to guidelines - both Patricia and Melissa's comments address this. If the connection between drinking and getting wasted/ fun (raised by Terry earlier) weren't so "in your face" we might have a better chance of introducing limited alcohol consumption to youth, within the parameters of the guidelines.

Cindy Andrew Tuesday, 30 October 2012

Great dialogue! While there certainly isn’t one solution (if life was only so simple eh?!), you might be interested in the "iMinds" (www.iminds.ca) health literacy related learning resources that the Centre for Addictions Research of BC has developed for schools (gr. 4-10). The recent blog post on Resilience-based drug education (see it at: http://www.carbc.ca/HelpingSchools/ToolsResources/DrugEducationBlog.aspx) will also be of interest.

Patricia Tuesday, 30 October 2012

Thanks for the link to the BC Resilience-based drug education Cindy. At Parent Action on Drugs we have also been actively integrating resiliency and strength based approaches with youth. We have recently added this approach to our peer leadership drug prevention program (CBC) where we encourage teens to help younger students recognize and develop their own strengths.

This approach is also very helpful when working with parents, who often have reservations and concerns about how to talk to their teens about alcohol use.

Diane Buhler Tuesday, 30 October 2012

I have been reviewing the study by Kara Thomson, Tim Stockwell and Stuart MacDonald, Is there a "low-risk" drinking level for youth? What strikes me is that they found (from the Healthy Youth Survey data in Victoria BC) that among the sample of 16 - 23 year olds, almost 10% of those below the legal drinking age (19) limited their quantity to 1-2 drinks and an additional 9% limited their quantity to 3-4 drinks. So we do have a population that drinks moderately, in the guideline range, plus a population that could potentially be persuaded to do so.

The other aspect that resonates is that the health-harmful effects and risks associated with drinking increases incrementally with every drink over two drinks. That's a pretty major correlation. In fact, within this study we see no difference in associated harms between under 2 drinks and abstainers!

I think there is a huge degree of significance in this finding. We definitely need MORE studies of this nature to ensure that the evidence is strong, but right now I think there is something to go on. I know that I will be conveying this incremental relationship concerning additional drinks and increased risk as we develop and review our resources at Parent Action on Drugs.

My own experience is that despite the "get wasted = have great times" culture, youth very much want accurate information!
Claudia Wednesday, 31 October 2012

Thanks Kara for getting the conversation started on this very interesting topic! Lots of great sharing of resources/information and various perspectives based on our experiences in working with youth and in the arena of alcohol policy.

A couple of comments I have with regards to underage youth and LRDG’s are that I totally understand the perspective of a harm reduction approach but to be honest I really don’t see youth turning to the LRDG’s for their information on alcohol. We really do live in a culture where alcohol is highly valued and ingrained as part of our everyday lives. We drink to celebrate, socialize or relax; to drinking when we feel sad or had a bad day—both extremes of life. On that note, I do think that we really need a multi strategy approach that addresses alcohol policy and not to recite what is already clearly articulated in numerous documents/resources including ANOC, my top 3 policy pieces would include availability, advertising/sponsorship and pricing (Granted they are all important). The alcohol industry really does manage to sell people a bill of goods. Be whatever you want to be: fun, sporty, seductive, popular and even healthy with low carb organic beer or protein vodka (who knew…). They have even managed to successfully circumvent the advertising regulations as Melissa has pointed out.

I think youth tend to engage in high risk behaviors whether it be drugs, alcohol, sexual activity etc. as they are somehow trying to fit in/feel comfortable inside their skin, and it is a time of not only risk taking and everything we know about the teenage brain but also finding ones identity (which the alcohol industry is happy to help out with…). One thing I have heard from youth in so many words is that the worst thing of all is to feel invisible. The alcohol industry through its branding of products really does provide a sense of identity and belonging, not to mention the “buzz” one experiences when consuming the product. Somehow the short term consequences of drunkenness (vomiting, hangover, injuries, embarrassing moments etc.) not to mention the long term consequences are overlooked. Clearly health messaging is not the key as while information is definitely important, it in and of itself will not move us forward when it comes to alcohol and youth. We have seen this in the tobacco experience as well.

In addressing youth and alcohol, I think we need to use a youth engagement approach as well as integration of resiliency which was also highlighted. Here is an interesting site developed by youth that has some interesting stories including one youth sharing her own experience with alcohol http://fringethebinge.wordpress.com/ I also love the line in the blog on the following site http://carbc.ca/HelpingSchools.aspx “In conclusion, drug education should follow the lead of Martin Luther King Jr. who did not proclaim, “I have a nightmare.” …

Thanks everyone for the interesting information you have all shared!

Melissa Knolwer (Rennison) Wednesday, 31 October 2012

Great comments Claudia! I completely agree with you around a youth engagement approach - much like tobacco has used (and done well with). I wanted to share a project we did in collaboration with our sexual health promotion group at the health unit that highlighted information for youth regarding alcohol and sexual health in a fun and unique way. The project was created by youth for youth with health unit staff as supports. The "Adventures in Sex City Level 2" was a springboard from the first level that dealt specifically with Sexually Transmitted Infections. http://www.healthunit.com/sectionList.aspx?sectionID=378 push the PLAY button at the center top and then select Game 2 "Alcohol and Substance Misuse". Enjoy!

Andrea Zeelie Wednesday, 31 October 2012

The guidelines outline that “Youth should delay their drinking until their late teens, as alcohol is harmful to the development of the brain and body.” Age at first use of alcohol also appears to be a predictor of alcohol abuse and dependence of alcohol later in life. But what does “late teens” mean? Is this dependent on the maturity and other specific characteristics of each teen?

In the United Kingdom, age limits are specifically spelt out. In 2009 chief medical officer (at the time), Sir Liam Donaldson, stated that 15 is the absolute age limit for youth to initiate drinking. In general, terms seems to be much more spelt out in the UK (http://www.drinkaware.co.uk/children-and-alcohol/parents/the-law)

Patricia Wednesday, 31 October 2012
I have found the last two days of conversation quite informative!

I am wondering if anyone has experience discussing the guidelines with youth and what their perspectives are?

**Ashley** Wednesday, 31 October 2012

What great comments and conversation! It's feels good to confirm that I'm not the only one struggling with this, I also tend to have more questions than answers.

I had the opportunity to discuss the LRDG's with a small portion of our youth group, it turned out to be a very interesting conversation that everyone became engaged in quite quickly. I thought I would share some of their key messages with you.

1) Should we have guidelines for youth?
I have to say before I even ended this question the youth all answered no. After I explained what the guidelines looked like and how they might be beneficial some agreed they have potential but didn't address the actual issue and what is really going on (ie-binge drinking and drinking to only get drunk).

2) Can they actually reduce drinking? Should we expect them to?
They had trouble envisioning how the guidelines would reduce drinking. One of their key statements was that youth that drink often have a mentality that it's normal acceptable behaviour (within their family lives and peer group), this doesn't change regardless of the knowledge of a suggested guideline. Other things would be more crucial in changing behaviours, such as parents and being involved in negative situations that involve alcohol, basically something more concrete that involved boundaries and consequences that meant something to them.

3) How do we market the guidelines to young people in a way that doesn’t condone drinking?
They felt the reality of the situation is that most teens in grade 12 DO drink (also confirmed by the OSDUS data) therefore we need to respond to the reality of the situation. They wanted to hear more messages about reducing risk rather than "do not drink". They also felt by teaching safety that condoning drinking wasn't implied, rather the opposite actually. If we are sending messages of how to be safe then they acknowledge that there is potential risk associated with consuming alcohol.

4) What should the role of government, health services and parents be? Who is responsible for message delivery?
Very interesting!! All the youth identified their parents as key players when making their choice to drink or not. Sounds like they all have parental monitoring, boundaries and very positive relationships with their parents that would welcome these types of conversations. Also interesting- their parents all were ok with an occasional drink, encouraged healthy limits and always debriefed with them if they felt they went over their limits. In contrast to that they mentioned their friends who don’t have an open dialogue with their parents tend to drink and binge drink often.

All in all it was a very informative conversation and the youth really felt like the issue was close to home. They identified that they hear about drinking on a daily basis and it's a prominent issue in their school setting. They also identified a need to change this culture and norm...

Hope everyone enjoyed the youth voice!

**Andrea Zeelie** Thursday, 01 November 2012

Thank you for sharing this important perspective with us. This is an excellent way to close this discussion!

**Andrea Zeelie** Thursday, 01 November 2012

What a wonderful conversation!

**On behalf of HC Link and Parent Action on Drugs, I'd like to thank you all conversation participants for sharing your insight, comments, questions, experiences, and resources.**

The initial posting will be updated with a conversation summary, highlighting some of the major conversation threads, as well as listing the shared resources.
Additional Comments:

Kayla Menkhorst  Tuesday, 06 November 2012

Hello,
I just wanted to add my thoughts to this discussion as what would be classified as a "youth" and also as a Youth Coordinator.

I personally think that these guidelines have many grey areas... By following these guidelines to youth 15-18, we are condoning alcohol use although the LEGAL drinking age is 19 (where applicable)... Yes, I believe in the guidelines, that youth who are of legal drinking age should be taught these guidelines and made aware of risks associated with drinking. Do I think a 15 year old, who sees this is always capable of distinguishing that if they choose to drink, they should follow these guidelines? No. I see them as thinking well if a few is okay, then what harm can doing a few more every now and then do, or if I just get drunk every few weeks then it will be fine.

I think that the marketing of these guidelines is a straight contradiction to the laws that are put into place for those under legal drinking age, and therefore will create more confusion and grey areas than necessary... For example, when I am running any program, for any age group, it is zero tolerance for alcohol (among other things). Yet if these youth are being told that at 16 years of age they can drink under moderation with parental supervision, how can I implement my rules if they are "having just one?"

From another perspective, youth at the younger ages aren't aware or willing to think of what 'one drink' means... meaning their one drink can have 3 ounces of liquor.

I know there are good points either way, and yes I believe education is important and the best way to reach out to youth as compared to saying yes or no, but in this case, for the age group under legal drinking age, I feel it would cause more of a controversy than a positive. For those 19-24, this is the perfect educational tool.