



[Should The US Decrease Its Drinking Age?](#)

There are many problems that arise from the topic of lowering the drinking age. Since 1984, the drinking age of the United States was 18. Lowering the drinking age back down to 18 would pose some problems, but also some possible solutions. It brings into question the physical effects the change could have on developing brains, but also how the integration of alcohol into younger culture could give needed education on alcohol as a whole.

The minimum drinking age is there to protect minors from accidents, physical and mental harm, [an article from the CDC](#) explains. This article describes the dangers of underage drinking, and why the Minimum Legal Drinking Age (MLDA) needs to be enforced. The CDC states that after the law was passed, drinking in minors has decreased. This means that drinking related injuries and deaths have fallen due to it as well. In addition to decreasing accidents, this age minimum also lowered alcohol poisoning cases, brain development changes, and alcohol dependence. In addition to all of these possible injuries, drinking can stunt brain growth. In essence, the CDC believes that the Minimum Legal Drinking Age should stay as is or even later than it is. Human behavior and growth is proven to be affected by it, so the CDC agrees that the MLDA should remain as is in order to protect the health of the countries minors.

There is both help and harm lowering the drinking age could cause. [This article from CNN](#) explores the ways it could help through the practices of other countries and cultures. In countries like Italy and Germany, it is common for children to be exposed to alcoholic beverages. It is very controlled, however, say a parent might give their child a sip of wine at dinner every once and awhile. Although it looks unhealthy, it takes the taboo off of underage drinking for the children. It teaches them controlled use of alcohol, so when they reach the drinking age (which is 16 in Germany) the children

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know how to drink safely. It drastically decreases binge drinking as these kids don't see drinking as a "forbidden fruit" of sorts.

More information used in this post came from this article: <https://nowcomment.com/documents/118108>