

Words Can Work®: When Talking About Alcohol

List two reasons young people use alcohol.

1) _____

2) _____

Robert, who lost his leg in a drinking and driving crash, says he drank alcohol “to fit in.” What do you think he’d tell young people who say they use alcohol so they can fit in?

What would you say if you didn’t want to drink but peers were pressuring you to do so?

If a friend was drinking and about to drive, what would you do?

If you were getting into a car and realized the driver had been drinking, what would you do?

Why do some people engage in sexual activity while drinking when they wouldn’t if they were sober?

Write down one goal you have set for yourself.

If you used alcohol, how might it affect your ability to reach this goal?

Ilton is a positive role model for his younger brothers. If you drink alcohol when you’re underage, what message does this send to younger siblings or friends?

Some young people use alcohol to deal with stress. Why this is dangerous?

List three healthy ways to deal with stress.

1) _____

2) _____

3) _____