

Influences That Affect How You View Alcohol

1. If someone has influence over you, they have a(n) _____ on the decisions you make in your life.
2. Choosing whether to drink can be influenced by your _____, your _____, and all kinds of _____.

Peer Pressure

3. _____ pressure is the pressure you feel from your friends or other teens similar in age to do something you may not want to do, such as drink alcohol.
4. Peer pressure can be direct, indirect, or positive. Provide one example for each of the following types.

Direct peer pressure

Indirect peer pressure

Positive peer pressure

Family Influence

5. Explain one way your family may influence your decision to drink.

Media Influence

6. Provide three specific ways the media influences your decision to drink or not.



Influence of Your Values

7. Your family, friends, and role models will _____ your personal values (what is most important to you).

Deciding Not to Use Alcohol

8. List two situations that may encourage a person to drink.

1. _____

2. _____

9. List two situations that may encourage a person not to drink.

1. _____

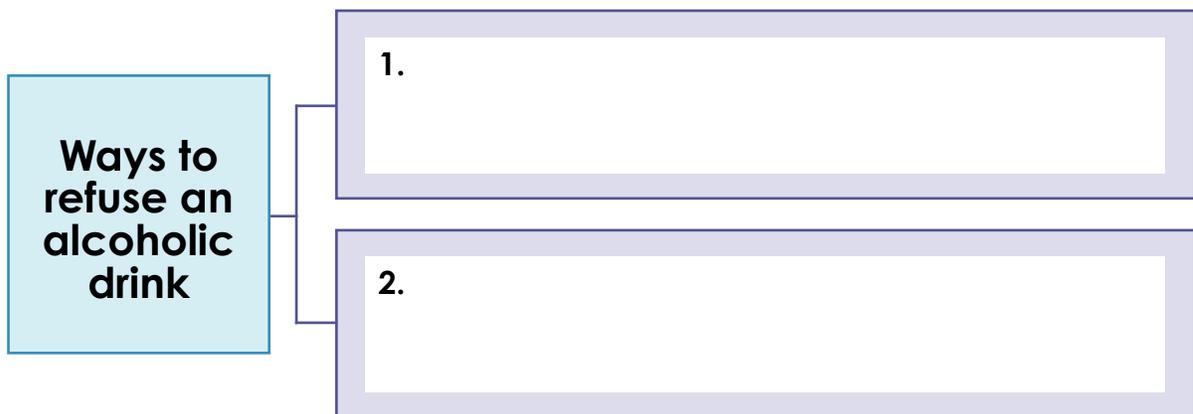
2. _____

Using Effective Communication Skills to Avoid Alcohol Use

10. Being able to _____ effectively is an important skill to help you to not consume alcohol.

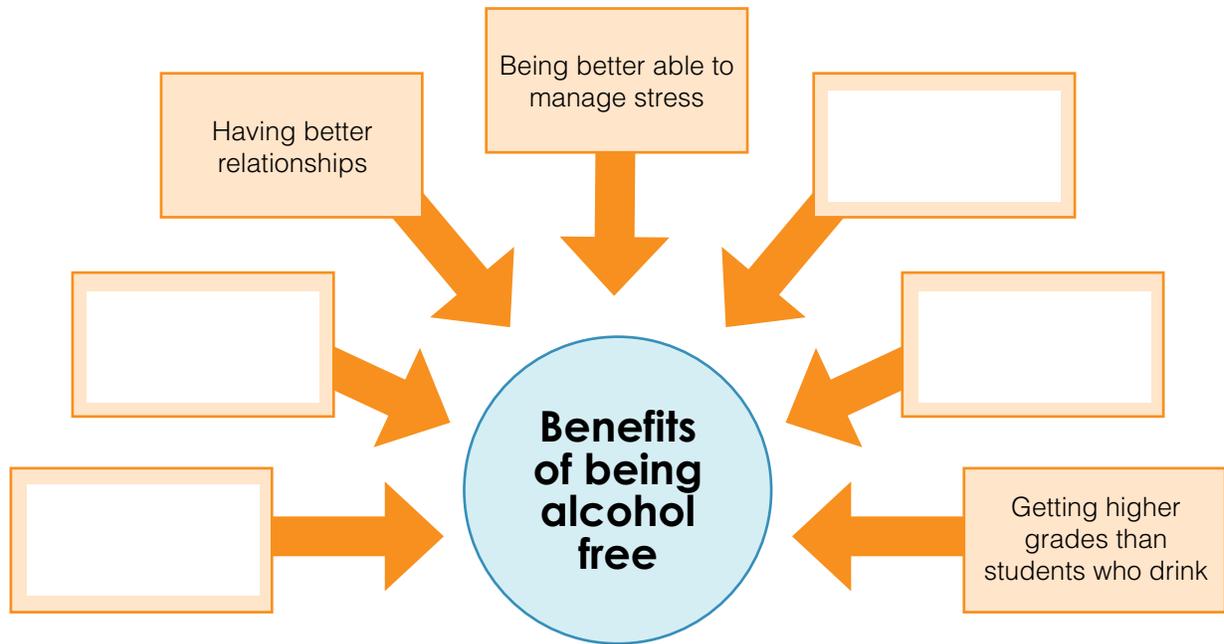
Refusal Skills

11. Refusal skills are techniques you use to say no and then stick with it. What are two ways you can refuse an alcoholic drink?



Benefits of Being Alcohol Free

12. Fill in the following remaining boxes with benefits of being alcohol free.



Alternatives to Drinking Alcohol

13. What are two alternatives to drinking alcohol?