

### Who Influences You to Drink or Not

1. If someone has influence over you, they have a(n) \_\_\_\_\_ on the decisions you make in your life.
2. You have to weigh the \_\_\_\_\_ and \_\_\_\_\_ of many decisions you make every day.

### Influence of Friends and 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

### Influence of Family

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

### Influence of the Media

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



### Your Values

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

### Teens and Drinking

8. Drinking will \_\_\_\_\_ relieve stress; in fact, it can cause more stress and disrupt sleep, which creates even more stress.
9. Real \_\_\_\_\_ will respect your decision not to drink. They won't pressure you to do something you don't want to do.
10. Your problems will \_\_\_\_\_ be there after the effects of alcohol have worn off.