

Deciding Not to Use Alcohol

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

1 _____

2 _____

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

1 _____

2 _____

How to Avoid Difficult Situations Involving Alcohol

3. Fill in the following boxes with groups of people who can help you make an informed choice about whether to drink alcohol or not.



Using Effective Communication Skills to Avoid Alcohol Use

4. Being able to _____ effectively is important to who we are as people and so you can get your point across.

Verbal Communication

5. Verbal communication is the use of _____ or _____ words to send a message.

CHAPTER 10: Alcohol

Lesson 10.4

6. Imagine you are asked whether you want to drink an alcoholic beverage at a party. Create an / message as a response.

Nonverbal Communication

7. Nonverbal communication is using body language to communicate without talking. What are two examples of nonverbal communication?

1. _____

2. _____

Refusal Skills

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

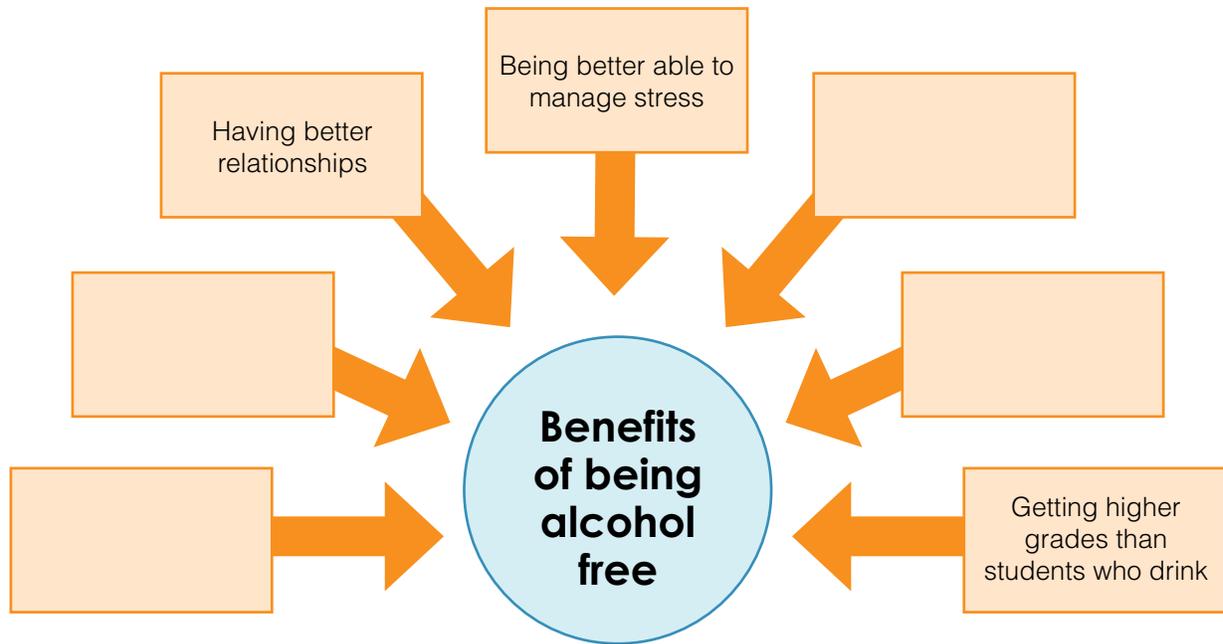
**Ways to
refuse an
alcoholic
drink**

1.

2.

Benefits of Being Alcohol Free

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



Alternatives to Drinking Alcohol

10. What are two alternatives to drinking alcohol?

Two large, empty yellow rectangular boxes for student input.