

# PRESSURE POINTS - Addressing Peer Pressure

## Activity Sheet



### ALCOHOL SCENARIO

You're at home and your parents are out. Your older brother has some friends over and they are hanging out in your basement.

You go down to see what they're up to and you see your brother and his friends are **drinking beer**. One of his friends sees you and asks if you want to try it.

*What do you do?*

### MAKE YOUR CHOICES BELOW

You say, "No thanks. I'm not interested in drinking."

You say, "No" and make your way back upstairs.

Your brother's friend insists, saying, "Come on! You should try it!"

You say, "We aren't supposed to be drinking alcohol, and I don't want to get in trouble with mom and dad."

You say, "Has anyone ever tried this before?"

Your brother's friend says, "We have. It's fun just take a sip."

You say, "No thanks, I'm not comfortable with drinking."

You say, "No thanks. I don't want to drink because I have a big game tomorrow, and it's really important to me that I play my best."

You say, "No thanks. I don't want to drink because I have a test tomorrow that's important to me and I need to study later."

You say, "No thanks. I don't want to drink because I'd rather do something else. Let's go play a game."

Your brother's friend understands why you don't want to drink and drops the subject. You've stood firm in your choice to say no and done what's right for you.