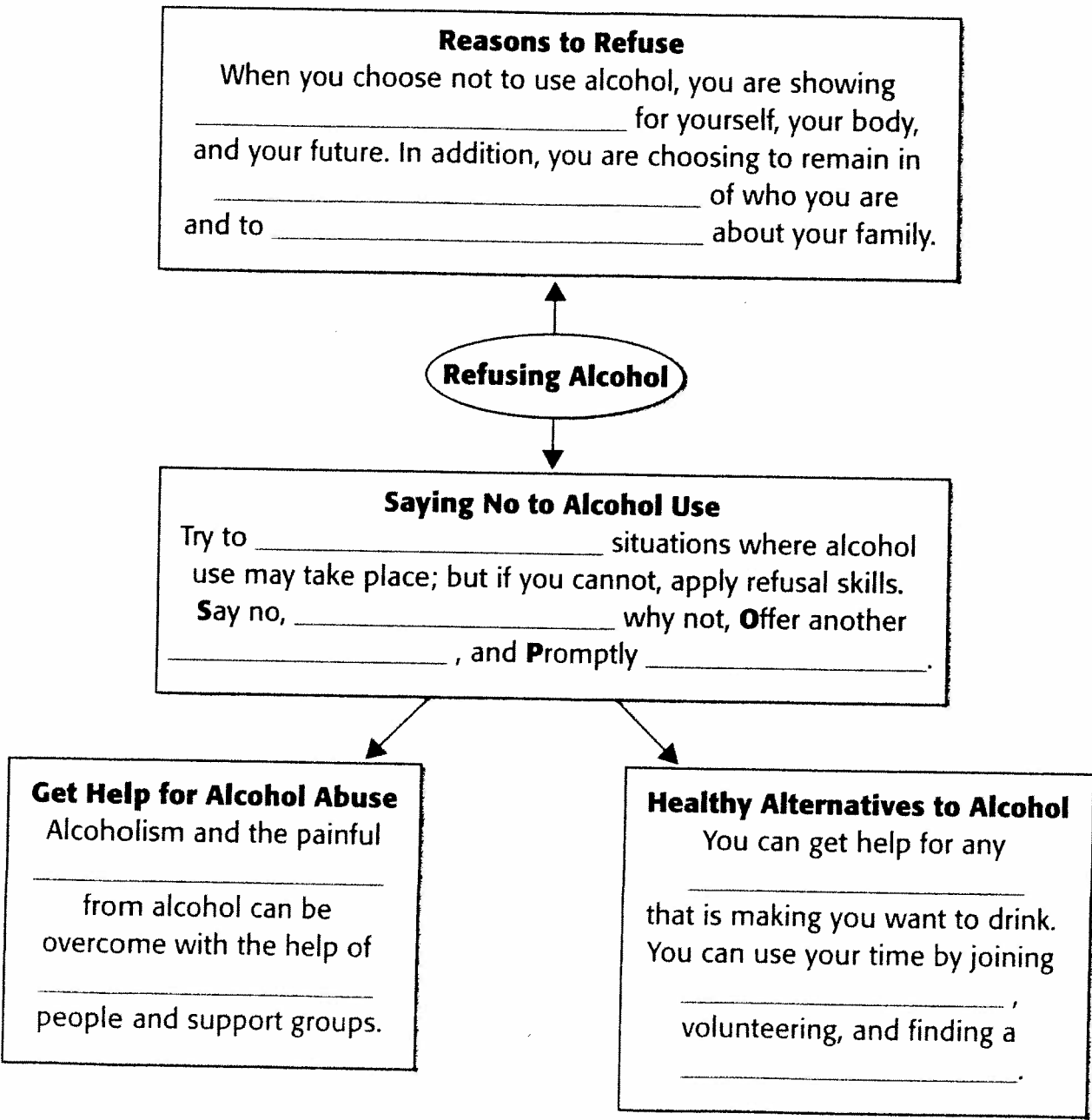


Concept Mapping Activity 9-5

Pgs. 286-288

Directions: Complete the concept map on refusing alcohol, using terms and phrases from your textbook.



Reasons to Refuse

When you choose not to use alcohol, you are showing _____ for yourself, your body, and your future. In addition, you are choosing to remain in _____ of who you are and to _____ about your family.

Refusing Alcohol

Saying No to Alcohol Use

Try to _____ situations where alcohol use may take place; but if you cannot, apply refusal skills. Say no, _____ why not, Offer another _____, and Promptly _____.

Get Help for Alcohol Abuse

Alcoholism and the painful _____ from alcohol can be overcome with the help of _____ people and support groups.

Healthy Alternatives to Alcohol

You can get help for any _____ that is making you want to drink. You can use your time by joining _____, volunteering, and finding a _____.

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