

Alcohol

Name: _____

Period: _____

Chapter 9 Lesson 5: **Saying No to Alcohol Use** Pages 286-289

Vocabulary:

Word	Picture	Definition
1. Refusal Skills (286)		
2. Withdrawal (287)		

How to Say No to Alcohol Use

3. There are many ways to resist peer pressure. One way is to _____
 where alcohol use may take place. (286)

4. Another strategy to resisting the pressure to drink alcohol is by using **STOP**: (286)

1. _____
2. _____
3. _____
4. _____



- S**ay no firmly. Be direct and clearly state how you feel. Use direct eye contact and keep your statement short.
- T**ell why not. Use "I" messages to give your reasons. You can just say, "No thank I don't want to risk getting into trouble."
- O**ffer another idea. Suggest an activity that does not involve alcohol.
- P**romptly leave. If you have to, just walk away.

5. When you choose NOT to use alcohol, you are showing _____ for yourself and your _____ and looking ahead to a bright _____. You are choosing to remain in _____ of who you are and what you _____. (287)

6. You also show that you care about _____ with your _____ and friends. You are choosing to lead a _____. (287)

7. List the 7 Benefits of Avoiding Alcohol: (287)

8. Alcohol use solves your problems and makes you feel better T or F (289)

9. When you start to deal with whatever is causing your _____ You are on your way to _____ (289)

10. What are four things you could do to feel good about yourself besides using alcohol? (289)

11. Using alcohol will _____ help you reach your goals. (289)