



11:24 AM



Jane

Active 2 hours ago



What do you say when you're being pressured to drink alcohol?

You could always be honest and say: No, thanks, I'm not 21 and I'm not interested in breaking the law. Or, no, I don't drink.



No, thanks.

No, I'm not drinking tonight. Maybe even, No way! I don't want to risk it!



Sometimes refusing alcohol is as simple as telling the truth. Your peers should respect your decision and your reason for choosing not to drink alcohol. But, sometimes your peers take your refusal as a challenge. They may feel like you should have a better reason for not drinking alcohol.



So...what do you say if the pressure to drink alcohol continues?

No, I'm good, I can't handle that stuff! Or, No, I have to drive.



No, I would be gounded for life if my parents found out. SOOOOO not worth it!



Nope, I'm on meds that aren't safe to mix with alcohol, besides I'm not feeling very well. Thanks, anyway.



Write a message...





What are some other things to think about?

Why are your peers pressuring you to drink alcohol anyway? I know it has to be more than just underage drinking, health, peer pressure and image.



Sometimes a peer or friend will try to pressure you to drink simply because he or she does not want to drink alone. He or she may feel less guilt if you join.



Aren't there health risks?

YES! Leading studies say that the human brain, on average, is not fully developed until age 25 and alcohol can alter brain growth.



There are probably legal risks, too, right?

Of course! Drinking alcohol under 21 is illegal! If you're caught, you could face problems that hurt your future.



But if I don't drink, won't I look childish?

No way! Refusing to drink underage is smart and responsible — two things that show maturity.



And don't forget you can always check out the PLCB website for materials about Medical Amnesty, DUI and Underage Drinking and the Law.

[ra-lbeducation@pa.gov](mailto:ra-lbeducation@pa.gov)  
[www.lcb.pa.gov](http://www.lcb.pa.gov) or 800.453.7522

