



Hey!

?4u. What do u say when ur
pressured 2 drink?

TBH say I don't drink.
Usually works.

What if it doesn't?

Blame ur parents! Srsly.
Ur mom would ground u 4ever!
U can't risk getting caught.
Or u don't feel well!
Endless options.

Ur brilliant!

U betcha!



Message



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REFUSAL SKILLS

It can be difficult to make a decision and refuse alcohol when being pressured by your peers. Remember that you're in control and there's nothing more important than staying true to who you are. Learning how to make healthy choices helps you make strong,

confident decisions that can model the way for your friends.

WHAT ARE SOME WAYS TO SAY "NO?"

Tell the truth

- No, I can't risk getting caught.
- No, I'm not 21, I don't want to risk it.
- No, I have to drive home.
- No, I don't want to smell like alcohol.

WHAT IF THE PRESSURE CONTINUES?

- No! If my parents found out they'd take away my car and driver's license.
- No, I don't like not being in control of my actions.
- No. If I get caught, I could lose my college scholarship.
- No way! Coach would kick me off the team! So not worth it!

WHAT ARE SOME OTHER THINGS TO THINK ABOUT?

Your peers should respect your decision and your reason for choosing not to drink alcohol. So, why are your peers pressuring you to drink alcohol anyway? Maybe it's because they don't want to drink alone. They may feel less guilt if you join in. Bottom line, if your responsible decision benefits you and your future, it doesn't matter what your peers think.

AREN'T THERE HEALTH RISKS?

Yes! The human brain, on average, is not fully developed until age 25. Alcohol can alter its growth and development.

THERE ARE PROBABLY LEGAL RISKS TOO, RIGHT?

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

BUT IF I DON'T DRINK, WON'T I LOOK CHILDISH?

Absolutely not! Refusing to drink underage is smart and responsible — two traits of maturity.

For more information:

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