

Saying No to Alcohol Use

Guide to Reading

● Building Vocabulary

As you read this lesson, write down each new highlighted term and its definition.

- refusal skills (p. 286)
- withdrawal (p. 287)

● Focusing on the Main Ideas

In this lesson, you will be able to

- **identify** reasons not to use alcohol.
- **list** some alternatives to drinking alcohol.
- **explain** how to get help for alcohol use.
- **apply** refusal skills to avoid alcohol use.

● Reading Strategy

Finding the Main Idea

Look over the headings in this lesson. For each of the major headings, write one sentence that states the main idea.

Quick Write

Write a couple of sentences describing why it is important for teens to avoid alcohol use.

How to Say No to Alcohol Use

"I wanted to fit in with the group," many teens say when asked why they tried alcohol. It doesn't have to be that way. There are ways to deal with peer pressure. One way is to avoid situations where alcohol use may take place. If you find yourself in one of these situations, you can apply your refusal skills. **Refusal skills** are strategies that help you say no effectively. **Figure 9.5** shows some refusal skills you can use to say no to alcohol.

Reading Check

Describe What is one strategy you can use to say no to alcohol?

▼ FIGURE 9.5

USING REFUSAL SKILLS

Here are some ways you can say no to using alcohol. List two others.



Say no firmly. Be direct and clearly state how you feel. Use direct eye contact and keep your statement short.

Tell why not. Use "I" messages to give your reasons. You can just say, "It's illegal for minors to drink alcohol."

Offer another idea. Suggest an activity that does not involve alcohol.

Promptly leave. If you have to, just walk away.

Reasons to Refuse Alcohol

There are reasons for refusing alcohol. **Figure 9.6** lists some of the many benefits of making this healthful choice. When you choose not to use alcohol, you are showing respect for yourself and your body and looking ahead to a bright future. You are choosing to remain in control of who you are and what you do. You are also showing that you care about relationships with your family and friends. You are choosing to lead a healthy lifestyle.

Getting Help for Alcohol Abuse

Alcoholism is a difficult disease to overcome, but it can be done. Some alcoholics may try hiding or deny the problem. Others are afraid of going through **withdrawal**, a series of painful physical and mental symptoms associated with recovery from an addictive substance. You can get help for yourself, a friend, or a family member who has an alcohol problem. Speak with an adult you

▼ FIGURE 9.6

BENEFITS OF AVOIDING ALCOHOL

There are many benefits of avoiding alcohol use. How can choosing to avoid alcohol have a positive effect on your future?



DEVELOPING Good Character

Respect

Choosing to be alcohol free shows that you respect yourself. Create a pledge that lists your reasons for choosing to avoid alcohol. Sign and date your pledge. Keep it where you'll see it often so you can remember your reasons. Encourage your friends to make a healthful choice by creating and signing their own pledge not to use alcohol.

Health Skills Activity

Advocacy

Encouraging Teens to Avoid Alcohol

You know how important it is to be alcohol free. It is important to let other teens know, too. You can do this by organizing your own Be Alcohol Free campaign at school.

- Get together with a group of your classmates.
- Make a list of the top 10 fun activities you like to do that don't involve alcohol or other drugs.
- Create a slogan and a logo for your campaign that encourages teens to be alcohol free.
- Use your ideas to make a poster, a bumper sticker, and a brochure or another type of handout.
- Role-play to create a skit that you can present to promote your cause.

With A Group

Rehearse your skit, and then present it to your class as part of your campaign. Ask your class to help your group present the skit to other classes.

trust, such as a parent, teacher, religious leader, or school counselor. You can also ask for help from a support group or alcohol treatment center.

Reading Check

Identify What is one place to find help for an alcohol problem?



◀ If you think someone you know may have a problem with alcohol, try talking to him or her. **How would you approach a friend who you think might have a problem with alcohol use?**

Healthy Alternatives

Alcohol use is never the answer. It is not going to solve any of your problems or make you feel any better. Many teens use alcohol because they're already having other problems. When you start to deal with whatever is causing your problems, you're on your way to avoiding alcohol abuse. It is normal for teens to go through some emotional difficulties. If you find that you need help dealing with your emotions, talk to someone you trust.

Instead of using alcohol, find a healthy way to spend your time. Do what interests you. Join a club or sports group at school. Volunteer at a local organization, such as a food bank or animal shelter. This can give you a sense of purpose and can make you feel good about yourself. Another idea is to start a hobby that you can share with your friends. Remember: using alcohol will *never* help you reach your goals.

Reading Check

Explain What can a teen do if he or she needs help dealing with problems?



▲ Volunteering is a positive way to spend your time. **What other activities can help teens avoid alcohol use?**

Health Online

Visit health.glencoe.com and complete the Interactive Study Guide for Lesson 5.

Lesson 5 Review

After You Read

Review this lesson for new terms, major headings, and Reading Checks.

What I Learned

1. **Vocabulary** Define *withdrawal*.
2. **Identify** What are three benefits of avoiding alcohol use?
3. **Explain** Describe how a person can get help for an alcohol problem.
4. **Define** What is a refusal skill?

Thinking Critically

5. **Apply** What is the most important reason for a teen to be alcohol free?

6. **Hypothesize** How might you be affected if one of your close friends developed an alcohol problem? Explain your answer.
7. **Analyze** How can healthy alternatives prevent alcohol use?

Applying Health Skills

8. **Refusal Skills** Use the refusal-skill strategies you learned about in this lesson to write a dialogue in which you say no to someone who offers you an alcoholic drink.

Health Online For more review questions for Lesson 5, go to health.glencoe.com.