



# Most students do not drink alcohol.

## Discussion Questions

- When people drink alcohol, how does it affect their decision making?
- Research shows that when young people start using alcohol during their teen years, they are 4 times more likely to become addicted. What does it mean to be “addicted?” Why do you think this happens?
- Why do you think the legal drinking age is 21? How are young adults’ brains and bodies different from teenagers?
- How might using alcohol before the age of 21 hurt you now? What about your future?
- What are better alternatives to using alcohol or drugs?
- How can friends help each other stay alcohol free?

## Activities

- Do some research about alcohol advertising and young people. How much does media influence young people’s decisions to drink alcohol?
- Hold a court case in the classroom. Assign a judge, jury, plaintiff and defendant to explore the issue of underage drinking. Let the class come up with the situation being argued.
- Brainstorm a list entitled “101 Things Better Than Drinking Alcohol”
- Have students come up with an action plan for staying alcohol free this summer. Help them think about how they will avoid situations where kids might be drinking and what they will do if they need to leave the situation.
- Have students design a pledge certificate and make a promise to themselves to make great choices this summer. Have them have an adult they trust co-sign the certificate with them.

## Resources

- <http://www.thecoolspot.gov/index.asp>
- [http://www.maddmn.org/underage\\_drinking.html](http://www.maddmn.org/underage_drinking.html)
- <http://www.stopalcoholabuse.gov/>
- <http://alcoholfacts.org/>
- <http://www.abovetheinfluence.com>