

- There are many social activities that are not centered around alcohol: sports, drama, movies, dances, bowling. Likewise, there are many service opportunities within a faith community and in the community at large that not only help others, but help teens improve their self-esteem and lessen the need to try alcohol.
- Reviewing all of the reasons not to drink (e.g., taste, parental objections, loss of personal control, etc.) before being in a risky situation can help a person give a loud and clear "no" when the situation arises.
- School counselors, trusted teachers, priests, mature friends, and parents of friends are among some of the people a teen can turn to when concerned about the initial stages of alcohol abuse.