

the board, **Reasons Teens Say They Don't Drink.** Call on the participants to fill in the list. Make sure to include the following reasons with an explanation.

"I don't need to" This very simple reason carries a lot of weight. What these teens are saying is that they do not have to drink in order to feel accepted by the group or worthwhile in the group's or their own eyes.

It's bad for your health Repeated and long-term alcohol use is a factor in many health problems, including liver disease. Alcohol also contains calories.

It's illegal There are serious ramifications for being caught as an underage drinker. Sometimes a ticket for underage drinking can affect college admission records and employment applications, or the ability to get a driver's license.

"My parents would be mad" Drinking alcohol is something that most teens have to hide from their parents. Some teens don't want to break a trust with their parents over this behavior.

It tastes bad Many teens have smelled or sipped liquor as a young child. They know about its disagreeable odor and are not anxious to see if it has a taste to match.

It causes problems Teens are very aware that alcohol does not alleviate problems, but causes them: everything from failed grades to dangerous driving situations to addictions.

"I want to be in control" Alcohol leads to a loss of control. Teens have heard stories of drunk peers who did something foolish, got sick, or were abused by another when drunk.