

**Reasons Teens Say They Drink** and list each reason as it plays. After all have finished, continue by providing more than one reason based on the notes below and the issues brought up

**Peer Pressure** Teens most often list peer pressure as the reason for trying alcohol. As one teen said, "If all my friends are smashed, I'd better be too."

**Family Influence** When teens see their parents turn to alcohol to help them relax or escape their problems, they are often tempted to use it for the same reason. For others, it's simply a matter of curiosity: they are interested in seeing what Mom, Dad, or an older sibling makes such a fuss over.

**Makes Them Feel Older** To a certain extent, people always try to act older. Young children imitate their older brothers and sisters. Even adults imitate their wiser elders in certain matters. Some teens feel that drinking makes them seem more mature.

**To Gain More Self-Confidence** Drinking lowers inhibitions. The teen who is shy around the opposite sex feels he or she has the confidence to approach and talk with a new person while drinking.

**To Relax** Like adults, teens live a hectic schedule. Some feel that they deserve a weekend or other opportunity to relax with alcohol.

**To Escape Problems** Again, like adults, teens believe that alcohol can help them eliminate their problems, temporarily or not.

**To Feel Happy** "Let's party" is the reason some teens give for using alcohol. Many who say this are actually trying to overcome the sadness or loneliness they feel in their lives.