

Talking About Alcohol

Alcohol is a drug. It is a **depressant**, which means it slows down your brain - making it hard to make good choices - and your central nervous system.

Sometimes it seems everyone is drinking alcohol.

But guess what?

98% of 7th & 8th graders in Trumbull, and **84%** of high schoolers, do **NOT** regularly drink.

"It's safer than other drugs!"

"It's not a big deal to have one or two!"

"Adults drink, why can't we?"

"All the cool kids do it!"

"It's just having fun!"



Talking About Myths vs Facts

Myths

 Adults drink, so kids should be able to!

 All the cool kids do it!

 Alcohol isn't as dangerous as other drugs!

Facts

 Kid's brains and bodies are still growing. Drinking can cause learning and addiction problems - kids who start by age 15 are **5 times** likelier to have a problem with alcohol as an adult.

 If you really want to fit in, stay sober. Most kids don't drink, plus there's nothing cool about stumbling around, passing out or puking.

 Alcohol increases your risk for deadly diseases like cancer. Too much can lead to alcohol poisoning, which can kill you.

Talking About What You Know

1. Alcohol is a ?

Circle your answers.

Stimulant or Depressant?

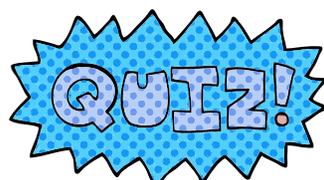
2. What percent of 7th & 8th graders in Trumbull do **NOT drink alcohol?**

a. 25% b. 47% c. 84% d. 98%

3. Alcohol is not as dangerous as other drugs?

True or False?

4. Name one reason kids should not drink alcohol:



Talking With Your Grown Ups About

Planning an Exit Strategy

An **exit strategy** is a plan that kids and grown ups can make together to help kids stand up to people who offer them alcohol. Grown ups, help your child prepare a short "script" to use if they're in an uncomfortable situation.

Suggested exit strategies include:

- "No thanks, I'm good."
- "Not right now, I have to be somewhere later."
- "My mom is picking me up in a few minutes."
- "I'm just getting over being sick."

Encourage your child to text you whenever they are uncomfortable so you can pick them up quickly.

Kids - share your idea for an "exit strategy":

