



let's talk about it: Choices and Consequences of Underage Drinking



Did You Know?



An estimated 8.5 million 12-20 year old girls report consuming alcohol in the past year!



real life story

How do decisions about alcohol apply to your everyday life and the choices you make? What kind of choices may prevent you from getting where you want to go in life?

If you feel inspired, share a real life story.



leader talk

Listen to your Leader as she gives an example of a situation when she had to make a decision about alcohol.

How did she handle it?

What were her main concerns?

Could she have handled it better?



up for discussion

What are some of the reasons why girls might choose to drink?

What are some of the reasons why girls would choose NOT to drink?

How many of you think that alcohol affects girls and boys differently physically?

Alcohol does affect girls differently than it does boys.

Learn how alcohol affects the female body.



let's grow

As a girl, it is easy to assume that the peer pressure only comes from other girls but you should know that pressures to drink can also come from guys. It is important that you recognize how things can change as you get older and be prepared for such pressures. Regardless of where it's coming from, you need to be able to say no to underage drinking.



weekly challenge

We strongly encourage you to continue this conversation with your moms or any other trusted adults. We have provided you with a brochure that will help you and your trusted adult discuss this important topic.