



let's talk about it:

Choices and Consequences of Underage Drinking



icebreaker:



best choice

Supplies: Printed State Map

Divide the girls into groups of 4–6. Print a state map and ask them to decide a starting point and an ending point (two places on the map). Ask them to find the best route between the two points. (Example: What is the best route from New York City to Buffalo?) Ask them the process they used to reach their decision. Ask the girls why they did not choose a less obvious answer. (Example: Why would you choose not to drive through Maine to get to Buffalo?) The girls will answer, “Because that does not make sense!” Ask them to picture who they are today as the starting point (New York City) and who they want to be as the ending point (Buffalo).



real life story

Ask the girls how decisions about alcohol apply to their everyday life and the choices they make. What kind of choices may prevent them for getting where they want to go in life? If you feel inspired, share a “Real Life Story.” Now is the time to tie your icebreaker to the lesson. Remind girls that by making the wrong choices and taking the wrong “route” in life, (example: drinking when you are underage) you may end up going further away from where you want to go in life.



leader talk

Give an example of a situation when you've had to make a decision about alcohol. How did you handle the situation? What were your main concerns? Could you have handled it better? Remember not to mention names. (See the Ask Katie section of your “Lesson Reference Manual” for ideas of situations that girls like you, have encountered.)



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? (Show of hands) (See your “Lesson Reference Manual” for information on how alcohol affects boys and girls differently. *See “Additional Resources” as to how to locate this manual.)

Compare to Research Results: “Less than 1/2 of girls across the country thought that drinking affects boys and girls differently.”



Discuss how alcohol affects the female body with your girls. (See your “Lesson Reference Manual” for detailed information on this topic.)

let's grow

(Divide the group in subgroups of 3-4 participants and ask them to come up with “3 Ways to Say “No” to a Drink.” Each group will share their suggestions with the rest of the group. Encourage the girls to remember these options if they are ever in this situation.)



Talk to the girls about where pressures can come from.

weekly challenge

Encourage girls to continue this conversation with their mothers or any other trusted adults. See “Additional Resources” so you can provide a free printed brochure for mothers and your Girl Talk Girls so they can talk more about this important topic.

Additional Resources: *Choices and Consequences of Underage Drinking*

The “Lesson Reference Manual” is available free of charge at:

<http://www.centurycouncil.org/stop-underage-drinking/initiatives/girltalk>

Downloadable Ask Listen Learn materials are available free of charge at:

<http://www.centurycouncil.org/stop-underage-drinking/initiatives/asklistenlearn>

To order your free printed copies of the “Ask Listen Learn” brochure: Contact kuhnc@centurycouncil.org. Please include the following code GTDTI in your order.

Downloadable brochure for mothers/caregivers “Girl Talk: Choices and Consequences of Underage Drinking” is available at: (To be determined)

notes/inspiration/ideas:



© 2008 Girl Talk Inc. | Girl Talk, Desire to Inspire, and the Girl Talk logo are trademarks of Girl Talk.

All other trademarks are recognized as proprietary to their respective owners. Reproduction with written consent by Girl Talk only.