KidsHealth® in the Classroom

Health Problem Series

Alcohol

What Would You Do?

Instructions: One of the best ways to deal with peer pressure is to practice what you would do before you ever find yourself in a sticky situation. Read these three scenarios and describe how you would handle each one. Explain how you came to this decision and tell specifically what you might say or do in each scenario.

Your good friend John asked you to come over to his house after school to work on a science project. John is a straight-A student who has helped you with school projects before. When you get there you see that there are no adults or other kids there. John goes to refrigerator, gets a bottle of his father's beer, opens it, and takes a sip. He then hands you the bottle and says, "Here, have some. I do it all the time. I never get caught." What would you do?

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You and your best friend, Karen, go on a camping trip with a group of other girls. After the adults go to bed, one of the girls pulls out a bottle of wine from her backpack. The bottle is passed around and when it gets to you, you say, "No, thanks." The other girls laugh at you and call you a big baby. The bottle is now passed to Karen, who is about to take a sip. What would you do?

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Your best friend has an older brother who's 16. When you go over to your friend's house, you see that this older brother is sitting around with a group of his friends drinking beer with your friend's dad. What would you do?

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