

10 WAYS TO SAY “NO”

Responsibility.org’s Ask, Listen, Learn: Kids and Alcohol Don’t Mix program features interactive materials to help you talk to your kids about saying YES to a healthy lifestyle and NO to underage drinking!

Get started with our information about the dangers of underage drinking and how to say NO. This will help you and your child discover how alcohol affects the brain while jump-starting important discussions about the dangers of underage drinking.

Visit asklistenlearn.org for more free resources to share with your kids!

Find more free resources at

AskListenLearn.org

HELPING YOUR KIDS SAY NO TO UNDERAGE DRINKING

Share these ideas with your kids and then continue the conversation by asking, “What are more ways to say NO to underage drinking?”

- 1 Be blunt.
“No, I’ll pass.”
- 2 Divert the attention.
“Nope, I’ll go shoot some hoops instead.”
- 3 Keep your cool.
“No thanks, that’s not my thing.”
- 4 Shake it off.
“No way, I’m not into that!”
- 5 Blame mom and dad.
“No thanks, my parents would kill me.”
- 6 Blow it off.
“Nah, that’s nothing but trouble.”
- 7 Stay honest.
“And get grounded for life? I don’t think so.”
- 8 Think of your future.
“I’ve got to study.”
- 9 Make a healthy choice.
“Not today: I’ll wait.”
- 10 Communicate clearly.
“No. Just no.”

For your next class...

How Alcohol Affects Your Developing Brain [↗](#)

To learn more about teaching units on the impacts of underage drinking and peer pressure, see additional lessons from *Ask, Listen, Learn*

[See all lessons](#)

For more info head to AskListenLearn.org

Artwork created by Brandan “BMike” Odums.

