

## A LAB-BASED EXPERIENCE

# ASK, LISTEN, LEARN: BUILDING THE SKILLS TO SAY “NO”

## Overview

In this Virtual Lab, you will develop advice for students on how to say “NO” to underage drinking in situations involving peer pressure.

## Questions

1. What is peer pressure, and how can it influence a kid’s choices about alcohol?
2. What is the difference between positive peer pressure and negative peer pressure?
3. In this Virtual Lab, you used survey data to see what helps kids say “NO” to underage drinking. Which factors were most helpful?
4. The prefrontal cortex helps with decision-making, planning, and self-control. This region of the brain is still developing in kids. How does this affect how kids respond to peer pressure?
5. Based on your results, how can having a plan or practicing what to say ahead of time help a kid in a real-life situation involving alcohol?

## Quick Tips



To review your results at any time, click on the **Clipboard icon**. You can also toggle to the Graph tab to see your results in graph form.



Click the **Lab Notes** icon at any time to answer questions about your lab. You may need to refer to your data or run more trials.

## Observations

Use this space to take notes on each of your trials.

### Experiment Results—Building the Skills to Say “NO”

Trial #	Does the student have a long-term goal?	Did the student speak with an adult about alcohol?	What is the student's decision-making style?	What percentage of these students said “NO” to underage drinking?
<b>1</b>	Yes	Yes	Stop & Think	
	No	No	Split-Second	
<b>2</b>	Yes	Yes	Stop & Think	
	No	No	Split-Second	
<b>3</b>	Yes	Yes	Stop & Think	
	No	No	Split-Second	
<b>4</b>	Yes	Yes	Stop & Think	
	No	No	Split-Second	
<b>5</b>	Yes	Yes	Stop & Think	
	No	No	Split-Second	
<b>6</b>	Yes	Yes	Stop & Think	
	No	No	Split-Second	
<b>7</b>	Yes	Yes	Stop & Think	
	No	No	Split-Second	
<b>8</b>	Yes	Yes	Stop & Think	
	No	No	Split-Second	