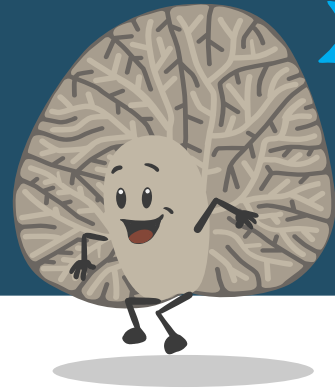


ALCOHOL AND YOUR DEVELOPING CEREBELLUM

Cerebellum

Comprehension Questions

Be sure to write your answers in full sentences and cite evidence from the video.



SAY "NO"

There are many ways to say "no"! Using your verbal communication skills to say no clearly, strongly and confidently is one way, but you can also use nonverbal communication skills. Standing up straight and holding your head high can be great ways to communicate.

If someone is trying to get you to do something you don't want to do, offering an alternative option may be a good solution. For example, if a friend is asking you to go hang out with her older brother, and you know there may be alcohol there, you could say, "What if we went to the movies instead?"

There are many ways to communicate your feelings and opinions with others, but if you ever feel as if you're in a situation you can't handle alone, always confide in a trusted adult.

Is saying "no" ever difficult? Why?

Has there ever been a time you wanted to say "no", but you said yes?



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

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