

IT IS OKAY TO
SAY NO
TO ALCOHOL



**get
real**

Let's embrace our individuality

“Alcohol is responsible for a considerable burden of death, disease and injury in Australia. Drinking is a major factor in much of the injury resulting from road crashes and other accidents and in social problems such as violence, family breakdown and child abuse and neglect. As such, alcohol-related harm is not restricted to individual drinkers but has relevance for families, bystanders and the community.”

—IHMRC Australian Guidelines to Reduce Health Risks from Drinking Alcohol

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TO PEER PRESSURE



Holly tells this story:

Katy Brown was an effervescent 18 year old who wanted to one day be a music teacher. She had a gift for music. One Saturday evening Katy borrowed her Mum's car and drove her friends, Georgia and Jane, to a party. All their boyfriends were there. They all seemed to be having a great time. One of the guys then offered the girls alcoholic drinks. Katy politely refused, knowing she had to drive. As the night wore on, her constant refusals began to be ridiculed. Her friends called her a loser. The boys said she was boring and began to lose interest in her and Katy succumbed. After all, "one drink was not going to do any harm!" But even one drink caused a drop in her defenses, in her inhibitions, and she continued to drink. She knew she should not drive home. But just this once, it will be okay — it's only around the corner.

Then CRASH!

Georgia and Jane died instantly. Katy was "lucky". She is now a quadriplegic. She will never teach music. She will never be normal. She constantly goes over that fateful evening. If only she could turn back time. All she had to do was say "NO".

It was peer pressure that wrecked these three young lives. In order to say no to peer pressure teenagers need to follow a formula.

Firstly, be confident—self confidence enables the individual to follow their own identity and resist the ideals of others.

Secondly, the satisfaction gained from saying "No" generates an inner strength to make it easier to say "No" the second time.

And finally, beware the group leader who feeds from the weaknesses of members of his or her group.

Saying "No" to peer pressure is far cooler than succumbing to it. Even though the common belief is that "fitting in" is the ideal, is it not preferable to do something on your own? Stand out on a limb? Be a leader—forge a new path, don't follow a trail. Be confident of your principles, of your personal morals. Saying "No" generates confidence.



Let's be different... Let's embrace our individuality...

AND SAYING NO TO PEER PRESSURE

—Holly

Tim, Karen and Nick have their say:

"So who's buying it this weekend?" said the student referring to grog.

Does anything positive come from using alcohol or drugs?

Do they increase intelligences?

Do they make you look attractive?

No! Then what's the point?

—TIM

Drinking alcohol is an expensive pastime—in Australia the total cost of alcohol-related problems to society is more than \$15 billion dollars a year.

—KAREN

The fabric of society is falling apart at the seams. People blame gambling, unemployment, the hectic pace at which our lives are now run. But, if they look below the surface, they would see the hidden cause is alcohol.

—NICK