#NCSoconnects Virtual Activity

**Activity:** Why Do It?

**Category:** Prevention

**Suggested Grade Level:** Grades 7-12

**Description:** Learn about alternatives to drinking alcohol.

**Supplies:**
- Writing utensil
- Printout of second page

**Instructions:**
1. Print out the next page.
2. Read each statement and see if you can match it with its answer.
3. Check your answers on page 3.
Alcohol is not a liquid miracle. It’s not courage, strength or beauty in a bottle. And it never solved a single problem for anyone. With a little brain power, you can think of better ways to deal with life’s problems.

Each problem on the left could be an excuse for drinking alcohol. Use your brain power to match each problem with a better solution on the right.

1. “I’m tired of being a kid. I want people to take me seriously.”
   A. “Hi...I just called to get some stuff off my chest. Things aren’t so great at home.”

2. “Parties make me uncomfortable. I never know what to say.”
   B. “You always make A’s. Can we get together this weekend and study?”

3. “I can’t keep up in math class. It’s too much to deal with.”
   C. “Would you go with me to Beth’s surprise party? I always feel better when I’m with somebody.”

4. “My parents are driving me crazy!”
   D. “Those guys are always so loud. You’re more fun to hang out with.”

5. “I’m bored. I need a little excitement in my life.”
   E. “I think I might run for class president this year.”

6. “All my friends drink.”
   F. “Let’s go to Fun World and ride the Killer Coaster!”
Answers:

1. E
2. C
3. B
4. A
5. F
6. D