

Inside: Loads of activities, fun facts and a quiz to test your knowledge

Discovering

YOU!



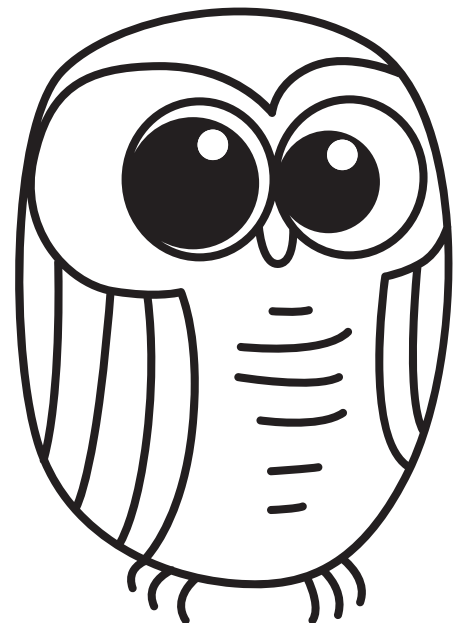
Did you know?
Everyone deals with peer pressure - even adults!

Challenge your friends... find out how inside



What's Inside

What about Alcohol?	3
Alcohol & the Human Body.....	4
Ready. Set. Action.....	5
Media Mania.....	8
Draw your own ad!.....	9
Did you know?	10
Dear Trusted One	11
Quiz Masters	14



What about Alcohol?

Help! The printer for the Daily News scrambled up the words in the newspaper. Unscramble the words in the article below to learn about the short and long-term effects of alcohol.

DAILY NEWS



Researchers describe the short and long-term effects of alcohol

Alcohol is a drug that can affect a person's
 EHEPSC _____, LNAACBE _____,
 OCNRIAOTDO _____, JMNEGTDUE _____
 and OTISMENO _____.

Alcohol can also cause PLSIEESSNE _____
 and even alcohol NGHIOSPNO _____.

Alcohol can increase the chances of YNJRUI _____
 and can damage many organs in the
 body including the RTAHE _____, NIRBA _____
 and ELVIR _____.

Use this list to help you unscramble the words:

- | | |
|--------------|------------|
| INJURY | SLEEPINESS |
| LIVER | BALANCE |
| JUDGEMENT | BRAIN |
| POISONING | EMOTIONS |
| COORDINATION | SPEECH |
| HEART | |

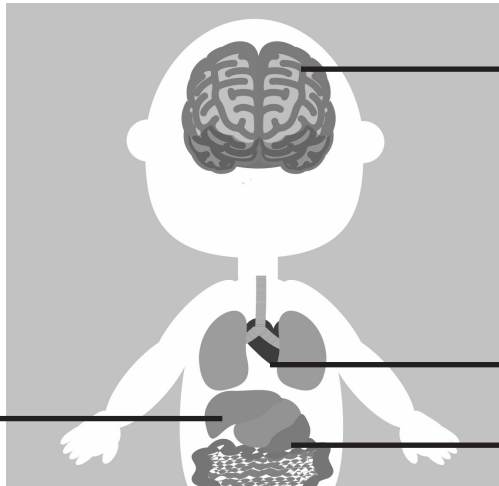
Did you know?

The human brain is not fully developed until a person's mid-20's. Drinking alcohol before this age can stop parts of the brain from fully developing!



Alcohol & the Human Body

Label the body parts below to help you understand how drinking alcohol can affect the human body! Hint: See section below for clues



Can you think of 3 actions this organ tells your body to do?

1. _____
2. _____
3. _____

Can you think of 2 things this organ metabolizes?

1. _____
2. _____

How alcohol can affect your body

BRAIN - Part of the central nervous system (CNS) that controls the body's actions. Your brain is still developing until your mid-20's. Alcohol can alter the way the brain thinks and can cause memory loss & mental health problems.

HEART - Part of the cardiovascular system that pumps blood and circulates it in the body. Alcohol can cause cardiovascular problems like a stroke or heart disease.

LIVER - Part of the digestive (or gastrointestinal) system that filters harmful toxins & cleans the blood. Examples of things filtered are medicine, food & pollution. Alcohol can damage the liver, which can even lead to cancer!

PANCREAS - Part of the digestive (or gastrointestinal) system that helps break down food & regulate your body's sugar level. Alcohol can cause damage to the pancreas which can cause it to have trouble doing its job.

Alcohol Can... Fill in the blanks below with the following words to complete the examples of possible consequences of drinking alcohol:

SICK EMBARRASSING GOOD TROUBLE ADDICTIVE

Can get you into
with
your parents or the
police

Can be

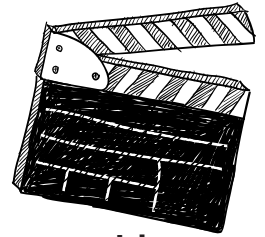
Can make you

Can hurt your ability
to make
----- decisions

Can make you do
things -----

adapted from Kids Health

Ready. Set. Action.



Sometimes we may feel pressure from friends or siblings to do things that we know are risky and would not normally do ourselves. We may end up doing things we don't want to do just because we are afraid of losing a friend, looking uncool or being left out of the group.

Saying no to peer pressure can be hard for all of us. It helps to have a couple of good lines ready ahead of time to help you say no to peer pressure!

There are many different ways you can respond to peer pressure. Here are a couple of suggestions...

Just say no. Politely say "thanks, but no thanks!" to anyone who is asking you to do something or try something that you do not want to do. A true friend will listen when you say no.



"No thanks, I'm not interested in that."

Make an excuse. Come up with an excuse, whether it is true or not.



"No way, I've got an important dance recital tomorrow."

Hit them with the facts. Share some facts about why you don't want what they are offering. You might even change your friends mind too!



"Don't you know that smoking makes your teeth go yellow and can give you bad breath? I don't want that thanks!"

Distract them. Make a joke or change the subject and talk about something else when someone is pressuring you.



"Hey did you see the Maple Leafs win last night?"

Ignore them. Pretend that you didn't hear the person and change the topic to something else. Walk away from anyone who is pressuring you.

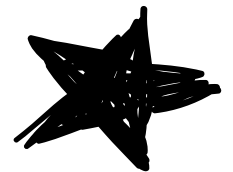


"No thanks, I've got to go – see yah later alligator!"

Offer options. Offer up something else you could do to have fun with your friends.



"I'd rather go to see a movie tonight, do you want to come?"



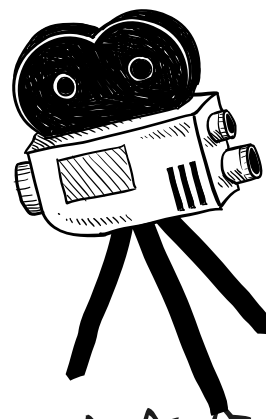
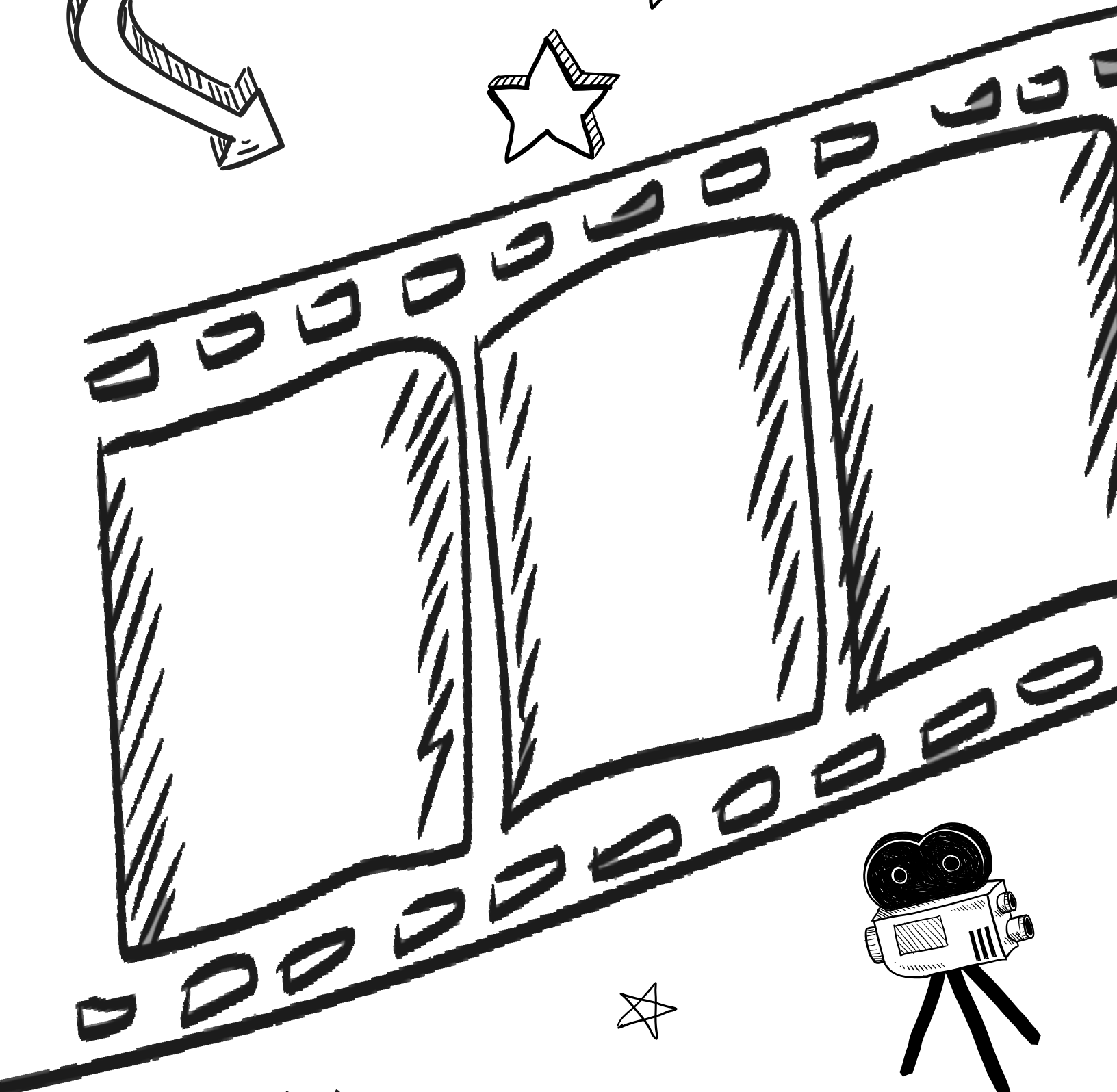
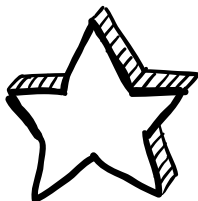
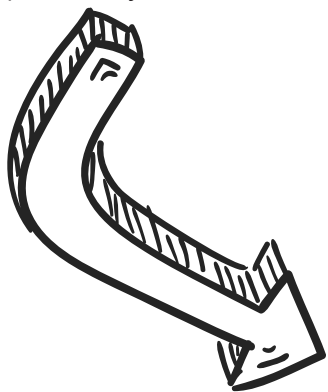
Power in numbers. Find friends who won't pressure you to do things you do not want to do.



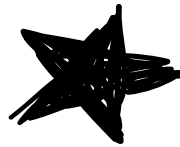
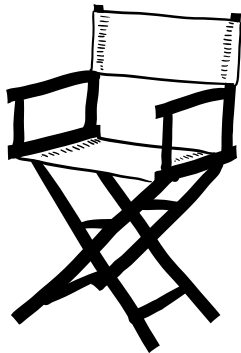
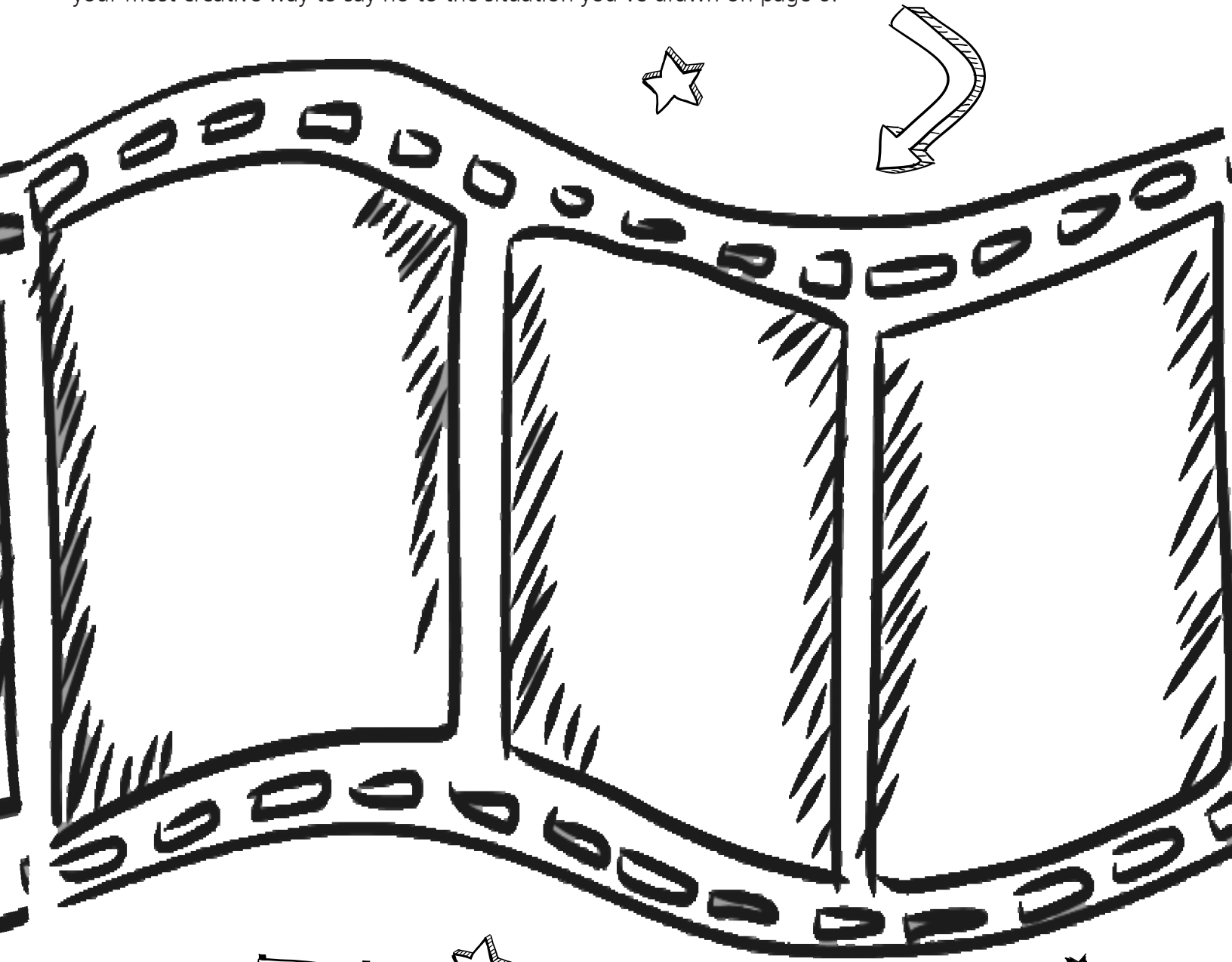


Now it's your turn to practice saying no!

Use images and text bubbles to make a film strip showing an example of something a person may pressure you to do.



Choose a strategy from the list on page 5. Use images and text bubbles to make a film strip showing your most creative way to say no to the situation you've drawn on page 6.



Government of Newfoundland and Labrador, Department of Education. (2014). What can I say if I want to say no to peer pressure? Retrieved May 14, 2014 from <http://www.ed.gov.nl.ca/edu/k12/safeandcaring/students/peerpressure.html>
Adapted with permission.



Media Mania

Marketing and advertising is everywhere. It is at the grocery store, on billboards, on TV and the internet. Sometimes we don't even realize that it is there! Advertisers want to convince you to buy what they are selling, whether it is the newest tablet or phone, a box of cereal or a new video game.

Advertisers have many ways of convincing us that we need to buy their products. Here are a couple of the ways that they do this ...

Jump on the bandwagon: Advertisers tell us that everyone else is buying their product to convince us to buy it too.

Star power: Advertisers use cartoon characters or pay famous people such as athletes and movie stars to promote their products.

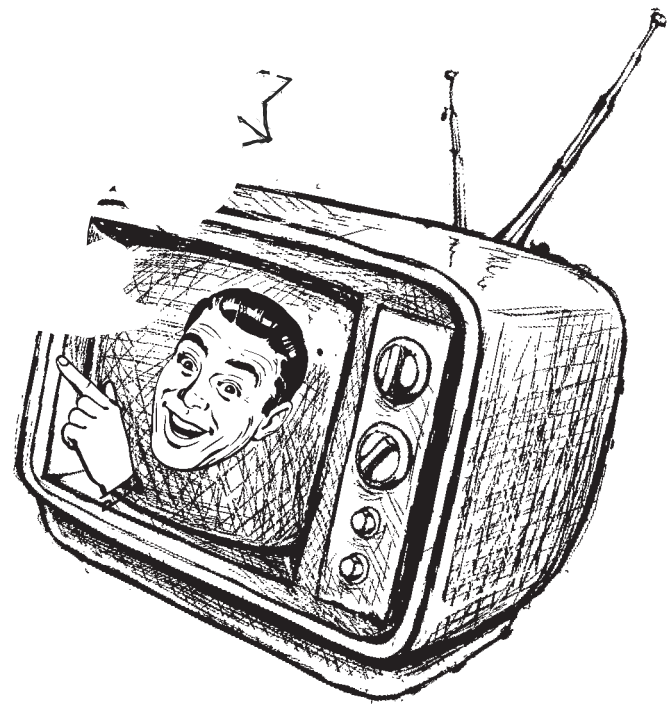
Making promises: Advertisers associate the product with an activity, person, place or a lifestyle and promise us that we will have all of these things if we buy the product.

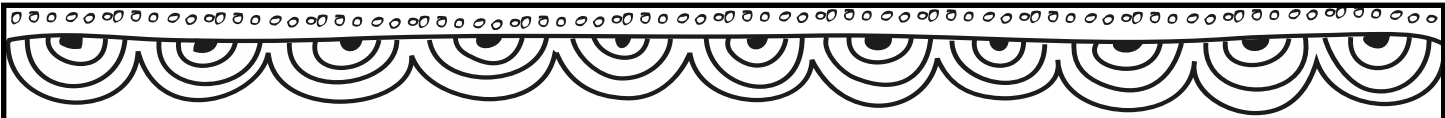
What they aren't saying: Advertisers often do not tell us about all the risks of their product.

Larger than life: Advertisers make the product bigger and look even better than it is in real life.

Weasel words: It is against the law for advertisers to lie but they often use words or numbers that will mislead us and make us want their product more. They may say things like, 'natural' or 'part of a healthy diet'.

Catch your attention: Advertisers spend a lot of money making sure that you notice their ads again and again. They may use bright colours, catchy tunes or have their ads in many different places.





Draw your own ad!



Did you know?



Peer pressure is not always a bad thing! Sometimes positive peer pressure can convince others to do what is right – like helping a friend or trying something good for you!

Write down a time that a friend encouraged you to do something good.



There are many people to help you if you have problems with peer pressure. Speak to a parent, teacher, coach, counselor, or any other adult you trust.

Who is one person that you could turn to if you need help and why?



Most North American kids see approximately 3,000 ad messages in just one day!

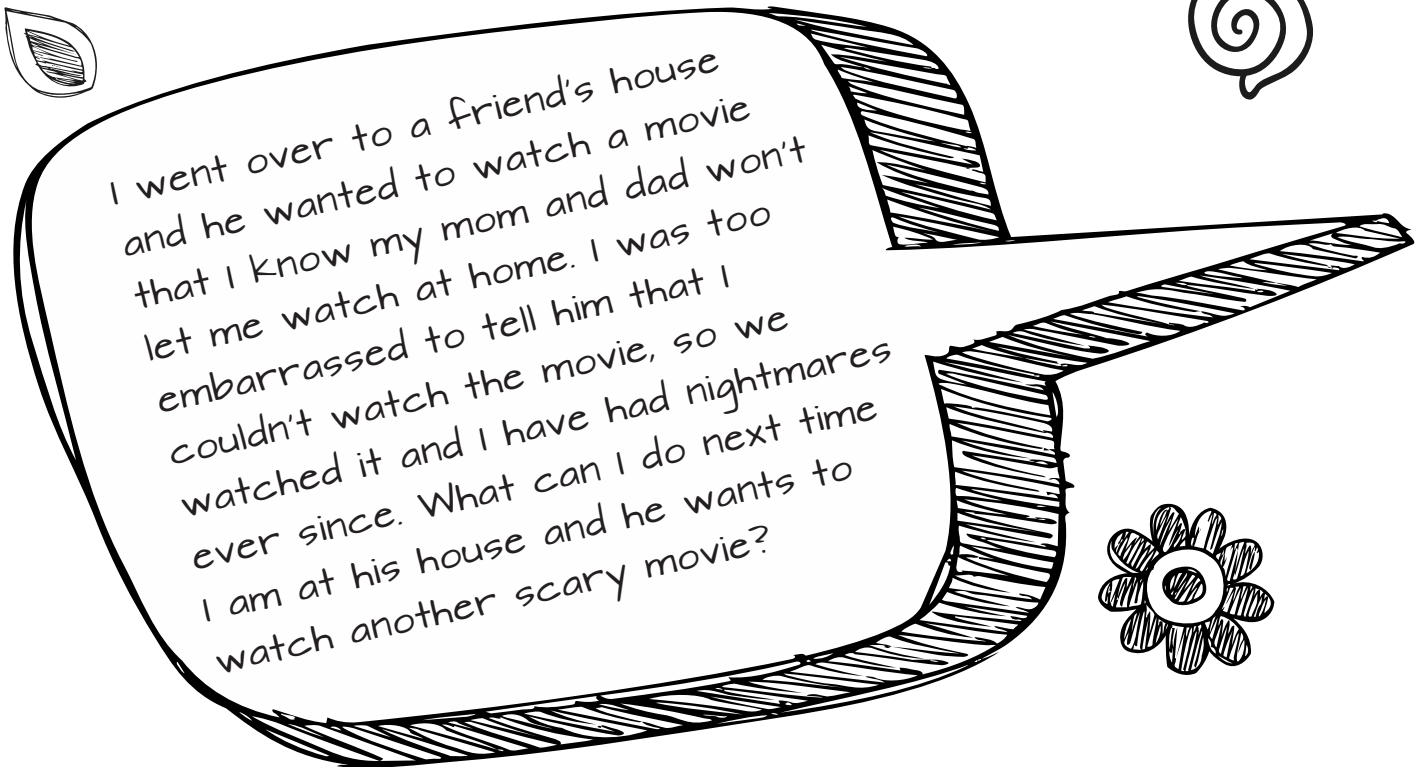
Write down one of the last ads that you saw and what it was trying to tell you.



Dear Trusted one

Hey kids,

Here is your chance to help a friend who trusts you to provide some good advice. Pick **one** of the situations your friend might be facing on pages 11-13. Then provide your answer in the space provided using some of the information you have learned.



Your Answer: _____



Quiz Masters

Hey kids, complete this true or false quiz to see how much you know about the things that can cause you to feel pressured and how to handle pressure!

Question 1:

Peer pressure is when a friend tries to make you do something that you don't want to do.

True

False

Question 2:

The best place to go for information is the internet.

True

False

Question 3:

A good way to handle peer pressure is to do what the person is asking you to do.

True

False

Question 4:

There is no such thing as good peer pressure.

True

False

Question 5:

The media can encourage you to try things that you would not normally try.

True

False



Question 6:

A good place to go when you need to talk to someone about peer pressure is an adult you trust.

True

False

Question 7:

The only reason that young people make risky decisions is because of peer pressure.

True

False

Question 8:

Advertisers use a variety of different strategies to get your attention.

True

False

Question 9:

You should always keep a promise to a friend when they ask you not to tell their secret.

True

False





HEALTH
DEPARTMENT

Durham Health Connection Line
1-800-841-2729
durham.ca/alcohol



If you require this information in an accessible format,
contact 1-800-841-2729