

Way to No ...

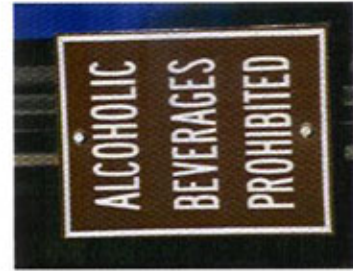
is a program developed by The American Trauma Society, Pennsylvania Division through a grant from the National Recreation Foundation.

This program contains two parts - an informational video and a facilitator's guide.

The video segment of the presentation shows various young people being offered alcohol in a variety of situations. The video uses real students using their own words to refuse alcohol.

A comprehensive facilitator's guide accompanies the video. It includes:

- ⇒ background information
- ⇒ notes on how to use the program
- ⇒ sample discussion questions
- ⇒ suggested activities
- ⇒ resource guide
- ⇒ pre- and post-program surveys to determine the effectiveness of the program



The American Trauma Society
Pennsylvania Division
6706 Carlisle Pike
Mechanicsburg, PA 17050



Way to No

An Alcohol Prevention Program for Middle School Students

NONPROFIT ORG
U.S. POSTAGE
PAID
NEW KINGSTOWN, PA
PERMIT NO. 42

This program funded through a grant from
the National Recreation Foundation.



The good news ... Most kids DON'T drink alcohol

However, the pressures on kids of all ages to drink alcohol can be tremendous. These come not just from friends and peers, but from society as a whole. Advertisers for liquor and beer bombard all age groups with radio, television and print ads. Product placements in movies, television, even music videos make it look like "everyone's doing it."

Sooner or later, every student will be faced with the choice of whether or not to drink alcohol. Even the ones who don't really want to may end up drinking because they don't know how to say no.

We hope "Way to No" will change that.

The American Trauma Society, Pennsylvania Division (ATSPA)

is a non-profit health organization dedicated to reducing the suffering, disability and death due to trauma.

Since 1973, we have worked to prevent trauma by providing trauma prevention information and programs to Pennsylvanians.



Now the scary part:

⇒ Alcohol is implicated in the top three causes of teen deaths: car crashes and other unintentional fatalities, homicide, and suicide

⇒ Teen drinking is the #1 source of adult alcoholics - underage drinkers are more than twice as likely to develop alcohol-related problems

⇒ Alcohol is a gateway drug - children who drink are 7 1/2 times more likely to use illegal drugs

⇒ Teens under 15 who have used alcohol are twice as likely to have sex as those who do not. 39 percent of sexually active teens who use alcohol have had sex with 4 or more partners

⇒ The brain goes through changes during adolescence and alcohol can seriously damage growth. The damage can be long-term and **IRREVERSIBLE**.

⇒ Underage alcohol use costs nearly \$53 billion annually in the United States in car crashes, drownings, burns, violent crimes, suicide attempts, fetal alcohol syndrome, alcohol poisoning and emergency medical care.



The American Trauma Society can help...



We believe most teens know they shouldn't drink alcohol, but don't know how to refuse when pressured by their peers. "Way to No" was developed to address that problem. The program will help teens to think about what they will do if offered alcohol. By thinking about it ahead of time, they will prepare for what they will do when they have to make that decision. We hope to make it easier for them to refuse that drink.



If you are interested in obtaining a copy of "Way to No" for your group or class, please contact us:

**The American Trauma Society,
Pennsylvania Division**

6706 Carlisle Pike

Mechanicsburg, PA 17050

1-717-766-1616 or 1-800-822-2358

www.atspa.org