

What Influences?!

Teacher Overview

Learning Objectives

- Students will be able to identify various factors that influence a person's decision to drink alcohol.

Key Messages

- Learning to “just say no” is not as easy as it sounds. There are many different influences in a person's life that can affect their ability to decide to, or decide not to, drink alcohol.

Curriculum Expectation

- **D3.3** – Identify personal and social factors (e.g., emotional, physical, mental, spiritual, cultural, legal, media, and peer influences) that can affect a person's decision to drink alcohol or use cannabis at different points in their life.

Materials

- Case studies (one set for each group)
- Teacher answer key

Activity

- Discuss as a class the various personal and social factors that influence a person's decision to drink. This can include the following (note: your students can come up with other ideas as well):
 - To fit in their environment
 - Curiosity
 - Peer pressure
 - Boredom
 - Stress
 - Escape
 - For fun
 - Media/advertising
 - To be cool
 - Addiction
- Write down these ideas on the blackboard or flip chart.
- Divide the class into small groups.
- Hand out all four case studies to each group.
- Have students identify the various factors that are affecting the person's decision to drink alcohol (they can write these down on a separate piece of paper).
- Take up the answers as a large group (each small group can provide an answer to each of the case studies).
- Discuss healthy alternatives to substance use.

