

# Reduce Underage Drinking Patch Program

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talkitoutnc.org

# Talk It Out

## Introduction

Underage drinking is a big issue in North Carolina.

Any time someone under 21 has a drink, that's illegal. But the problem goes well beyond breaking the law. There are huge costs to underage drinking, starting with the dollars and cents from things like car accidents, injuries, health care expenses, and unintended pregnancies. There are thousands of other crimes each year related to underage drinking, and more than 75 deaths.

Underage drinking also leads to social and emotional issues for the kids who drink and for their families and friends. And drinking as a teenager can cause permanent damage to the brain — affecting memory, impulse control, and learning for the rest of a person's life.

In spite of all these dangers, kids in North Carolina are exposed to underage drinking at an early age — on television, at the movies, online, and often in their own schools.

The good news is that most kids understand the seriousness of this issue. Surveys in North Carolina show that even in the face of peer pressure and popular culture, kids want to hear from their parents — and say that if their parents talked more about the dangers of underage drinking, it would help stop the problem.

That's why the Talk It Out campaign was started.

We want to make sure that everyone in North Carolina recognizes how serious underage drinking is. Even more important, we want parents to know that it's up to them to make a difference in their kids' lives.

And that's where you come in.

## **Educate yourself. Educate your family.**

Through this patch program, you can take the lead in learning about the realities of underage drinking. You can share what you learn with your parents and family

### **Impacts of underage drinking are enormous.**

Underage drinking can kill.

It can leave permanent scars on growing brains.

It can lead to other dangerous behaviors.

It's linked to serious mental health problems.

members. And you can make sure they know about all the tools available to build strong relationships and keep kids from turning to alcohol in the first place.

## Talk It Out Activity Requirements

***Girl Scout Juniors, Cadettes, Seniors, and Ambassadors: Must complete Activity #1 and at least 6 of the other Activities.***

Girl Scout Level	Required (See Above)	Other Activities	Total Activities
Juniors	1	6	7
Cadettes	1	6	7
Seniors	1	6	7
Ambassadors	1	6	7

1. **Talk It Out Quiz:** Identify six impacts of underage drinking mentioned on the Talk It Out website: [www.talkitoutnc.org](http://www.talkitoutnc.org). Ask a parent/family member to research these impacts with you. Take the Student and Parent Talk It Out quiz and see how much you learned about the problem of underage drinking. Obtain an adult family member/troop leader signature.
2. **Website Scavenger Hunt:** Hunt around on the Talk It Out NC website to answer ten questions. (Attached)
3. **Peer Pressure Response:** Imagine your school principal has rolled out a contest to address peer pressure at your school. Create a drawing or craft that illustrates one good sign of peer pressure. (Attached)
4. **“If → Then” Scenarios:** Draw two scenarios showing how a teen’s life could develop with and without underage drinking. (Attached)
5. **Family Pledge:** Create a pledge that will remind you of how important it is to keep the lines of communication open with your parents. (Attached)
6. **Safe Word:** Determine a Safe Word with your family that you will use if you are in trouble or feel uncomfortable. Once you’ve decided on a word, draw a picture that represents how having a Safe Word makes you feel. (Attached)
7. **School News Reporter:** Interview an enforcement officer to learn more about the legal consequences of underage drinking. Write a news story about the law and legal consequences of drinking alcohol underage. (Attached)
8. **Coalition Community:** Learn about the coalitions and statewide partners on the Talk It Out website. Determine which ones might be located in your community. With a parent/family member, contact one of these partners and learn how you and your family can get involved with their efforts. (Attached)
9. **Commercial Conversation:** Watch all six Talk It Out commercials. Talk about them and how they make you feel. Then, write a paragraph about the commercial that had the biggest impression on you. Explain why it was powerful and whether it will help you avoid underage drinking.

10. **Conversation Starters:** With a parent/family member, identify and learn about all eight Talk It Out Underage Drinking conversation starters. Pick one and use those quotes to start an open and honest discussion. On an index card, write a paragraph on what you and your parent/family member learned. Obtain parent signature.
11. **Underage Drinking In The News:** With a group of girl scouts, use the Internet to find news articles about underage drinking. Talk about these stories and how they make you feel. How would you feel if you knew the person in the story? How would your friends and family feel if the article was about you? Write a paragraph explaining which emoji embodies your emotions.

*Note to Troop Leaders: We believe our role at Girl Scouts is to help girls develop self-confidence and good decision-making skills that will help them make wise choices in all areas of their lives. Parents or guardians make all decisions regarding program participation that may be of a sensitive nature. Consistent with that belief, Girl Scouts – North Carolina Coastal Pines directs volunteer leaders to notify parents in writing of any local program that could be considered sensitive.*

## **Talk It Out Activity #1: Teen and Parent Quiz**

Talk It Out surveys show that kids want their parents to talk with them more often about the dangers of alcohol. Let's find out how much you and your parents know about the dangers and consequences of underage drinking.

### **Quiz:**

- I. Take the **Student Talk It Out Quiz**. Without using the Internet or looking at the quiz answers, see how many of these questions you can answer correctly. Once completed, grade yourself using the Talk It Out Quiz Answer Key. Using red ink, circle the answers that were wrong. Fill in the total number right and total number wrong on the student quiz page.
- II. Ask a family member/troop leader to take the **Adult Family Member/Troop Leader Talk It Out Quiz**. Without using the Internet or looking at the quiz answers, see how many of these questions they can answer correctly. Once this adult has completed the quiz, you will grade the answers using the Talk It Out Quiz Answer Key. Using red ink, circle the answers that were wrong. Fill in the total number right and total number wrong on the family member/troop leader quiz page.
- III. With the family member/troop leader present, compare quiz answers. Are there questions you both got wrong? If so, list those questions on the Answer Key Sheet. Together with the adult, go to the Talk It Out website [www.talkitoutnc.org](http://www.talkitoutnc.org) and find the answers. Have a conversation about the answers to those questions and write down what you discussed. Write down why you believe both you and the parent got that answer wrong on the quiz.

- IV. Both you and your family member/troop leader must sign the document stating that you completed the activity as directed.

**Assignment completion date:** \_\_\_\_\_

**Signature (student – first name and last initial)**

\_\_\_\_\_

**Signature (family member/troop leader)** \_\_\_\_\_

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**Talk It Out Activity #1:  
Student Quiz**

**Student quiz results**

Total number correct: \_\_\_\_\_

Total number incorrect: \_\_\_\_\_

1. In North Carolina what is the average age a child takes his/her first drink of alcohol? \_\_\_\_\_
2. North Carolina middle school students say if \_\_\_\_\_ talked to them more often about underage drinking, it would help stop the problem.
3. 94% of North Carolina students say underage drinking is a problem.  
\_\_\_\_\_ True \_\_\_\_\_ False
4. The human brain isn't fully developed until about age 25. \_\_\_\_ True \_\_\_\_ False
5. The legal drinking age in the United States is \_\_\_\_\_ years old.
6. If a teen uses alcohol before his or her \_\_\_\_\_ is fully developed, it can keep good judgment and impulse control from properly developing.
7. Alcohol can damage the memory and learning areas of the adolescent brain.  
\_\_\_\_\_ True \_\_\_\_\_ False
8. Underage drinking will not hurt a teen's developing brain.  
\_\_\_\_\_ True \_\_\_\_\_ False
9. If you use a fake ID to buy alcohol you could:

- a. Lose your license for 1 year
- b. Have to perform Community Service
- c. Have a permanent criminal record
- d. All of the above

10. Talk It Out is a resource for parents to start talking to their kids about the dangers of:
- a. Skydiving
  - b. Alcohol
  - c. Speeding

**Talk It Out Activity #1:  
Family Member/Troop Leader Quiz**

<p>Family member/troop leader quiz results</p> <p>Total number correct: _____</p>
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1. In North Carolina what is the average age a child takes his/her first drink of alcohol? \_\_\_\_\_
2. North Carolina middle school students say if \_\_\_\_\_ talked to them more often about underage drinking, it would help stop the problem.
3. 94% of North Carolina students say underage drinking is a problem.  
\_\_\_\_\_ True \_\_\_\_\_ False
4. The human brain isn't fully developed until about age 25. \_\_\_\_ True \_\_\_\_ False
5. The legal drinking age in the United States is \_\_\_\_\_ years old.
6. If a teen uses alcohol before his or her \_\_\_\_\_ is fully developed, it can keep good judgment and impulse control from properly developing.
7. Alcohol can damage the memory and learning areas of the adolescent brain.  
\_\_\_\_\_ True \_\_\_\_\_ False
8. Underage drinking will not hurt a teen's developing brain.  
\_\_\_\_\_ True \_\_\_\_\_ False
9. If you use a fake ID to buy alcohol you could:
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  - c. Have a permanent criminal record
  - d. All of the above

10. Talk It Out is a resource for parents to start talking to their kids about the dangers of:
- Skydiving
  - Alcohol
  - Speeding

## **Talk It Out Activity #2: Website Scavenger Hunt**

The Talk It Out NC website is full of important information on how alcohol impacts adolescents and why underage drinking is dangerous. A lot of research has taken place in North Carolina that helps us understand the adolescent brain and the effects of alcohol on it. Visit [talkitoutnc.org/Use-Your-Head](http://talkitoutnc.org/Use-Your-Head) to fill in the blanks in the statements below.

- Underage drinking can “wire” the brain for \_\_\_\_\_.
- Even low levels of alcohol have a negative impact on \_\_\_\_\_, organizing, managing time, paying \_\_\_\_\_ and inhibiting inappropriate behaviors.
- Drinking alcohol inhibits \_\_\_\_\_ function and slows reaction time – which is why it’s so difficult and dangerous to \_\_\_\_\_ after drinking.
- The \_\_\_\_\_ is the part of the brain that is key for memory and learning and Some of the most serious alcohol-related \_\_\_\_\_ during adolescence happens here.
- Studies show over and over that \_\_\_\_\_ behavior and \_\_\_\_\_ can delay the initiation of alcohol consumption.
- Drinking alcohol can cause a \_\_\_\_\_ in brain activity.
- Alcohol slows down \_\_\_\_\_ activity, and the negative effect of alcohol lasts far longer in a teenager’s brain than in an adult’s — up to \_\_\_\_\_ weeks.
- The \_\_\_\_\_ someone starts, the greater the chances he or she will have \_\_\_\_\_ use problems in their lifetime.
- Alcohol affects learning more in adolescents, and also interferes with other “\_\_\_\_\_ health” behaviors, undoing the benefits of good \_\_\_\_\_ habits.

10. Alcohol affects the \_\_\_\_\_ brain differently than it affects the adult brain — because the human brain isn’t fully developed until about age \_\_\_\_\_.

### **Talk It Out Activity #3: Peer Pressure**

Peer pressure is the feeling that school someone your own age is pushing you toward making a bad choice or a good choice. Kids in middle and high school — and their parents — told us that there is a tremendous amount of “negative” peer pressure on teens and young adults. All peer pressure isn’t bad. You and your friends can support each other and positively “peer pressure” each other to do things that will improve your health and make you feel good about yourself and your decisions; for example: *avoiding alcohol*.

- Use your creativity to show two examples of peer pressure—one negative and one positive—related to underage drinking. The negative example can be a teenager trying to convince a friend to drink. The positive example can be a teenager encouraging a friend to resist the temptation and to make the good decision not to drink underage. Or you can come up with your own example!
- You can draw a phone screen with a text message conversation, a picture of friends talking, write a poem or short story, or more. The more creative you are, the better.



### **Talk It Out Activity #4: “If → Then” Scenarios**

Research shows that underage drinking can have dangerous immediate and long-term consequences. Because the brain isn’t fully developed until age 25, when teenagers drink underage, their brain responds to the alcohol differently than an



adult brain. You can learn all about the impact of alcohol on the adolescent brain by visiting [TalkItOutNC.org/use-your-head](http://TalkItOutNC.org/use-your-head). Review this information; you'll need it to complete this activity

In this activity, you will draw two scenarios showing how a teen's life could develop with and without underage drinking. You can show whether a teenager graduates from high school, attends college, makes good decisions, get her dream job, etc. The first scenario would show the life as though the teenager didn't drink alcohol underage. The second scenario would show the life as though the teenage did drink alcohol underage.

Use the words "If" and "Then" to show how one decision can impact something else. Check out the next page for an example.

**Instructions:**

- Create 2 different scenarios on 5x8 index cards or 8.5 x 11 paper.
- Draw two different scenarios as described above, indicating clearly which scenario is which.
- Each scenario can have pictures alone, or can include words to clearly communicate what is being portrayed.
- Be creative in your design!
- Have a discussion with your family member or troop leader after completing the two scenarios. Write a brief paragraph for each scenario on an index card describing what you learned, how you felt, and which scenario you would prefer. These must be included as part of the assignment.

**Assignment completion date:** \_\_\_\_\_

**Signature (student – first name and last initial)** \_\_\_\_\_



**Signature (family member/troop leader)** \_\_\_\_\_

**Continued—Talk It Out Activity #4:  
“If → Then” Scenarios**

<b>Topics for Scenarios</b>
High School Graduation
College Acceptance Letter
Decision Making

Job Interview
Grade on Test
Teenager attends party where alcohol is served

Example: Scenario

<p>Scenario #1: [Title]  Date: [_____]  Participants: [name of child, family member/troop leader]  Girl Scout Troop Information: [_____]</p>	<p>IF...</p> 
<p>THEN...</p>  <p>The teenager gets an A on her test.</p>	<p>[Brief Paragraph]</p>

**Talk It Out Activity #5:  
Family Pledge Contest**

A pledge is a formal promise or serious commitment to do something — or not do something — for a reason that is important to you. Through the Talk It Out campaign, we’re encouraging our entire community to make a pledge to help reduce the number of underage drinking incidents.

How can you spread the word? Let’s say your favorite pop artist will be hosting a family concert in your area. She/he will be holding a contest to find the best Talk It Out Family Pledge to help reduce underage drinking. The pop artist will be picking the winner of the contest and will highlight your pledge at the upcoming concert.

Using pop star creativity, come up with a Family Pledge that will remind you of how important it is to keep the lines of communication open with your parents. The family pledge can be a catchy phrase, poem, song, etc. Make it easy for both kids and parents to remember the pledge. Most important, create a pledge that both you and a parent/troop leader will sign as a commitment to help reduce underage drinking in the state of North Carolina.

**Potential Pop Artist List (use one of these or come up with your own)**

Taylor Swift  
Selena Gomez  
Justin Bieber

Ariana Grande  
One Direction  
Demi Lovato



**Example Pledge**

*As a family within our community  
As parents with an influence on our children  
As young adults who recognize the dangers of underage drinking*

*We, as a family, pledge*

*To remain alcohol free until age 21  
To hold each other accountable for our actions  
To focus on our health and safety  
To follow all rules established by our family, our school and our community  
To be honest and open with our parents, coaches and community members  
To set a positive example for everyone around us*

**Talk It Out Activity #6:  
Safe Word**

Sometimes we get uncomfortable based on our surroundings. Maybe the people you are with are doing things that you don't agree with such as experimenting with drugs or alcohol. When this happens, the best thing you can do is to get out of the situation, but sometimes that can be awkward.



That's where a "Safe Word" can come in handy. You and your parents should have a Safe Word that means, "I am uncomfortable and I need your help." When you text your family member that Safe Word, they should call you immediately, find out where you are, and come to pick you up. No questions asked.

For this activity, sit down with your family and determine a Safe Word. It can be something silly or something serious, but it should be a word that you will all remember.

Once you've decided on a word, draw a picture that represents how having a Safe Word makes you feel.

### **Talk It Out Activity #7: School News Reporter**

Your role in this activity is to act as a school news reporter. You've been assigned to write a news story about the law and legal consequences of drinking alcohol underage.

- Schedule an interview with an enforcement officer to learn more about the legal consequences of underage drinking. (This could be a school resource officer, deputy sheriff, local police officer, alcohol law enforcement officer, or ABC enforcement officer.)
- Interview can be conducted in person or over the phone.
- As the reporter, come up with a list of 10 questions to ask during the interview, and write down the answers to each question.
- Make sure you get the name of the officer and the enforcement community where he or she is assigned.
- Once you complete the interview, write a news story about the underage drinking law in North Carolina.
- Make sure you include your first name, last initial, and Girl Scout troop information.



### **Talk It Out Activity #8: Coalition Community**

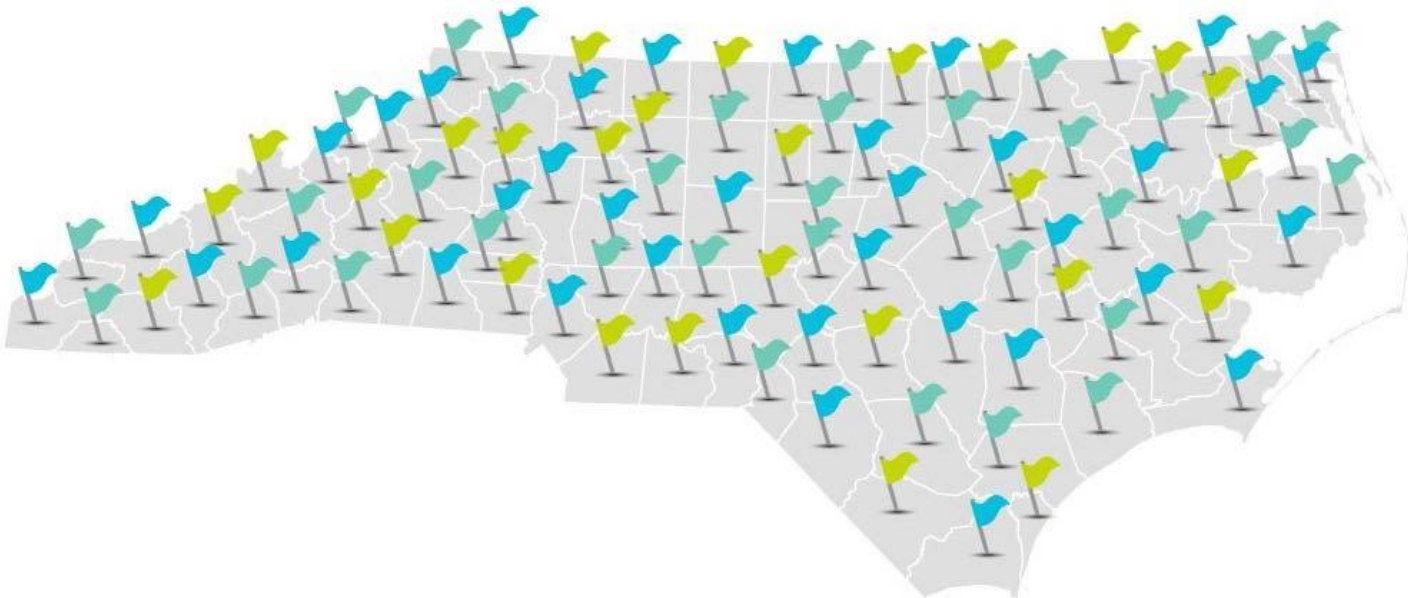
Talk It Out is supported by a group of organizations that offer outreach and prevention education. This group is called the Coalition. Coalition members

represent a broad range of community groups (local, state, national) who are interested in the subject of reducing underage drinking and share a desire to change the culture in North Carolina around underage drinking.

Your role in this activity is to research the coalitions in your community (<http://www.talkitoutnc.org/working-together/coalitions/>). Specifically focus your efforts on finding a coalition partner that focuses on underage drinking outreach and prevention. Write a report on the coalition partner, and share ideas on how you would volunteer your time to help the coalition partner extend its outreach. Make sure you include your name and Girl Scout troop information.

Some examples include:

- Durham Together for Resilient Youth
- Edgecombe Nash Coalition on Alcohol and Drugs
- Orange Partnership for Alcohol and Drug Free Youth
- TeenFest
- Wilson County Substance Abuse Coalition



## **Talk It Out Activity #9: Commercial Conversation**

Talk It Out created three sets of commercials that aired on TV and social media over the past few months. You can view the commercials at:

<https://www.youtube.com/user/TalkItOutNC/videos>

The commercials are called:

- Feeding Time
- Fussing Over
- Alex
- Sarah
- Lungs
- Ventilator

These commercials can be scary and hard to watch, but they show the realities of underage drinking. With a parent or troop leader, watch all six videos. Talk about them and how they make you feel. Then, write a paragraph about the commercial that had the biggest impression on you. Explain why it was powerful and whether it will help you avoid underage drinking.

## **Talk It Out Activity #10: Conversation Starters**

Talking about underage drinking to an adult may be awkward. But the more you talk, the easier it gets. This activity will help you start the conversation with a parent/troop leader, but it will also help the parent/troop leader start the conversation with you.

Check out the conversation starters from Talk It Out:

<http://www.talkitoutnc.org/wp-content/uploads/2014/09/Conversation-Starters.pdf>

With a parent/troop leader, identify and learn about all eight Talk It Out Underage Drinking Conversation Starters. Pick one and use those quotes to start an open and honest discussion. On a 5x8 index card, write a paragraph on what you and your parent/troop leader learned. Obtain parent/troop leader signature.

## **Talk It Out Activity #11: Underage Drinking In The News**

With a group of other Girl Scouts, use the internet to find news articles on stories related to underage drinking from the past year. Start by exploring articles from North Carolina and expand to other states if necessary. You should each find a different article. Spend some time reading about your article and then share it with the group.

As a group, talk about these stories and how they make you feel. How would you feel if you knew the person in the story? How would your friends and family feel if the article was about you? Pick which of the emojis below represent your feelings and write a paragraph explaining why.







