



**NO ONE  
DOES YOU  
BETTER  
THAN  
YOU.**

## **IT CAN BE HARD TO BE IN MIDDLE SCHOOL.**

There are so many things going on with you and your friends. One thing that isn't hard is choosing not to drink alcohol – especially if you choose to support each other.

You and your friends know that drinking alcohol can cause harm to your lives – from messing with your judgment and coordination, to harming important relationships. Alcohol can make a person less aware that their behavior may be inappropriate or risky. Drinking alcohol is just not worth it!



**YOU  
DON'T  
BORROW  
COOL.  
YOU OWN IT.**

## MEETING EXPECTATIONS

Do you think drinking a sports drink will make you a better athlete? What about if you wear the coolest new hair gel – will everyone stop and check you out?

These are examples of expectations – what we think will happen. We get expectations about lots of things from lots of sources, including friends, family, celebrities, and advertising. Everyone has expectations when they think about trying something new, but will those things really happen? Sometimes expectations are right on, but often they are totally off, especially when talking about alcohol.

Some kids think that drinking alcohol will make them fit in better. Truth is, most middle school students feel it is wrong for someone their age to drink alcohol and don't drink. Fitting in would be choosing friends who don't drink.

(<https://www.thecoolspot.gov/expectations.aspx>)