

# I DON'T DRINK BECAUSE...

Not drinking is a personal choice and whatever your choice is it should be just that, your choice. Don't be afraid to stand up to what you believe in. In some social settings, we recognize that it can be hard to say no, in fear that you will be judged. Here is a list to help you have an answer before you even head to the social scene!



1. I don't want a beer gut.
2. I've seen my friends do stupid things.
3. Beer games are dumb.
4. People always act so obnoxious.
5. I'm trying to lose some weight.
6. It's hard to keep your grades up if you're always partying.
7. My dad was an alcoholic and I saw what it did to him and to us.
8. I hate hangovers.
9. I hate finding out the next day what crazy thing I did last night.
10. I made out with someone I normally wouldn't even talk to.
11. I don't like how it tastes.
12. I'm afraid that I might become addicted.
13. I got better places to put my money.
14. I gotta keep a clear head for my kids.
15. I'm trying to stay in shape.
16. I heard that it can be bad for your liver if you drink too much.
17. It's against my religion.
18. It messes with my head.
19. I just don't want to.
20. I don't see the fun in puking.
21. I have seen what it does to my friends.

**yes, i don't  
drink.  
no, i am not  
boring.**

POUUD: