



www.TheCoolSpot.gov...

Log on Together!



Parents and students now have the opportunity to team up, have some fun, and learn a little something too! Log on together and learn about the dangers of drinking too much or too soon, peer pressure “tricks,” and effective ways to say “no” at The Cool Spot (www.TheCoolSpot.gov). The site, aimed at 11- to 13-year-olds, was created by the National Institute on Alcohol Abuse and Alcoholism (NIAAA), part of the National Institutes of Health (NIH).

By logging on together, parents and kids can explore interactive games and tools to learn about alcohol and how to resist peer pressure to drink. Other site features for parents and kids to check out together include:

- **Reality Check** -- quizzes users on how much drinking is really going on in the United States. The answers often surprise kids and adults alike.
- **Peer Pressure Bag of Tricks** -- invites users to view animated scenes and try to spot common peer pressure “tricks.” Identifying “tricks” is the first step to resisting them.
- **Know your No’s** -- introduces users to a variety of ways to say no and helps them learn which one is the most effective.
- **Deep Digging** -- depicts why using alcohol as a solution to problems, or as way to cope, leads to trouble.



Log on to www.TheCoolSpot.gov and start using the tools to become experts at spotting peer pressure and choosing effective ways to say “no” to alcohol!

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