

# YOLO SOLO PONG GAME

## INSTRUCTION SHEET

### WHAT YOU NEED TO PLAY

- 20 plastic party cups
- 2-4 ping pong balls
- 20 game pieces (download)



# IT'S TIME TO SPILL THE TEA ON UNDERAGE DRINKING!

Drinking before you turn 21 may be seen as “cool” because “everyone’s doing it.” But the reality is you only live once, and underage drinking has consequences — even if you don’t get caught.

YOLO SOLO PONG is a fun way to have an open conversation with your family about underage drinking. This game reinforces the messages that not every teen is drinking (in fact most aren’t) and that the consequences and risks of drinking while underage aren’t worth it.

### HOW TO SET UP GAME TABLE

Arrange 10 cups on one end of a long table in a pyramid form starting with four cups, then three, and so on towards the center of the table. Set up the other 10 cups on the opposite end of the table in the same formation. Print and cut out the game pieces (download). Then pick out your favorite pieces and put one in the bottom of each of the cups.

### HOW TO PLAY

This game is best played by teams (with one or two players on each team) in which each team takes turns throwing a ping pong ball into the other teams’ cups from opposite ends of the table.

Once a ball lands in a cup, the cup is taken away and the opponent reads the game piece inside the cup that invites an open conversation about underage drinking.

As cups are removed, “re-rack” remaining cups into a compact shape so they’re easier to shoot into.

The game continues in this way until one team clears all the opposing team’s cups (they win!) and more importantly a great conversation was had.

**Optional:** Have a fun prize for the winner that they can share.

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Play the game and visit [talkheart2heart.org/underage-drinking](http://talkheart2heart.org/underage-drinking) for more information.

## QUESTION

Has anyone ever offered you alcohol, how did you respond?

## QUESTION

What do you want to know about drinking?

## QUESTION

Do you know what alcohol poisoning is and the dangers of it?

## QUESTION

What is one way you can say you're waiting until 21 to drink?

## QUESTION

Do you know anyone who has driven a car after drinking?

## QUESTION

What would you say if friends tried to talk you into drinking?

## QUESTION

Do you know what a blackout is and why it's dangerous?

## QUESTION

Do you know what blood alcohol concentration (BAC) is?

## QUESTION

Is there a history of alcoholism in our family?

## QUESTION

What should the consequences be if you drink before 21?

## QUESTION

Drinking under 21 is illegal. Why do you think this law is in place?

## QUESTION

Why is drinking different for a teenager than an adult?

## BINGE DRINKING



consuming 4+ alcoholic drinks in a row.

## ALCOHOL POISONING



drinking a toxic amount of alcohol in a short time.

## BLACKOUT



gaps in memory of events that occurred while intoxicated.

## PASSED OUT



falling asleep or losing consciousness from drinking too much.

## ALCOHOL USE DISORDER



medical diagnosis of someone with an alcohol problem.

## ALCOHOLISM



addiction and/or behavior resulting from alcohol dependency.

## BLOOD ALCOHOL CONCENTRATION (BAC)



used as the measure of alcohol intoxication.

*For drivers under 21, the BAC limit is 0.02% in Nebraska.*

## NE .02 (ZERO TOLERANCE) LAW



a law to prevent minors from drinking and driving.

## MINOR IN POSSESSION (MIP)



is punishable with a jail term, a \$500 fine or both.

**ONLY 29%**  
of high school students drank in the last 30 days.

*(Source: 2019 Youth Risk Behavior Survey)*

Drinking before age 15 equals  
**2X**  
more likely to become alcohol dependent.

*(Source: Youth Survey on Alcohol Usage)*

**2 OUT OF 3**  
teens say it's easy to take alcohol from home.

*(Source: Youth Survey on Alcohol Usage)*

**41%**

of students say  
they drank because  
someone gave it to them.

*(Source: 2019 Youth Risk  
Behavior Survey)*

**17%**

of kids rode with a  
driver that had been  
drinking alcohol.

*(Source: 2019 Youth Risk  
Behavior Survey)*

Athletes who drink  
regularly are  
**2X**  
as likely to be injured.

*(Source: Youth Survey  
on Alcohol Usage)*



6 beers have  
the same calories  
as 8 McDonald's  
cheeseburgers.

*(Source: Youth Survey  
on Alcohol Usage)*

Adults who buy  
alcohol for kids can  
receive up to  
**\$5,000 IN FINES**

*(Source:  
CriminalDefenseLawyer.com)*

Drinking before 21  
can lead to death from  
alcohol poisoning.

*(Source: Youth Survey  
on Alcohol Usage)*

Underage drinking  
can change how your  
brain develops.

*(Source: Wisconsin  
Department of Health  
Services)*

Fill in your own  
question here:

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