

Service High School

Polynesian Club

Students: Brown Faaaliga, Paris Faaipau, Liligo Faasavalu, Joseph Sokimi, and Tau Vaaia
Advisor: Meghan Lochner

Media: Song

Main Message: You can be fun and cool without drinking. Students have the power to make their own choices. They are great and beautiful the way they are. Students have lots of support (even if they are not aware of it) and life is much better and more fun without drinking.

ASD SEL goal(s): Students demonstrate awareness of their personal traits and of their external supports.

Target Audience: Freshmen Academy

Total number reached: 223 students

Data Summary: The open-ended question about the chorus of the song shows that nearly 80% of the audience clearly understood the message presented. The performance seemed to increase the audience's awareness that they are not alone in their decisions about drinking alcohol and over 70% indicated that the song and presentation would have some impact on their choices about alcohol use.

Student Comment(s):

- "This project helped me learn that I don't have to worry about others and what they think of me. I don't have to be afraid to stand out because others may learn something valuable from me. I realized that we all are stronger than we realize. I know that all of us have values and beliefs that we live by, but sometimes we lose sight of them. We give in and let our guards down and when others see that then they know they can take advantage of you."

“Opportunity”

Discussion Questions

1. What is the main message of the song for you?
2. What activities do you participate in that help you choose to not use alcohol?
3. In what ways do you feel your life is better because you do not use alcohol?
4. How do you stay focused on being the best you can be without alcohol?
5. In what ways do your beliefs and actions affect what others around you do?
6. In what ways can you influence others to enjoy who they are and choose not to use alcohol?
7. What helps you to stay strong and avoid alcohol when other young people you know may be using alcohol?
8. What are some strategies you can use when faced with peer pressure?
9. What suggestions do you have for other young people so they can enjoy who they are without using alcohol?
10. What goals/plans for the future do you have that could be adversely affected by your choice to use alcohol?

Opportunity

Written and performed by the 2008-09 Service High School Polynesian Club

They go to every party
To look cool or just fit in
But that's an illusion
It's a game they cannot win
They come in looking good
They leave looking dazed

Chorus:

**Stand up, stand out, stay sober
Stay strong as you get older
Stand up, stand out, stay sober
For life**

You're the life of the party
And you do it naturally
You don't change who you are
You're who you want to be
Without a drop of alcohol
You had fun and you were in control

Repeat Chorus

Your actions determine your future
And who you wanna be
So just stay sober
And you will see just what I mean
Stay strong and stay true
When they're peer pressuring you

Repeat Chorus

Distractions and attractions
Can steer you away from this
So when you go and have fun
Do it respectfully
So come and take my hand
Together we will make a stand

Repeat Chorus Twice