

# Alcohol

## Scenarios & Discussion Questions

**Scenario #1:** If an older person from a high school or college offers to get you alcohol, what would you tell them?

**Scenario #2:** If a friend at school told you they snuck alcohol into the school and wanted you to go to the bathroom with them to drink it, what would you say? Would you tell an adult? Why or why not?

**Scenario #3:** If your sibling or a good friend started drinking, what would you do?

**Scenario #4:** If you saw a group of popular students drinking, would that make you want to drink? Would you, even if you have a value about not drinking?

**Scenario #5:** What refusal skills would you use in scenario #4?

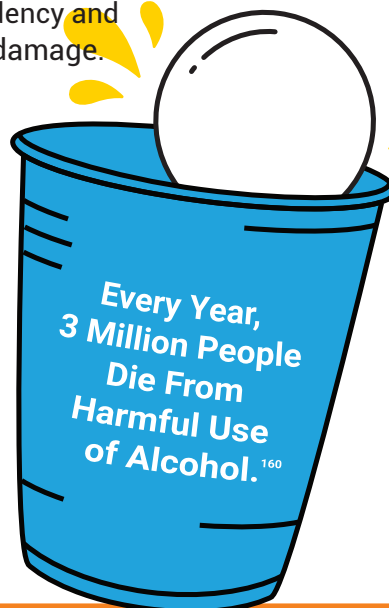
### Critical Thinking Section

#### Students:

- What are your beliefs about underage drinking? Is it a right of passage in our country? Why or why not?
- Do you know someone who abuses alcohol? How do they act? How does it affect you?
- Does your family have a rule about underage drinking? Do you agree with it? Why or why not?
- How does drinking affect the brain of adults vs. adolescents?
- What is blood alcohol poisoning (BAC)? What is binge drinking, and how is it related to BAC?
- What are your consequences at home and school if you use Alcohol at home or on campus?
- Is 'everybody does it' true, or is that a myth? How many youth actually drink underage?

**Binge Drinking:** Consuming four or more drinks in a row (for women) and five or more drinks in a row (for men) within a couple of hours. This results in a dangerous BAC (Blood Alcohol Concentration) of .08 or above.

**Tolerance:** The process by which constant consumption of alcohol produces lowered effects; results in the consumption of more alcohol in order to produce the desired effect; increases chances of alcohol dependency and organ damage.



#### Staff & Family:

- What are your family's rules about alcohol? What are the consequences if your child engages in underage drinking?
- What are refusal skills and does your child possess them?
- How many solutions can you and your child or student devise for each scenario listed above?
- Do you have alcoholism in your family tree? How can you discover what your child's genetic risk for alcoholism is?
- Do you drink alcohol? How do you model normal drinking?
- What would your child do if they knew someone who was drinking underage?
- Is it a myth that youth in European countries drink underage without negative outcomes? How can you find out?