

About Alcohol - Level 1 Staff Activity Guide



What's Included:

The purpose of this guide is to support teachers in empowering students to make positive choices even when faced with high-risk situations. In this guide you will find a Student Video Viewing Guide, Student Activity options, and a Brain Quiz with an answer guide. Each of these resources can be used independently or in conjunction with one another as time allows. For your planning purposes, please find the estimated time needed for each activity below.

- **Viewing the Video**

Without Student Video Viewing
Guide - 4:40 minutes

With Student Video Viewing
Guide - 8 -10 minutes

- **Student Activities -**

Write About It Prompt - 10 minutes
Group Activity - 10-15 minutes
Independent Practice - 15 minutes
Extended Learning - 10 minutes

- **Brain Quiz - 5-10 minutes**

Student Video Viewing Guide Strategies:

- **Before the video (3-5 min) -**

Have students complete the **Do Now** question box to get the wheels turning

Ask students to "**pair and share**" with a classmate, and/or have a brief class discussion

Remind students to "**preview**" the Video Viewing Guide so that they know what they are listening for

- **During the video (3-5 min) -** Pause the video to talk about Check for Understanding (CFU). You can call out a few students to answer, and/or have them pair and share.

Pause the video to talk about CFU Question 1 - Why is it bad that alcohol causes your frontal lobe to shut down? **What does your frontal lobe help you do?** (Answer: your frontal lobe helps you think about your decisions, make positive choices, and it helps tell your limbic system or "**accelerator**" to slow down.)

Pause the video to talk about CFU Question 2 - **What is Arrested Development?** (Answer: Arrested Development is when the frontal lobe does not grow because of exposure to drugs and alcohol.)

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Student Activity Options:

- **Write About It Prompt (5-10 minutes) -**

- a. Materials needed:** Paper/writing utensil
- b. Prompt:** Based on the facts presented in the video, give 2 reasons why you believe the legal drinking age for alcohol is 21. What dangers does alcohol pose to your developing brain?

- **Independent Practice Activity (15 minutes) -**

- a. Materials needed:** Paper, pencil, map pencils or crayons
- b. Directions for students:** Create a poster that shows the harmful effects of drinking alcohol on the brain. Make sure your poster includes the following elements: 2 facts of how alcohol affects your brain, 1 colorful picture, and 1 strategy that someone could use to avoid drinking alcohol.
- c. Criteria for Success:** Poster includes the following elements: 2 facts of how alcohol affects your brain, 1 colorful picture, and 1 strategy that someone could use to avoid drinking alcohol.

- **Group Lesson Activity (10-15 minutes) -**

- a. Materials needed:** Somewhere to script out answers as a class (white board, projected on board, large poster paper/markers, etc.)
- b. Directions for students:** Group Activity: As a class, discuss the following scenario together. Record potential responses for the class to review on the board. **Scenario:** Pretend you are hanging out at a friend's house and your friend takes a bottle/can of alcohol out of a cabinet and says they want to drink it with you. You know the risks and do not want to drink it. What can you do?
- c. Criteria for Success:** Class creates a list of at least 3 different responses that can be used to say no to alcohol.

- **Extended Learning Activity (10 minutes) -**

- a. Materials needed:** A list of students in groups of 2, posters created by each student
- b. Directions for students:** Pair up students in your class. Using the poster students created during individual time above, have them present their poster to a classmate as a commercial for saying no to consuming alcohol.
- c. Criteria for Success:** Students engaged and participating as evidenced by teacher actively monitoring around room.

- **Brain Quiz Answer Key (5-10 minutes)**

1. A. 21
2. Frontal Lobe
3. D. B. and C.
4. C. Arrested Development
5. True