About Alcohol – Level 2
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 Guide, 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.

Viewing the Video:

Without Student Video Viewing Guide - (7 minutes)
With Student Video Viewing Guide - (8-12 minutes)

Student Activities:

Activity #1 Video or Skit - (15 minutes)
Activity #2 Write About It - (5-10 minutes)
Activity #3 Chart & Chat - (15 minutes)

Brain Quiz:

(5-10 minutes)

Student Video Viewing Guide Strategies:

Before the video (3-5 minutes)

• Have students "popcorn out" (share without raising hand) to get the wheels turning on the following idea that will be brought up in the video- "Research shows that the younger a teen starts to use alcohol, the higher the likelihood that a teen will be diagnosed with an alcohol addiction. Why do you think this happens?"

• Have students "pair and share" with a classmate on the question "What are the signs of alcohol poisoning?"

During the video (3-5 minutes)

• Pause the video at times for Checks for Understanding (CFU). You can call out a few students to answer, and/or have them pair and share.

Brain Quiz Answer Key: (5-10 minutes)

1. What happens to the frontal lobe when young people drink alcohol? (Answer: Shuts down for anywhere between a few hours to a few days. This arrests its development.)

2. What is arrested development? (Answer: B. When the mental skills of the frontal lobe stop developing due to the effects of substances such as alcohol.)

3. Does the risk of addiction increase or decrease the younger a person begins to use alcohol? (Answer: Increase.)

4. What is the leading cause of death for teens? (Answer: C. Alcohol related car crashes.)

Student Activity Options:

Activity #1 Video or Skits (15 minutes)
a. Materials needed: none or students may choose to record on tablets to share on class projector.
b. Directions: in groups of 3-5 students, have each group use the Responsible Drinking Formula to determine, "What are some ways adults that are 21 and over can protect themselves from overdrinking?"
c. Criteria for success: students are able to demonstrate ideas from the "Responsible Drinking Formula" such as having a safe environment around people you know and trust, limiting alcohol consumption to 1 serving an hour, as well as picking a designated driver will all decrease the risks associated with drinking.

Activity #2 Write About It (5-10 minutes)
a. Materials needed: journal/paper and writing utensil.
b. Directions: pretend you are hanging out at a friend's house and a different friend brings a bottle/ can of alcohol. You do not want to drink. What do you do? Brainstorm and record. Be ready to share with the class.
c. Criteria for success: students are able to identify refusal skills (Ex: say no, say no thanks, walk away, go home, find another activity at the party, say my parents will get too mad at me.)

Activity #3 Chart and Chat (15 minutes)
a. Materials needed: T-Chart on paper or have students fold a piece of construction paper to create their own T-Chart, writing utensils. This activity could also be done on a whiteboard or classroom chart paper.
b. Directions: divide the class into groups of 3-5 students. Instruct the students to complete the T- chart with titles, "Brainstorm reasons that a teen would drink alcohol," and "For each reason, come up with an alternative to using alcohol." Upon completion, have each group present.
c. Criteria for success: students are able to identify reasons (fit it, I want to try it) and alternative activities (go home, say no, go work out) to not drink.