



About Binge Drinking - Level 3

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 - (3 minutes)

With Student Video Viewing Guide - (4-8 minutes)

Student Activities:

Activity #1 Peer Pressure Skit - (10-15 minutes)

Activity #2 Infomercial - (10 minutes)

Activity #3 Journal - (5-10 minutes)

Brain Quiz:

5-10 minutes.

Student Video Viewing Guide:

Before the video (3-5 minutes)

- Have students "popcorn out" (share without raising hand) to get the wheels turning, on the following question:
 - What is binge drinking?
- Have students "pair and share" with a classmate on the question:
 - What are some ways you could stop a friend from binge drinking if you found them doing so at a party?

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



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Brain Quiz Answer Key: (5-10 minutes)

1. _____ is a chemical that is a central nervous system depressant associated with cognitive, memory, motor and sensory impairment. (Answer: Alcohol, Ethanol)
2. Binge Drinking is drinking _____ or more drinks for women or _____ or more drinks for men. (Answer: c. 4,5)
3. _____ is the point at which alcohol depresses the central nervous system, negatively affecting mood, mental, and physical abilities. (Answer: a. Intoxication)
4. True or False: Blood alcohol poisoning occurs when the amount of alcohol in the bloodstream causes parts of the brain that control basic life support functions (heart rate, breathing, and temperature controls) to shut down. It can lead to permanent brain damage or death. (Answer: True)
5. Binge drinking can lead to all of the following except: (Answer b. A higher IQ)

Student Activity Options:

Activity #1 Peer Pressure Skit (10-15 minutes)

- a. Materials needed: none.
- b. Directions: divide the class into groups of 3-5 students. Have each group imagine they are at a party where they notice a friend is using large amounts of alcohol in a short period of time. Create and present a skit that involves students using positive peer pressure to dissuade the student from drinking.
- c. Criteria for Success: Students are able to identify & share the dangers of binge drinking (EX- Overdose, blood alcohol poisoning, blacking out, pregnancy, etc)

Activity #2 Infomercial (10 minutes)

- a. Materials needed: none.
- b. Directions: divide the class into groups of 3-5 students. Have each group create and present an infomercial warning other teens about the dangers of binge drinking.
- c. Criteria for success: students are able to correctly act out ways to use impulse control in difficult situations.

Activity #3 Journal (15 minutes)

- a. Materials needed: journal or paper and writing utensil.
- b. Directions: have the students write about-Imagine that you have had the worst day of your life. What could have happened? What are positive coping strategies that you can use to deal with your bad day? Discuss why binge drinking is a negative coping strategy.
- c. Criteria for success: students are able to identify outcomes of both positive and negative strategies and why binge drinking is negative.. (EX- Positive: Go for a walk, talk to a friend, Negative: Binge drinking can lead to overdose)