



About Alcohol - Level 3

Student Activity Guide

Think About It

1. 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?

2. Do you know the signs of alcohol poisoning?

Brain Quiz!

1. What happens to the frontal lobe when young people drink alcohol?
2. What is arrested development?
 - a. When a person is arrested by the police at a young age.
 - b. When the mental skills of the frontal lobe stop developing due to the effects of substances like alcohol.
 - c. The function of the limbic system.
3. The risk of addiction increases or decreases the younger a person begins to use alcohol?
4. What is the leading cause of death for teens?
 - a. Heart failure
 - b. Cancer
 - c. Alcohol related car crashes
 - d. Suicide
5. What is the chemical name of alcohol?

Activity #1 Video/Skits:

Divide the class into groups of 3-5 students. Instruct the students to use the “Responsible Drinking Formula” from the video to create an informational video on healthy drinking for a college student that just turned 21 years old.

Activity #2 Write About It:

Journal: Pretend that you are hanging out at a friend’s house and a different friend brings out a bottle/can of alcohol. You do not want to drink. What do you do? Brainstorm and record several options and be prepared to share your favorite response with the class.

Activity #3 Chart & Chat:

Divide the class into groups of 3-5 students. Instruct the students to complete the chart below. Upon completion, ask each group to present and discuss their responses with the class.

Brainstorm reasons that a teen would drink alcohol	For each reason, come up with an alternative to using alcohol
Ex. 1) A teen may use alcohol to “calm their nerves” before going into a party.	Ex. 1) Instead of using alcohol, a teen can talk to a close friend about their anxiety and ask the friend if the two can attend the party together.
Ex. 2) A teen may use alcohol because of peer pressure.	Ex. 2) The teen can choose to only attend parties or hangout with friends when they know alcohol is not present. If alcohol enters a situation, the teen can leave.