About Binge Drinking – Level 3 Student Activity Guide



Think About It:

1. What is binge drinking?

2. What are some ways you could stop a friend from binge drinking if you found them doing so at a party?

Brain Quiz!

1. ______ is a chemical that is a central nervous system depressant associated with cognitive, memory, motor and sensory impairment.

2. Binge drinking is drinking _____ or more drinks for women and ______ or more drinks for men within a 2 hour period.

a. 1,2 b. 10,12 c. 4,5 d. 7,8

3. ______ is the point at which alcohol depresses the central nervous system, negatively affecting mood, mental, and physical abilities.

- a. Intoxication
- b. Binge Drinking
- c. Incarceration
- d. Blood Alcohol Poisoning

4. True or False: Blood Alcohol Poisoning occurs when the amount of alcohol in the bloodstream causes parts of the brainthat controls basic life support functions (heart rate, breathing, and temperature control) to shut down. It can lead to permanent brain damage or death.

5. Binge drinking can lead to ALL of the following EXCEPT:

- a. death
- b. a higher IQ
- c. Irreversible Brain Damage
- d. Participating in more high risk behaviors

Activity #1 Peer Pressure Skit:

In groups of 3-5 students, imagine that you are at a party and notice that a friend is using large amounts of alcohol in a short amount of time. Create a skit that involves using positive peer pressure to dissuade the student from binge drinking.

Activity #2 Infomercial:

In groups of 3-5 students, create an infomercial warning other teens about the dangers of binge drinking.

For more information and resources on this topic, please visit BrainAbouts.org BrainAbouts^{*} is powered by the John Fontaine Jr. Charity

Activity #3 Journal:

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 this bad day? Discuss why binge drinking is a negative coping strategy and risky behavior.

			