

Talk it Out:
Underage Drinking
Dangers & Consequences

TEACHER'S GUIDE

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Why Young Learners Should View this Program?

Alcohol is one of the most popular recreational drugs in the world. It is also a big part of our culture.

So it naturally raises the question, if alcohol is so widely promoted, so readily available and consumed by so many adults, why are people so concerned about teenagers drinking?

This program answers that question by providing viewers with information about alcohol, it's effects on the brain and body in the short and long term. The video also details using animation how alcohol modify the brain's chemistry by modifying levels of neurotransmitters that control most bodily functions.

Students will also learn about the addictive properties of alcohol and its toll on a person's health and quality of life.

Program Summary

The program starts off with an explanation of what alcohol is, how it's produced, and its role as a celebratory beverage in our society. Students will come to understand the reasons alcohol is illegal to consume for persons under the age of twenty-one.

The video delves into the immediate effects of alcohol consumption on blood circulation and breathing. Viewers will learn that alcohol sedates the central nervous system and impacts parts of the brain responsible for emotion and behavior. The program explores the negative effects of alcohol abuse and addiction on a person, a family and the community.

In the end, students will come to understand that the decisions they make about alcohol will influence their health, grades, relationships, career and their freedom.

Learning Objectives:

After viewing this program, students will:

- understand alcohol is drug that can be addictive
- learn that alcohol is legal to consume for adults 21 years of age and up
- understand the short term effects of alcohol and long term effects of alcohol abuse
- recognize the negative impact of alcoholism on individuals, families and society

Guidelines for Group Discussion

Group discussion is an invaluable way to explore ideas and issues, foster creativity, and build communication and social skills in students. The following guidelines can help you maintain a “discussion-friendly” classroom:

- **Create a climate of openness and acceptance.**
Encourage students to show respect for the opinions of others and model this behavior yourself.
- **Establish ground rules.** Students can participate in formulating the rules for discussion. Rules will vary, but should include some of these general principles: -No putdowns, ridicule or sarcasm. -Everyone may speak without interruption.- Everyone has the right to pass.
- **Guard against inappropriate self-disclosure.** An intense discussion may lead students to reveal inappropriate information about themselves or others. Sensitivity and vigilance can help you head off such revelations.
- **Probe behind the neat and tidy answers.** Children are good at telling adults what they think adults want to hear. To find out what students really think, it is often helpful to prolong discussion time and encourage greater depth. Offer a “What if...?”; bring out issues such as fairness, justice, intent or lack of it, and so on. Children have a remarkable capacity to discern complexities and subtleties, and their discussion can be very rich.

Preview Questions

What do you know about alcohol? Do you think of alcohol as a drug?

What do you know about the effects of alcohol on your brain?

Do you know it's illegal for people under the age of 21 to consume alcohol?

Discussion Questions

- What would be the key factors in deciding whether or not you would drink alcohol before you were 21 years old?
- What are the immediate effects of alcohol on your brain chemistry?
- What do you think are the worst long term effects on a person's physical health?
- How does addiction to alcohol impact a person's social and financial life?
- What are the physical and psychological signs of alcohol addiction?

Classroom Activity

Distribute Handout #1 to the class before showing the program. Tally their answers below. After viewing the program, distribute another copy of Handout #1 and have the students fill in their answers again. Tally the responses. Compare the answers to see how the students' views changed. Lead a discussion with the class about how and why their opinions changed and what they learned from the program.

Handout #1

Read each statement below and decide if you agree or disagree.

Circle your answer in the left hand column. After viewing the program, read the statements again and circle your answers in the right hand column. Did your answer change? Talk about it.

Before Viewing		After Viewing
Agree	Alcohol is an addictive drug.	Agree
Disagree		Disagree
Agree	Because alcohol is legal, it is a safe drug.	Agree
Disagree		Disagree
Agree	Alcohol is a depressant and an indirect stimulant.	Agree
Disagree		Disagree
Agree	The effects of alcohol use are different for everyone.	Agree
Disagree		Disagree
Agree	Underage is a widespread public health problem.	Agree
Disagree		Disagree
Agree	Alcohol consumption during adolescent critical growth periods can lead to lifelong damage to brain functions.	Agree
Disagree		Disagree

Handout # 2

Read each statement below and decide if it is true or false.

- | | | |
|------|-------|---|
| TRUE | FALSE | 1. Alcohol is a safe recreational drug. |
| TRUE | FALSE | 2. Alcohol is an addictive drug. |
| TRUE | FALSE | 3. The consumption of alcohol during adolescence can enhance brain functioning. |
| TRUE | FALSE | 4. Binge drinking can lead to life-threatening alcohol poisoning. |
| TRUE | FALSE | 5. Alcohol targets the brain's reward system and stimulates brain cells to release the chemical dopamine. |
| TRUE | FALSE | 6. Alcohol does not inhibit a person's normal capacity to act or reason. |
| TRUE | FALSE | 7. Teens who drink are less likely to be the victim of, or carry out an assault. |
| TRUE | FALSE | 8. Alcohol consumption improves a person's memory, motor skills and ability to solve problems. |
| TRUE | FALSE | 9. The younger a person begins to use alcohol the higher the risk for an alcohol use disorder. |
| TRUE | FALSE | 10. Binge drinking can potentially lead to coma or death. |

Handout # 3

There are proponents and opponents to reducing the drinking age from 21 to 18. Research the arguments for both the pros and cons and list them below. Draw your own conclusion and write a short essay as to why you agree with either the pro or con side of the debate.

PROS

CONS

Handout #4

What Do You Think?

List 3 reasons why young people begin to use alcohol. What do you think are some characteristics of teenagers who drink alcohol?

Handout # 5

What Would You Do?

You're invited to a party. When you arrive you find that most of the kids are drinking beer. You're asked to have a beer. What would you do? What would you say? Explain your reasoning.

Suggested Resources

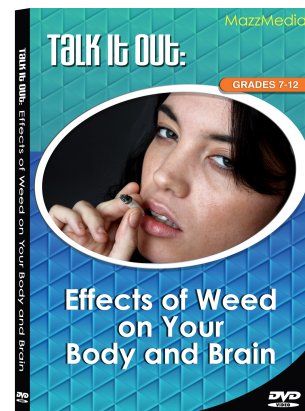
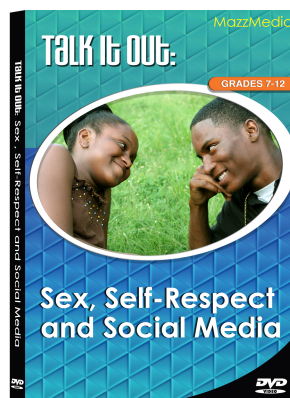
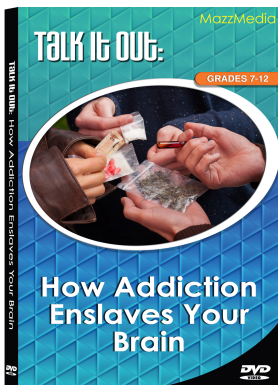
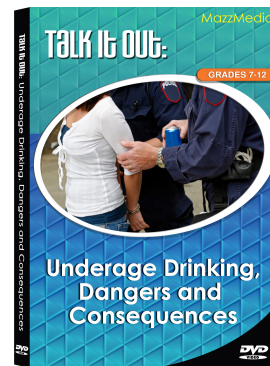
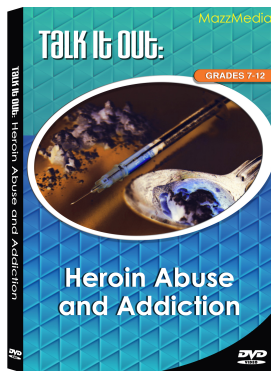
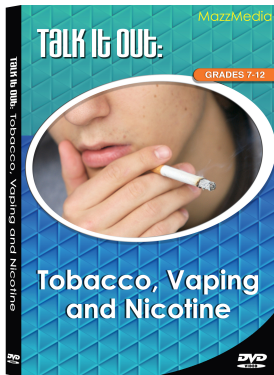
kidshealth.org

<http://www.madd.org/>

<http://www.toosmarttostart.samhsa.gov/faq.aspx>

<http://drinkingage.procon.org/>

Related Materials from



Go To www.mazz.com for more information