Know the facts

Kids and alcohol don’t mix.

For more activities and info, head to AskListenLearn.com
Goal:
Understand the ways that alcohol effects a growing body.

Suggested Activity:
Before you hand out the worksheet, have the class count to 30. Talk about how—just that small amount of time—alcohol is already absorbed through the stomach, travels through the body in the blood and impacts every single part of your body—it even reaches the brain, the most important organ of your body.

**Worksheet 1:**
**Peer Pressure 101: Question Quest**

**Goal:**
Start a conversation about peer pressure.

**Talk Points:**
- Their concerns about what they face in the real world
- What they would do in a situation when they felt pressured to do something they knew was harmful to them and their goals.

**Suggested Activity:**
After students complete the worksheet, encourage volunteers to read the responses they created. After a few have shared, divide the class into smaller groups for a role play to address their creative responses. Remind students that the quicker and more confidently they say “NO,” the easier it will be for their peers to see that they are focused on not ruining goals with harmful substances.

**Worksheet 2:**
**ALL Together Now!**

**Goal:**
Develop beginning knowledge of effects of alcohol on young people

**Talking Points:**
- Who to turn to if you have questions about alcohol
  - Teachers, counselors, trusted adults
- What parts of the body alcohol affects
- Why it’s especially harmful for growing bodies
- Deciding not to drink is a choice – you never have to do anything that you don’t want to do. Peer pressure occurs when the people around you make you feel as if you don’t have a choice in doing something you know is bad for you.

**Suggested Activity:**
After students independently complete the worksheet, review the answers as a whole group. Ask each student to share one person that they could turn to (that is not a parent) in case they need help dealing with a tough situation.

**Worksheet 3:**
**Body Builder**

**Goal:**
Facilitate a conversation about the parts of the body affected by alcohol.

**Talking Points:**
- The brain affects the entire body
- Types of exercises you can do to keep your brain active and healthy
- Describe the difference between a growing brain and an adult brain

**Suggested Activity:**
Pair students in groups of two. After a STUDENT finds one item in the puzzle, they must stand up quickly and point to the part of their body that they have found. After finding it, they should explain ways to keep that part of the body healthy or how alcohol can affect that part of the body.

**Worksheet 4:**
**Find your way through the maze**

**Goal:**
Discuss the reasons why kids shouldn’t drink and the kinds of problems alcohol can create

**Talking Points:**
- Behavior: Excessive drinking makes you act differently. Encourage students to think about what’s more important—alcohol or their personal relationships.
- Alcohol is harmful to your health, especially since students are still growing.
- Alcohol can prevent students from reaching their goals.

**Suggested Activity:**
Students will write down 5 goals they have for the next year. Each student should share at least 1 and how alcohol would hurt the chances of reaching their goal.
Think drinking will make you feel good? Think again. Alcohol can affect the body from head to toe—and not in a good way. Protect your body, stay away from alcohol because it can have bad affects on your growing body.

- **Protect your brain** with exercise, which boosts blood flow to the brain, helps strengthen connections between brain cells, and stimulates the growth of new brain cells. Alcohol, on the other hand, slows down the electrical impulses between brain regions and can cause brain cells to shrink. Thinking becomes fuzzy, and coordination and judgment are impaired. It takes only 30 seconds for alcohol to reach the brain, but it can cause lasting problems, permanently harming young people’s thinking and memory.

- **Protect your heart** by getting regular physical activity and eating a diet rich in fruits and vegetables, whole grains, and lean meat and fish. Alcohol should be avoided because it can cause blood pressure to rise slightly, which means the heart must work harder to pump oxygen-rich blood to the body’s organs. Excessive drinking can lead to serious problems such as irregular heartbeat, heart attacks, and strokes.

- **Protect your liver** by staying away from alcohol. The liver’s job is to filter the blood and break down toxins, but the liver can only process a small amount of toxins at a time. Alcohol can introduce toxins to your body. Because your liver works to filter alcohol out of your body, underage drinking can cause permanent liver damage.

- **Protect your stomach** by eating whole foods such as fruits, whole grains, and yogurt (which is full of healthy bacteria your stomach needs). Steer clear of alcohol. Drinking alcohol can irritate the stomach, causing nausea or vomiting.

- **Protect your immune system** by eating foods high in beta-carotene, vitamin C, and vitamin E, and by getting enough sleep. Drinking alcohol can suppress your immune system, which is the body’s defense system against disease. When your immune system is compromised you are more likely to get sick and it’s harder to fight off existing illnesses.
Adolescence is a time of rapid and dramatic development—teen girls can grow as much as 9.5 inches, and boys up to 20 inches. It’s important for teens to make healthy choices that support their developing bodies.

**Bad Decisions**
Alcohol can permanently damage the **frontal lobes** and make people more prone to developing depression. The frontal lobes control emotions and impulses, and are responsible for planning, forming ideas, and making decisions.

**Learning and Memory**
Drinking alcohol can permanently damage the **hippocampus**, which is key for learning and remembering. Of all the damage that alcohol can do to a developing brain, underage drinking harms memory the most.

**Brain Drain**
Did you know that scientists have found changes in brain cells as little as six minutes after the consumption of alcohol? These changes can create permanent damage, especially in the developing brain. Because your brain isn’t fully formed, staying away from alcohol can help protect your developing brain.

**Basic Functions**
Alcohol can impair the **hypothalamus**. This part of the brain controls body functions like blood pressure, body temperature, and heart rate.

**Slowed Senses**
Alcohol affects the **cerebellum**, which the body relies on for awareness and coordination. After drinking too much, a person might misjudge dangerous situations or be too uncoordinated to prevent accidents.

**Sluggish System**
The **central nervous system**—made up of the brain and spinal cord—sends messages throughout the body. Alcohol can slow this system, delaying a person’s responses to external stimuli—even in emergency situations.

**A Work in Progress**
Adolescence is a time of rapid and dramatic development—teen girls can grow as much as 9.5 inches, and boys up to 20 inches. It’s important for teens to make healthy choices that support their developing bodies.

**Water**
Water helps with digestion, circulation, and transportation of nutrients. It also energizes your muscles.

Alcohol increases urine output and causes dehydration, making it more difficult to build muscle.

**Nutrients**
Vitamins and minerals boost the immune system, help organs work properly, and are necessary for growth and development.

Large amounts of alcohol can slow or stop the digestive process, robbing you of the vitamins and minerals needed for growth.

**Physical activity**
Regular exercise strengthens bones, protects the heart, boosts mood, and can help prevent diseases such as diabetes and cancer.

Drinking can cause heart disease, mask depression, and contribute to weight gain, all of which impair physical activity.

**Sleep**
Sleep is key for overall health. It supports your attention, mood, physical health, and performance in school and sports.

Alcohol can interfere with sleep patterns, preventing you from getting the sleep you need.
In case you don’t already know, it’s safe, smart and healthy to turn down alcohol—but you still might be nervous about doing it. One way to make it easier is to pretend you’re saying no to something you’re not nervous about. In other words, if someone asks if you want a drink, treat it as though you heard something where no comes naturally.

You hear: “Want a drink?” But you pretend to hear (select any that work for you):

You won’t have trouble saying no to any of these.

“Want to eat a Bowl of bugs?”

“Want to brush your TEETH with MUD?”

“Want a piece of gum from under the desk?”

Now create five of your own questions that could substitute when you hear, “Want a drink?”

1. 

2. 

3. 

4. 

5. 

For more activities and info, head to AskListenLearn.com
The words you need to fill in the blanks in the sentences below have all run together. Use the clues to break the word string into smaller words. Then put the correct word in each blank to complete the sentence correctly.

5 Words:
PEER WATER REFUSE SPORT REACTION FUTURE ADULT EASY LEARN

1. If you have questions about alcohol, it’s smart to ask, listen, and ____________________________.

2. Alcohol can dehydrate you, meaning your body needs more ____________________________.

3. Alcohol can slow your ____________________________ time.

4. If friends ask you to drink, that is called ____________________________ pressure.

5. Alcohol will not help you do better at any ____________________________.

6. Deciding not to drink is an ____________________________ choice.

7. If you don’t understand something about alcohol, ask a trusted ____________________________.

8. Alcohol can have a negative effect on your ____________________________.

9. There are many comfortable ways to ____________________________ alcohol.

For more activities and info, head to AskListenLearn.com
Your body is still growing, do you know how to build it to become the best it can be? Alcohol negatively affects your entire body. Build your body knowledge and find all the words in the word search that deal with alcohol and your growing body.

**Word list:**
- body
- protect
- liver
- heart
- lungs
- immune
- brain
- stomach
- toxin

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Find your way through the maze

Start Here!

Don't drink

Alcohol is a dead end

Alcohol destroys memories

Alcohol affects your brain

Say "NO" to alcohol

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