

HOW ALCOHOL AFFECTS THE DEVELOPING BRAIN



FACILITATOR GUIDE

About *Ask, Listen, Learn* Classroom Resources

Teachers play a crucial role in guiding kids in both their academic and social growth. The new “How Alcohol Affects the Brain” videos and corresponding classroom lessons have been designed to teach kids about the physical impact underage drinking has on the developing brain and body.

Ask, Listen, Learn provides you with versatile classroom resources to facilitate conversations about underage drinking with your students, while teaching them about the scientific effects of what they put in their bodies.

FREE!

All lessons and resources are free and available online at

[AskListenLearn.org](https://www.AskListenLearn.org)

To learn more about teaching units on the impacts of underage drinking and peer pressure, see additional lessons from *Ask, Listen, Learn*

[See all lessons](#)

For more info head to [AskListenLearn.org](https://www.AskListenLearn.org) Artwork created by Brandan “BMike” Odums.



IMPLEMENT IN YOUR CLASSROOM

Before You Start

- **Assess Prior Knowledge:** You may want to create a baseline by having students complete a small writing assignment on the brain prior to the start of the lesson. This will help you to understand what they already know about concepts of the brain and body.
 - **Example:** Have students write 5-10 sentences on what they know about the brain, what it does, and how it can help them every day.
- **Preview the Topic:** Start the conversation early by allowing students to come ready with questions or ideas. Hand out a set of vocabulary cards a week before the lesson or discuss the objectives students will learn.
- **Let Parents Know:** Send our parent take home letter before starting this unit, to keep parents in the loop on what may be a sensitive issue for some.
- **Coordinate with your Counselor:** This can be a sensitive topic for some students, so it may be a good idea to get your school counselor involved in the lessons.

Fitting Lessons into Your Classroom

- **Curriculum Standards:** Classroom lessons can supplement units in health and science. All lessons support the Common Core State Standards, National Health Education Standards and Next Generation Science Standards. [Click here](#) to see alignment details.
- **Incorporate *Ask, Listen, Learn* Resources into other units:** Reference back to *Ask, Listen, Learn* topics in your other units; these lessons are interdisciplinary in their design. Refer back to the effects of alcohol on the brain and previous vocabulary when talking about the body and nervous system in a science unit. Refer back to the value of positive decision-making and resisting peer pressure when talking about healthy lifestyles or preventative health in a health unit.

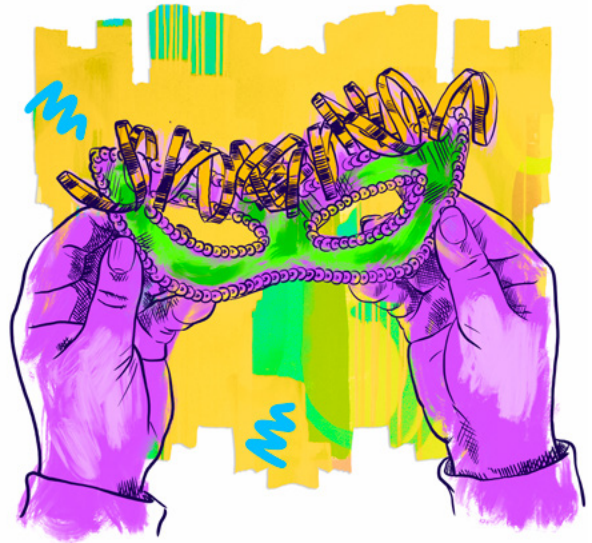
Check out our list of additional resources to learn more about underage drinking, neuroscience, neurotransmission, hormones, and more!

[LEARN MORE](#)

To learn more about teaching units on the impacts of underage drinking and peer pressure, see additional lessons from *Ask, Listen, Learn*

[See all lessons](#)

For more info head to AskListenLearn.org Artwork created by Brandan "BMike" Odums.



After You Finish Lessons

- **Continue the Conversation:** Revisit the index cards students turned in with each lesson. Talk about whether their questions have now been answered, or if there are still topics they would like to learn more about. You may be able to fold their identified interests into other units.
- **Engage Parents:** Conversations about student growth can be difficult, but you don't have to do it alone. Parents are the leading influence on a kid's decision to drink or not to drink. Talk about the lessons and *Ask, Listen, Learn* resources with parents. All lessons are intended to present students with scientific information about the impact of underage drinking on their bodies in an engaging manner to help create conversations outside the classroom with parents and their peers.
- **Tell us about your lesson!** We're excited to hear from you about how our lessons were received in your classroom. Email us at AskListenLearn@Responsibility.org and share your experience with us on social media:

 [@AskListenLearn](https://twitter.com/AskListenLearn)

 [@Ask_Listen_Learn](https://www.instagram.com/Ask_Listen_Learn)

 [/AskListenLearn](https://www.facebook.com/AskListenLearn)

