

Know the **facts**

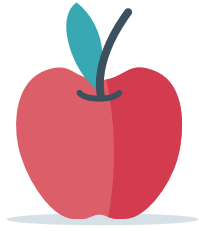


FOUNDATION FOR
ADVANCING ALCOHOL
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CLASSROOM
CHAMPIONS

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Teacher Instructions



As you go through the Classroom Champions program, each provided lesson is designed to facilitate a conversation between you and your students to alter their attitude about peer pressure and alcohol, and to increase their knowledge about how alcohol can negatively affect a growing body and brain. Please find below the suggested talking points to guide your classroom discussion and create a substantive, impactful conversation.

Protect Your Body Brain Drain

Goal:

Understand the ways that alcohol affects a growing body.

Suggested Activity:

Before you hand out the worksheet, have the class count to 30. Talk about how—in 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.

Goal:

Increase knowledge of effects of alcohol on a growing brain.

Suggested Activity:

Pass out the Brain Drain worksheet to the class. Based on the number of students, divide the whole group in groups of two or three for a jigsaw of the article—where each group will read one section and share out with the whole group. Each group should report on the impact of alcohol for each part of the body.

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

Worksheet 1: Peer Pressure 101: Question Quest

Goal:

Start a conversation about peer pressure.

Talking 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 3: Body Builder

Goal:

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

Talking Points:

- ▶ Read over the “Protect your Body” sheet
- ▶ Answer questions about what parts of the body are affected by alcohol
- ▶ Create dialogue stressing how students can keep each part of their body healthy

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 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 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:

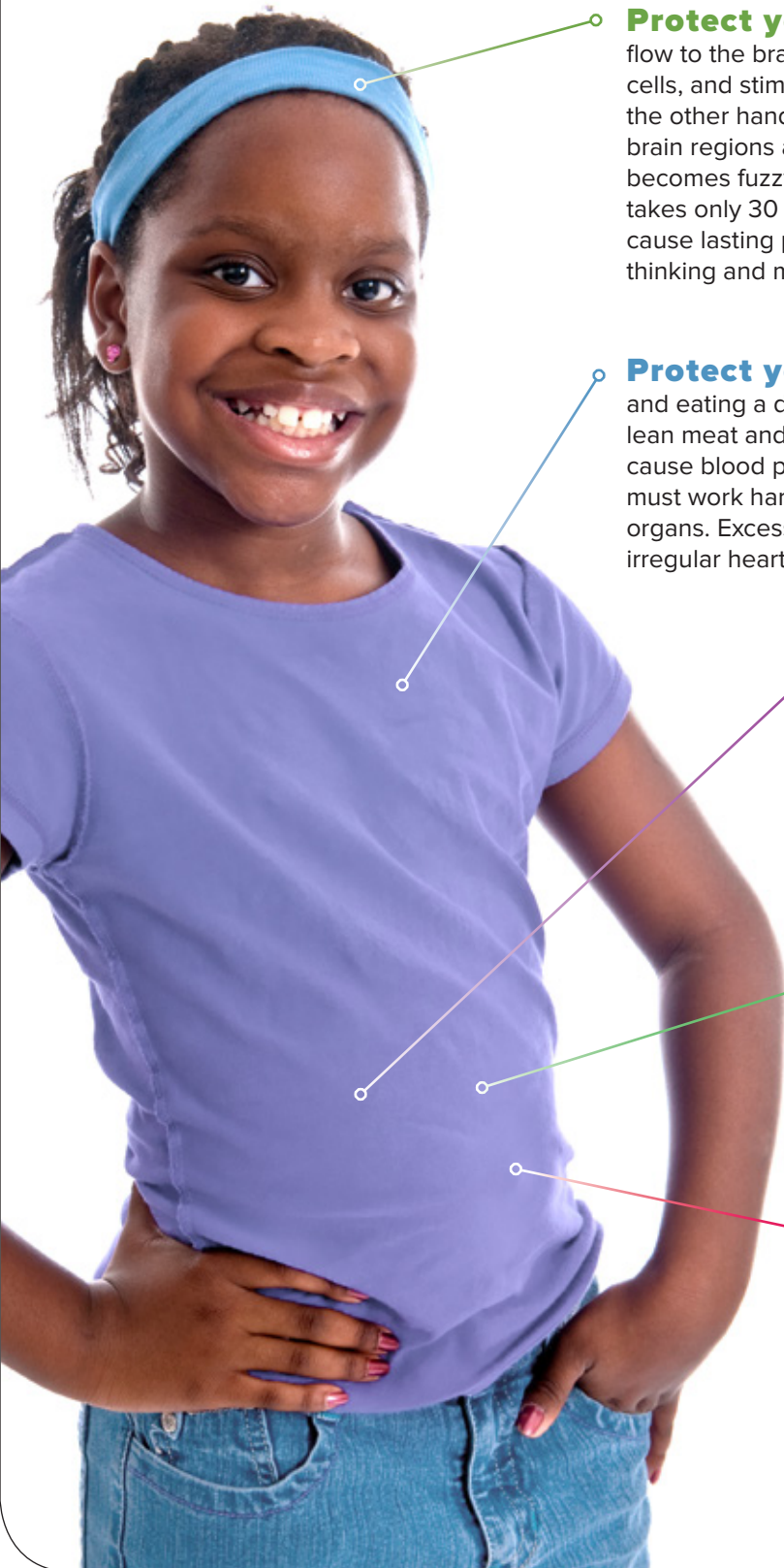
- ▶ Behavior: Excessive drinking makes you act differently. Encourage students to think about what's more important—alcohol or their personal relationships.
- ▶ Alcohol is harmful to your health, especially since students are still growing.
- ▶ Alcohol can prevent students from reaching their goals.

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.

Protect Your Body

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.

Brain Drain

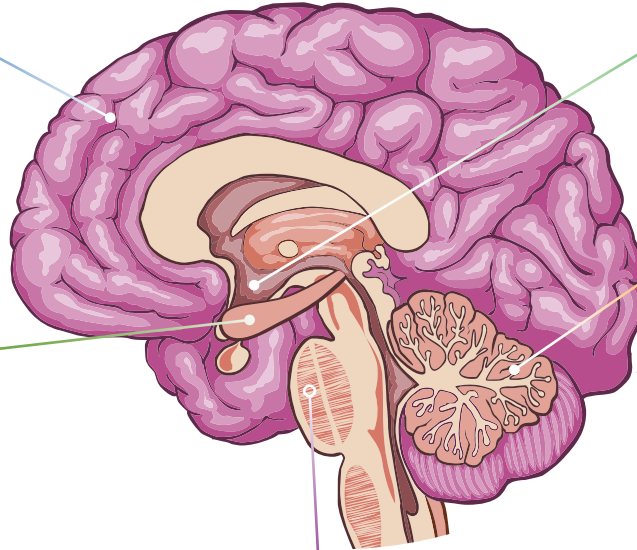
Did you know that scientists have found changes in brain cells as little as six minutes after the consumption of alcohol? These changes can create permanent damage, especially in the developing brain. Because your brain isn't fully formed, staying away from alcohol can help protect your developing brain.

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.



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

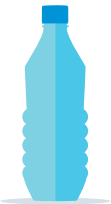
Alcohol affects the **cerebellum**, which the body relies on for awareness and coordination. After drinking too much, a person might misjudge dangerous situations or be too uncoordinated to prevent accidents.

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.

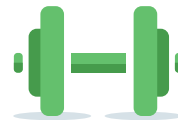
Alcohol increases urine output and causes dehydration, making it more difficult to build muscle.



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.

Peer Pressure 101

NAME _____ DATE _____

Question Quest

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.



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

1. _____
2. _____
3. _____
4. _____
5. _____



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ALL Together Now



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:

PEERWATERREFUSESPORTREACTIONFUTUREADULTEASYLEARN

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.



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Body Builder



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

B	D	L	H	E	R	H	Y	G	L	L	L	G	N	R
R	E	G	O	C	H	S	E	D	Q	H	I	R	F	I
D	Q	Y	M	P	A	R	Y	A	O	Q	V	F	X	I
L	A	T	A	P	X	M	B	Q	R	B	E	P	T	J
Q	C	C	Z	V	D	K	O	E	X	T	R	P	I	L
F	U	E	W	U	H	C	N	T	J	I	B	B	B	T
P	H	T	Y	P	O	U	A	A	S	N	I	A	R	B
O	J	O	C	U	M	S	W	V	Y	K	K	M	N	F
R	V	R	C	M	Z	K	Y	F	K	T	T	G	L	S
K	Y	P	I	Y	Q	M	M	E	O	N	E	M	E	X
G	T	H	L	U	N	G	S	X	E	X	P	I	L	B
M	U	W	P	U	I	A	I	B	Y	O	Q	O	Q	B
O	X	P	P	X	Y	N	F	U	Q	I	T	Q	C	F
O	T	A	Q	W	O	W	R	I	S	B	G	H	A	X
Y	B	I	H	D	N	V	D	M	Y	R	U	K	Y	O



Kids and alcohol don't mix.

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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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