Know the facts

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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.

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 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.

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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

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.

**A Work in Progress**

**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.

**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.

**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):

- “Want to eat a bowl of bugs?”
- “Want a piece of gum from under the desk?”
- “Want to brush your teeth with mud?”

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. __________________________
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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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
- immune
- protect
- liver
- heart
- stomach
- lung
- brain
- toxin

For more activities and info, head to AskListenLearn.com
Find your way through the maze

Start Here!

Don't drink

Alcohol is a dead end

Alcohol affects your brain

Alcohol destroys memories

Say "NO" to alcohol

For more activities and info, head to AskListenLearn.com
Across
1. This organ must work harder to pump blood when alcohol is consumed because drinking can cause your blood pressure to rise.
2. When you drink alcohol, it can harm this part of the body, which may cause you to feel nauseous or even vomit.
3. This part of the brain is responsible for memory, which underage drinking harms the most.
4. Alcohol can make it easier for you to get sick because it suppresses your _______ _______.
5. Your frontal lobes control emotions, impulses, and the way you make plans and create ideas. Drinking alcohol will affect this part of the brain and could cause you to make bad ________.
6. This part of the body is responsible for filtering blood and breaking down toxins. It can be severely harmed by alcohol as your body develops.

Down
1. Even basic functions, like your heart rate and body temperature, can be harmed by drinking alcohol. This part of the brain controls those basic functions.
2. Drinking alcohol while your brain is still developing can cause damage to this part of the brain, which controls your coordination.

Word Bank
pancreas
hippocampus
lungs
stomach
kidney
thalamus
heart
immune system
decisions
liver
hypothalamus
cerebellum
Directions: Pair up with another student and have each other fill in all of the blanks with an appropriate word for the descriptor.

1. Name ________________________________
2. Name ________________________________
3. Adjective ________________________________
4. Adjective ________________________________
5. Adjective ________________________________
6. Adjective ________________________________
7. Place ________________________________
8. Greeting ________________________________
9. Noun ________________________________
10. Verb ________________________________
11. Adjective ________________________________
12. Adjective ________________________________
13. Yes or No ________________________________
14. Adjective ________________________________

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Directions: Once you and your partner have filled out your answer sheet, have your partner fill it into the story. Then, read each other’s stories out loud to each other. Talk about it. How did your stories differ and what would you have done if you DID know what you were filling in and how to get through the situation?

_________ and _________ were best friends. _________ was a _______ kid with a _______ personality. _________ was a _______ kid with a _______ spirit.

_________ was strolling along in the _________ when _________ ran up. “_________ I took _________ from my parent’s house. Want to try to _________ it?” said _________.

“Why?,” asked _________.

“It’s what the _________ kids are doing at school,” explained _________.

“But why would we want to do that?,” asked _________.

“It’s _________,” said _________.

“_________,” said _________.

“_________ decision,” said _________.

Answer these questions with your partner:

1. What was your story about? __________________________________________________________

2. Who was the better decision maker in your story? Why do you think so?_________________________

3. What influenced the decisions of these two kids? ____________________________________________

4. How would you act if you were in the situation? ____________________________________________

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Directions: Find the differences between the two illustrations and color them in. Then below, write a short story about the boy in the illustration and how he makes smart decisions with the items found in the picture.

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