

Ask, Listen, Learn: Kids and Alcohol Don't Mix

Classroom Poster and Teaching Guide



Dear Teachers,

Welcome to **Ask, Listen, Learn: Kids and Alcohol Don't Mix**. Research shows that less than one-third (30%) of adolescents say that they have tried alcohol by the time they reach the eighth grade.* Engage your students and talk to them about the dangers of underage drinking now. The Ask, Listen, Learn program provides you with the necessary tools to show your students how to say "YES" to a healthy lifestyle and "NO" to underage drinking.

This program includes a classroom poster, exciting health lessons, resources for families, and a class set of student magazines.

Talk to your students about the dangers of underage drinking this April during National Alcohol Awareness Month, or year-round, and help give them the tools and confidence they need to succeed.

Sincerely,



Aly Raisman

Two-Time Gold Medalist and U.S. Women's Gymnastics Team Captain

*Monitoring the Future Study 2012

**Meets Health
Education
Standards for
Grades 5-7**

Check It Out!

Help kids say "YES" to a healthy lifestyle and "NO" to underage drinking!

Visit asklistenlearn.com for exciting games, activities, and resources.



Teacher Instructions

Lesson 1: The Quest for Balance

Goal: Explore the competing priorities in students' lives and the idea of *life balance*.

Time required: 40 minutes

Materials required: Student Worksheet 1; a variety of easy-to-find building supplies such as Styrofoam blocks, pipe cleaners, gauze, glue sticks, water, paint, paintbrushes, cardboard tubes, and old magazines

Getting Started:

1. Write the word "balance" on the board and moderate a lively conversation about what the word means to students. Start the conversation by asking how balance influences school, activities, family, "me time," and physical health.
2. Make a class list of different things people pack into their daily lives. Explain that school, activities, family, and "me time" can be a lot to juggle, and striking a balance can be tough.
3. Distribute a copy of Student Worksheet 1 to each student and read the instructions together. Provide students with 10 minutes to complete their worksheets.
4. Moderate a positive discussion about things students enjoy most. Explain that when you're faced with pressure, it helps to focus on the parts of your life that you most enjoy. For example, do you love playing sports? Do you like to read? Do you enjoy spending time with your family?
5. Remind students to watch out for obstacles—such as underage drinking—that can get in the way of balance and take them off track. Ask: *How do you think underage drinking could affect your ability to succeed?* Discuss how alcohol can cause you to make bad decisions, make you sick, and keep you from doing the things you love to do.

Be Inspired:

6. Challenge each student to create a simple collage called "Balance" using various art supplies. Collages can be made with foil, cutouts from magazines, photographs, packing peanuts, and other art supplies. Share these ideas with students to get their imaginations pumping!
 - ◆ A person balancing various important items on his or her hands, head, feet, etc.
 - ◆ A seesaw with different goals or responsibilities balanced on each seat
 - ◆ An off-kilter (but balanced!) tower

7. Encourage students to use their ideas from Student Worksheet 1 and the art supplies to decorate their collages to represent their daily quest for balance.

Wrap-up:

8. Talk to your students about what they learned. **Ask:** *What is the most important part of your collage? How did you decide what you wanted to include? What are the challenges that get in the way of fitting everything you want to accomplish—school, activities, family time—into each day? What is the best way to stay focused when barriers—such as pressure to drink alcohol—can take you off course?*

Lesson 2: Unexpected Twists and Turns

Goal: Discuss things that can throw a person off balance and good techniques for staying on track.

Time required: 40 minutes

Materials required: Student Worksheet 2; one copy of the **Achieve Balance** magazine (found in the Resource Guide) for each student

Getting Started:

1. Distribute copies of the student magazine and read it together or in groups.
2. Lead a discussion with your students about the challenges they face when trying to maintain balance. **Ask:** *Do you struggle with family expectations? Do you feel like you have too much on your plate? Do you put pressure on yourself?* Explain that these types of obstacles are called Balance Busters—experiences that can impact decisions and get in the way of goals.
3. Reread the article "Underage Drinking: The Ultimate Balance Buster" in the student magazine. Talk to your students about the dangers of underage drinking and explain that alcohol can impair judgment and cause you to make bad decisions, too.

Be Inspired

4. Send copies of the student magazine home with your students. Encourage them to talk to their families about ways to say "YES" to a healthy lifestyle and "NO" to underage drinking.

Wrap-up:

5. Distribute a copy of Student Worksheet 2 to each student and ask students to race to complete it in teams as a fun wrap-up! (**Crossword Answers:** Across: 4: pressure; 6: adult; 7: healthy; 9: law; 10: twenty one. Down: 1: friends; 2: car; 3: judgment; 5: underage; 6: April; 8: say.)

Lesson 3: The Perfect Balance

Goal: Develop a plan for balancing school, activities, family, and physical health.

Time required: 40 minutes

Materials required: paper; pen or pencil; art supplies; photos

Getting Started:

1. Review the importance of leading a healthy lifestyle and maintaining balance with school, activities, family, and self time. Explain the difference between healthy choices—such as exercise—and unhealthy choices—such as underage drinking.
2. Ask students to create a plan to help them feel more balanced in their activities and life. They should consider what changes they would like to make and develop a plan for moving ahead.
3. Encourage students as they implement their plans and remind them to celebrate victories, big and small.

Be Inspired

4. Invite students to choose a creative outlet that can help them express their quest to find balance in life (e.g., write a poem or a creative essay, design a comic book, work on a series of paintings, or build a collage).
5. Challenge students to incorporate the goals, challenges, and barriers they have uncovered as part of this journey into the piece they write or the work of art they create.

Wrap-up:

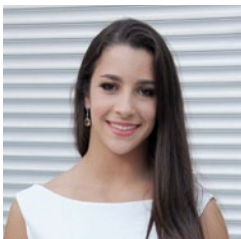
6. Encourage students to visit **asklistenlearn.com** to join others in pledging to live a healthy lifestyle and say "NO" to underage drinking. At this site students can also find tips and advice for staying focused on their goals, read about other superstars who pledge to make the same choices, and play fun educational games.

The Quest for Balance



Use this chart to brainstorm the things you enjoy doing the most. After filling out this worksheet, use it as a source of inspiration to create an original collage!

One thing I really enjoy is



Aly's Advice: Stay True to Yourself

"I think it's easy to get so caught up in what other people think. Focus on finding a way to not care what others think and it will be easier to say 'NO' to underage drinking."

— **Aly Raisman**, Two-Time Gold Medalist and U.S. Women's Gymnastics Team Captain

Word Search Wisdom

Complete the word search and see if you can unravel the hidden message below.

WORD LIST

<input type="checkbox"/> Risks	<input type="checkbox"/> Problems
<input type="checkbox"/> Friends	<input type="checkbox"/> Family
<input type="checkbox"/> Alcohol	<input type="checkbox"/> School
<input type="checkbox"/> Hope	<input type="checkbox"/> Sports
<input type="checkbox"/> Strength	<input type="checkbox"/> Academics
<input type="checkbox"/> Balance	<input type="checkbox"/> Success
	<input type="checkbox"/> Goals

Unscramble the bold letters to finish this message:

Keep your balance! Say "NO" to _____ !

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

A 'Balanced' Crossword

Complete the crossword by solving each clue.

The crossword puzzle grid is overlaid on the background image. The grid consists of white squares for letters and grey squares for empty space. The starting points for the clues are numbered 1 through 10.

- ACROSS**
- When a friend pushes you to drink, it's called "peer _____"
 - The person you should talk to when you need advice about how to say no to drinking
 - Making positive choices results in a _____ life
 - A system of rules to follow
 - It's against the law for anyone under this age to drink
- DOWN**
- The people you enjoy hanging out with
 - Never get into this with someone who has had too much to drink
 - Use good _____ to make positive life decisions
 - Label for when you're too young to legally drink alcohol
 - National Alcohol Awareness Month
 - _____ "NO" to underage drinking

(Answers are located in the Teacher Instructions.)