FOUNDATION FOR
ADVANCING ALCOHOL RESPONSIBILITY.ORG

Content Webinar with Education Professional Leticia Barr

FOUNDATION FOR
ADVANCING ALCOHOL
RESPONSIBILITY.ORG

- Largest and most wide-spread alcohol education program of its kind reaching over 20 million parents, kids and educators.
- Since it's beginning nearly a decade ago, the program has reached all 50 states and millions of kids, their parents and educators.
- For nearly 25 years the Foundation for Advancing Alcohol Responsibility, funded by the nation's leading distillers, has fought against drunk driving and underage drinking.
- **Alcohol consumption has declined 40% among 8th graders since Ask, Listen, Learn's beginning in 2004.**

Know the facts

ask listen learn

Kids and alcohol don't mix.

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Underage Drinking:

Although not all countries have the same drinking age, the physical effects of drinking alcohol before a certain age are the same. Here's what we'll learn:

- Why it's important to talk to them about alcohol early and often.
- Parents can start the conversation at home, but it needs to be reinforced in the classroom.
- Improve the impact of the conversations by providing trusted adults with factual information.
- Empower children to say "**YES**" to a healthy lifestyle and "**NO**" to underage drinking.

Proven strategies

- Avoiding risky behavior is more than just telling kids "drinking is bad for you."
- Teachers must discuss *why.*
- By using *the Ask, Listen, Learn* lessons, you are able to cover these topics that can tie into an educational discussion about saying NO to alcohol through topics relating to….

We learn:

- How kids feel about peer pressure.
- The negative effects of alcohol on young people:
  - Growing brain
  - Growing body
- Providing helpful strategies to help them say NO to alcohol.

Demande Écoute Apprends™

Les enfants et l'alcool ne font pas bon ménage

For each material we will discuss:

Goal:

What sort of life skill will each student take from each lessons?

Procedure:

We've taken what we know from our success in the classroom and explained how we think students learn best.

Student Learning:

We have produced suggested plans to help facilitate the most impactful and substantive lesson possible!

Information Sheets

Critical for explaining technical details about the effects of alcohol on growing brain and body.

- Used as a reference through the entire *Ask, Listen, Learn* process.

Protégez votre corps

Croyez-vous que l'alcool vous fera vous sentir bien? Détrompez-vous. L'alcool peut affecter le corps de la tête aux pieds, et pas dans le bon sens. Protégez votre corps en évitant l'alcool, car il peut avoir de mauvais effets sur votre corps en pleine croissance.

Protégez votre cerveau en faisant de l'exercice, ce qui augmente la circulation sanguine cérébrale, permet de renforcer les connexions entre les cellules cérébrales, et stimule la croissance de nouvelles cellules cérébrales. L'alcool, au contraire, ralentit les impulsions électriques entre les régions du cerveau et peut causer le racornissement des cellules du cerveau. La pensée devient floue, et la coordination et le jugement sont altérés. L'alcool ne prend que 30 secondes pour atteindre le cerveau, mais il peut causer des pr
raisonn

Prot
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cardiac

La fonte du cerveau

Saviez-vous que les chercheurs ont trouvé des changements dans les cellules du cerveau en moins de six minutes après la consommation d'alcool ? Ces changements peuvent créer des dommages permanents, en particulier dans un cerveau qui est encore en train de se développer. Comme votre cerveau n'est pas complètement formé, éviter complètement l'alcool peut vous aider à le protéger pendant qu'il se développe.

La mauvaise décision
L'alcool peut endommager de façon permanente les **lobes frontaux** et rendre les gens plus enclins à développer une dépression. Les lobes frontaux contrôlent les émotions et les impulsions, et sont responsables de la planification, de la formation des idées et de la prise de décisions.

L'apprentissage et la mémoire
La consommation d'alcool peut endommager définitivement l'**hippocampe**, qui est critique pour l'apprentissage et la mémoire. Parmi tous les dommages que l'alcool peut causer sur un cerveau en développement, c'est la mémoire qui souffre le plus en cas de consommation d'alcool par un mineur.

Fonctions de base
L'alcool peut abîmer l'**hypothalamus**. Cette partie du cerveau contrôle des fonctions du corps comme la tension artérielle, la température et la fréquence cardiaque.

Une perception ralentie
L'alcool affecte le **cervelet**, dont le corps dépend pour la conscience et la coordination. Quelqu'un qui a trop bu peut mal juger des situations dangereuses ou manquer tellement de coordination qu'il ou elle est incapable d'empêcher un accident.

Un système nerveux somnolent
Le **système nerveux central**, qui comporte le cerveau et la moelle épinière, envoie des messages dans tout le corps. L'alcool peut ralentir ce système, ce qui retarde les réactions d'une personne aux stimuli externes, même dans des situations d'urgence.

Un travail en cours

L'adolescence est un moment où le développement est rapide et spectaculaire – les filles peuvent grandir de 22 cm, et les garçons de 56 cm. Il est important pour les adolescents de faire des choix sains qui soutiennent leur corps pendant qu'il se développe.

Eau
L'eau aide à la digestion, à la circulation et au transport des éléments nutritifs. Elle donne également de l'énergie à vos muscles.

L'alcool augmente la production d'urine et provoque une déshydratation, ce qui gêne la croissance des muscles.

Nutriments
Les vitamines et les minéraux stimulent le système immunitaire, aident les organes à fonctionner correctement et sont nécessaires pour la croissance et le développement.

De grandes quantités d'alcool peuvent ralentir ou arrêter le processus de digestion, ce qui vous prive des vitamines et des minéraux nécessaires à votre croissance.

L'activité physique
L'exercice régulier renforce les os, protège le cœur, stimule le moral et peut aider à prévenir des maladies comme le diabète et le cancer.

La consommation d'alcool peut causer des maladies cardiaques, masquer une dépression et contribuer à la prise de poids – tous ces éléments compromettent l'activité physique.

Le sommeil
Le sommeil est essentiel pour la santé. Il régénère votre attention, votre moral, votre santé physique et nourrit vos performances scolaires et sportives.

L'alcool peut interférer avec vos habitudes de sommeil, vous empêchant d'obtenir le sommeil dont vous avez besoin.

Information Sheet

Brain Drain

Goal:

1. Increase knowledge of effects of alcohol on growing brain.
2. Understand how much of your life is affected by your brain's health.

Student Learning:

The jigsaw forces students to digest information as they verbalize the effects of alcohol on the brain when sharing with their peers.

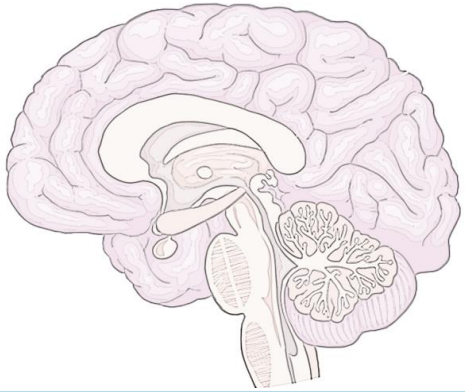
Procedure:

Pre-learning Activity:

- Ask students how the brain effects the entire body.
- Brainstorm types of activities that can be done to keep your brain active and healthy.
- Discuss types of exercises you can do to keep your brain healthy and active.

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.



Brain Drain

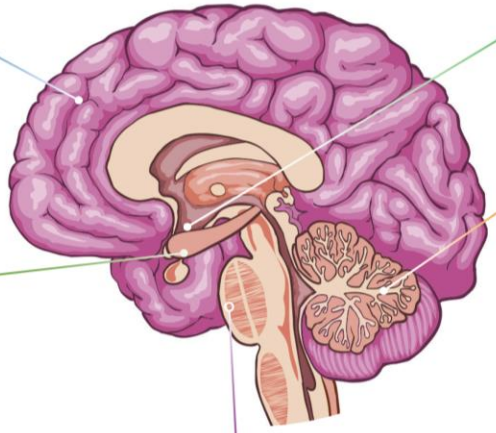
Did you know that scientists have found changes in brain cells as little as six minutes after the consumption of alcohol? These changes can create permanent damage, especially in the developing brain. Because your brain isn't fully formed, staying away from alcohol can help protect your developing brain.

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.

Information Sheet

Protect Your Body

Goal:

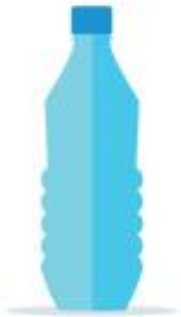
Understand the ways that alcohol affects a growing body.

Student Learning:

Puts the amount of time alcohol can affect you into perspective for students in a concrete way. Kids respond well to forces that they know. They know what 30 seconds is, how quickly it goes by. It forces them to see clearly how quickly alcohol can take effect.

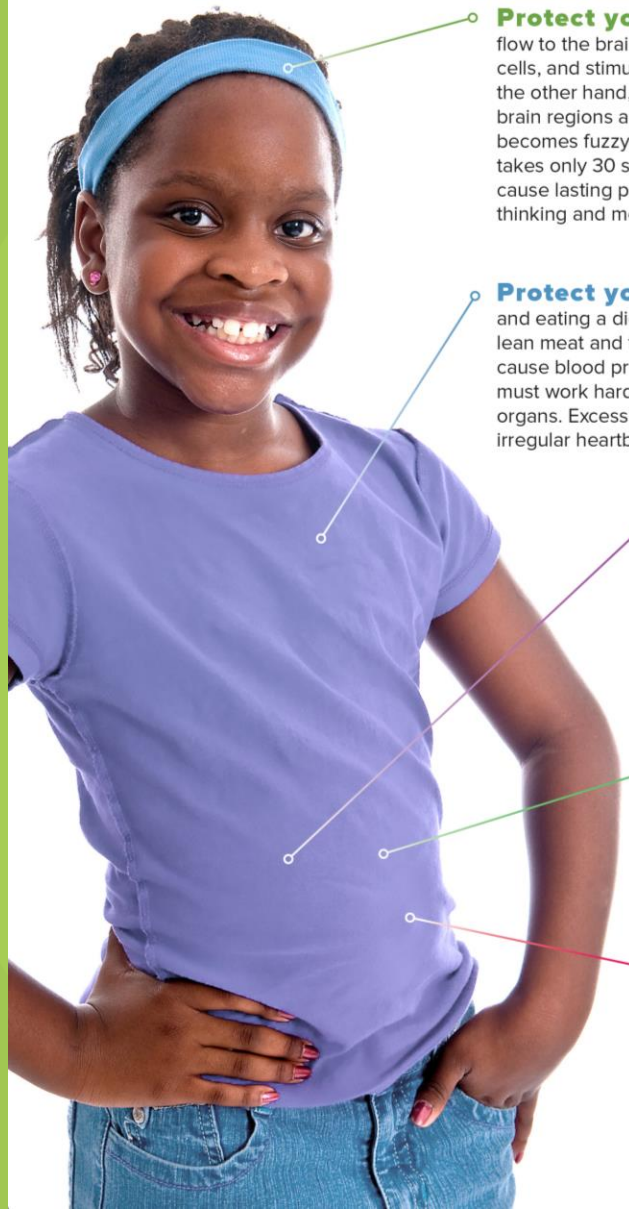
Procedure:

- 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.



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.

Peer Pressure 101

Goal:

Start the conversation about peer pressure.

Student Learning:

Half the battle of combatting underage drinking is explaining to kids that they have a choice. It's important to discuss peer pressure among the class because it allows them to have a discussion, see that they are together in wanting to avoid risky behavior. Also, if there are any hesitations or questions, you're there to answer and inform.

Procedure:

Students complete the worksheet, encourage volunteers to read the responses they created. After a few have shared, divide the class in 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.

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 nervours 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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For more activities and info, head to **AskListenLearn.com**

ALL Together Now

Goal:

Develop beginning knowledge of effects of alcohol on young people.

Student Learning:

You're not always going to be there for your students, they need to know of someone at home or in their life that they can turn to. If that person is already in their head, they don't have to worry when the time comes for them to ask questions.

Procedure:

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.

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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For more activities and info, head to **AskListenLearn.com**

Body Builder

Goal:

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

Student Learning:

By having kids partner in a fun activity that involves movement and a bit of competition, they're forced to find the answers quickly and think about their next move.

Procedure:

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.

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

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Find your way through the maze

Goal:

Discuss the reasons why kids shouldn't drink and the kinds of problems alcohol can create.

Student Learning:

Goal setting is important to avoiding risky behavior and this activity reinforces messages they've been learning about long-term effects of drinking. If kids know they have goals they can accomplish, they're more likely to avoid behaviors like drinking that get in the way. Have students discuss their goals along with positive steps they can take to achieve them and who they can turn to for guidance.

Procedure:

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.

Find your way through the maze

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Question & Answer

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Help us guide a lifetime of conversations
responsibility.org and #responsibility