

ASK, LISTEN, LEARN:

# KIDS AND ALCOHOL DON'T MIX

← **Erin Hamlin**,  
Olympic bronze  
medalist, helps  
kids say "YES" to  
a healthy lifestyle  
and "NO" to  
underage  
drinking.

## Dear Teacher,

Welcome to the **Ask, Listen, Learn** program, developed by the Foundation for Advancing Alcohol Responsibility, Classroom Champions, and Scholastic, to show kids how to be healthy champions. The program features three athletes, **Lauren Holiday**, **Erin Hamlin**, and **Lex Gillette**, who have reached great heights, from gold medals to world records.

Share the enclosed student magazines by removing the staples from this booklet. Then use them along with the poster and accompanying lesson to start a discussion about how to say "YES" to a healthy lifestyle and "NO" to underage drinking.

By making the right choices, young people can be healthy and successful. This program is an enthusiastic and positive resource for both students and families. Together we can all be champions!



FOUNDATION FOR  
ADVANCING ALCOHOL  
RESPONSIBILITY

**CLASSROOM  
CHAMPIONS**  
Because kids have what it takes

## → Inside:

- Student Magazines (30)
- Family Activity and Lesson Plan
- Online Resources

☐ Visit **asklistenlearn.org**  
for superstar videos,  
lessons, worksheets,  
and more



# MAKE CHOICES LIKE A CHAMPION!

**Lauren Holiday,**  
Olympic gold medalist  
and 2015 FIFA  
World Cup Winner

Say **"YES"**  
to a Healthy  
Lifestyle  
and **"NO"** to  
Underage  
Drinking.



# Healthy Choices, Healthy Bodies

**Essential Question:** What does it mean to be healthy and how do your daily choices play a major role in being healthy and achieving your goals?

**Time required:** 45 minutes

**Materials required:** Student Magazine, paper, pen or pencil

- Ask** students what they think it means to be healthy. Some might think health is a measure of muscle size and strength, while others might say it means feeling well and not getting sick. Emphasize that health is a measure of your well-being and that staying healthy impacts both your everyday life and your future.
- Refer** students to the Student Magazine. The magazine includes informative and entertaining features on topics such as what it's like to be a professional athlete, tips for staying healthy, and the effects of underage drinking on the body.
- Direct** students to the infographic on bodily systems on the last page of the magazine. This feature details a few of the body's vital systems, explains why they're important, and suggests ways they could be adversely affected by alcohol.
- Ask** students which of the long-term effects of alcohol they think would be worst. Discuss how these effects would have a deep impact on their daily lives. After discussing the effects of alcohol on their health, have them consider the effects on their relationships and responsibilities.
- Have** students think critically about their personal choices. Ask for volunteers to share some of the personal choices they've made in the last few days. Discuss how many of their choices relate to their health.
- Instruct** students to create individualized health plans. Their plans should incorporate what they've learned in the Student Magazine and in classroom



Paralympic Gold Medalist and Classroom Champion **Lex Gillette** checks in with some of his favorite classroom champs.

discussions. Students might want to make two columns on their papers for short-term and long-term plans.

- Tell** students to number their lists and to be clear about each part of the plan, including the end goal and how it will be accomplished.
- Remind** students that their health plans should include multiple aspects of healthy living. If needed, direct them to Erin Hamlin's and Lex Gillette's list of tips for healthy living in the Student Magazine. (They include: staying active, eating nutritious foods, getting lots of rest, and avoiding underage drinking.)
- Encourage** students to create health plans that reflect their interests and preferences. For example, some students might enjoy taking long walks with friends more than playing sports.
- Conclude** by having students, individually and as a class, take the **Ask, Listen, Learn** pledge. Visit [asklistenlearn.org](http://asklistenlearn.org) to take the pledge and see below.



- ☐ I pledge to say "YES" to a healthy lifestyle and "NO" to underage drinking.
- ☐ I pledge to stay active by committing to 60 minutes a day of a healthy activity of my choice.
- ☐ I have read and understood the Ask, Listen, Learn team pledge.