

Resource Guide

Inside you'll find:

- Student magazines (30)
- Family activities
- Online resources
- Curriculum matrix

Check It Out!

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

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

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Visit asklistenlearn.com
to play educational games
and find great resources
for the whole family!

Family Resources

The Century Council: Stop Underage Drinking
www.centurycouncil.org/stop-underage-drinking

Ask, Listen, Learn
asklistenlearn.com

 facebook.com/asklistenlearn

 twitter.com/asklistenlearn

Substance Abuse and Mental Health Services Administration: Underage Drinking
www.underagedrinking.samhsa.gov/

National Association for Sport and Physical Education
www.aahperd.org/naspe

The Cool Spot: The Young Teens' Place for Info on Alcohol and Resisting Peer Pressure
www.thecoolspot.gov/



THE CENTURY COUNCIL
FIGHTING DRUNK DRIVING & UNDERAGE DRINKING

Hello Parents,

You already know this: Kids grow up fast. But they are eager to grow up even faster. As parents, it can be tough to keep up, but it's up to you to give them the support and direction they need to make smart, healthy decisions when faced with experiences that could change their lives.

Did you know that 83 percent of youth ages 10–18 identify parents as the leading influence in their decision not to drink alcohol?*

This makes your role more important than ever. Take this opportunity to start a conversation about underage drinking with your kids. It's not too early: According to research, three in ten eighth graders (30%) report that they have tried alcohol once in their lifetime.**

Make no mistake: Kids will always be curious about alcohol. It's up to you to provide them with critical information so that they can make the right choices. With the right tools, you can help them say "YES" to a healthy lifestyle and "NO" to underage drinking.

Sincerely,

Ralph S. Blackman
President and CEO, The Century Council

* The Century Council, February 2012.

** University of Michigan, "Monitoring the Future" 2012.

Family **Worksheet 2**

Get the Whole Family Together!

Life is busy but family dinners are a great time to connect. Fill out this calendar and include your family's commitments for the month ahead. Having a clear picture of everyone's schedule in the same place will make it easier to find time that you can spend together every day.



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					Check out asklisten learn.com for some games today	
	Take the asklisten learn pledge at asklisten learn.com					
				Remember! Talk to the kids about underage drinking		



Have a **math test** coming up? Put it on the calendar so you don't forget!



Your first **dance class** is on Saturday. Use this calendar to keep track.



Soccer practice is every Monday after school. Write it in!



You're cooking a special **family dinner** on Sunday night? Write it down so no one forgets!



Weekend **sleepover** at Molly's! Add fun things to the calendar, too.



Visit asklistenlearn.com to play games and find great resources for the whole family!



Kids and alcohol don't mix.



Take the Pledge

Encourage your students to take the **Ask, Listen, Learn** pledge to say “YES” to a healthy lifestyle and “NO” to underage drinking! Reproduce this pledge and create a display for the sculptures and other artwork students have made as part of this program.

ASK, LISTEN, LEARN PLEDGE

- 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 understand the Ask, Listen, Learn pledge.



Visit asklistenlearn.com for these great features:

SUPERSTARS: Meet other role models like Aly Raisman. You can even read about kids like your students.

GAMES: Play fun, educational games.

RESOURCES: Visit our parents’ and teachers’ sections for great creative ways to start the conversation.

National Health Education Standards

This program meets the following national health education standards.

Standard	Grades	Benchmark	Lesson 1	Lesson 2	Lesson 3	Family Worksheets
Knows environmental and external factors that affect individual and community health	Grades 3–5	Knows how personal health can be influenced by society (e.g., culture)		•		
	Grades 6–8	Understands how various messages from the media, peers, and other sources impact health practices		•		
		Understands how peer relationships affect health (e.g., name-calling, prejudice, exclusiveness, discrimination, risk-taking behaviors)	•	•	•	
Understands the relationship of family health to individual health	Grades 3–5	Knows how the family influences personal health (e.g., physical, psychological, social)	•		•	•
	Grades 6–8	Knows how communication techniques can improve family life (e.g., talking openly and honestly with parents when problems arise)		•		•
		Knows strategies that improve or maintain family health			•	•
Knows how to maintain mental and emotional health	Grades 3–5	Knows strategies for resisting negative peer pressure			•	
	Grades 6–8	Knows appropriate ways to build and maintain positive relationships with peers, parents, and other adults (e.g., interpersonal communication)		•		•
Knows how to maintain and promote personal health	Grades 3–5	Knows behaviors that are safe, risky, or harmful to self and others		•	•	
		Sets a personal health goal and makes progress toward its achievement	•		•	
	Grades 6–8	Knows personal health strengths and risks (e.g., results of a personal health assessment)	•	•	•	
		Knows strategies and skills that are used to attain personal health goals (e.g., maintaining an exercise program, making healthy food choices)	•		•	
Understands aspects of substance use and abuse	Grades 3–5	Knows ways to recognize, avoid, and respond to negative social influences and pressure to use alcohol, tobacco, or other drugs (e.g., refusal skills, self-control)		•	•	
	Grades 6–8	Knows the short- and long-term consequences of the use of alcohol, tobacco, and other drugs		•	•	

Source: McREL (Mid-continent Research for Education and Learning), <http://www2.mcrel.org/compendium/>