

STANDARDS ALIGNMENT

Summary

The seven lesson plans and videos that comprise *Ask, Listen, Learn: Kids and Alcohol Don't Mix* were designed to be comprehensive. Our intention is for these lessons to supplement what may be taught in a health or science class, and also utilized by counselors, school nurses, and other administrators as prevention and readiness tools.

This content is focused on the physical effects alcohol can have on the body, and is intended to send a positive message to kids and encourage

them to make healthy decisions. Our content is not designed to replace, but rather to amplify existing health and science curriculum in an engaging and positive manner.

Our lesson plan and video content supports Common Core State Standards, National Health Education Standards, and Next Generation Science Standards (Life Science). Please see the below matrix to learn how each lesson supports the standards.

LESSON 1

Alcohol and Your Brain

Content	Student Objectives	Classroom Activities	Assessment
<ul style="list-style-type: none"> The job of neurotransmitters in the brain How alcohol affects neurotransmitters 	<p><i>Students will be able to:</i></p> <ul style="list-style-type: none"> Conceptualize neurotransmission using physical movement Communicate the way in which alcohol slows brain function through discussion questions and comparing information Identify alcohol's impact on neurotransmission 	<ul style="list-style-type: none"> Pre-lesson neurotransmitter activity Video and class discussion Read "Brain Drain" text and use a Venn diagram to compare to the video Neuron Bobsled game 	<p><i>Formative:</i></p> <ul style="list-style-type: none"> Written discussion questions Venn diagram Vocabulary homework



Standards

CCSS:

RI.5-7.1	RST.6-8.4
RI.5-7.2	W.5-7.10
RI.5-7.4	WHST.6-8.10
RI.5-7.7	L.5-7.4
RI.5-7.10	SL.5-7.1
RST.6-8.1	
RST.6-8.2	

2024 NHES:

1.83
2.8.3
3.8.3
4.8.9

NGSS

MS.LS1.2
MS.LS1.3
MS.LS1.8

To learn more about teaching units on the impacts of underage drinking and peer pressure, see additional lessons from *Ask, Listen, Learn*

[See all lessons](#)

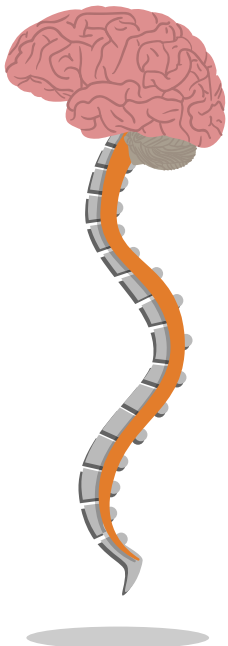


For more info head to [AskListenLearn.org](https://www.AskListenLearn.org)

LESSON 2

Alcohol and Your Developing Central Nervous System

Content	Student Objectives	Classroom Activities	Assessment
<ul style="list-style-type: none"> Further understanding of neurotransmitters How alcohol affects the central nervous system 	<p><i>Students will be able to:</i></p> <ul style="list-style-type: none"> Conceptualize the functions of the central nervous system Describe the functions of neurotransmitters Communicate the way in which alcohol slows the central nervous system and identify specific affects it has on the body by writing and performing a skit Understand that different factors, like weight and gender, contribute to the impact of alcohol on the body 	<ul style="list-style-type: none"> Video and class discussion Central Nervous System Metaphor Skit Website text reading and discussion 	<p><i>Formative:</i></p> <ul style="list-style-type: none"> Written discussion questions Vocabulary homework <p><i>Formative/Summative:</i></p> <ul style="list-style-type: none"> Performed skits



Standards

CCSS:

- RI.5-7.1
- RI.5-7.2
- RI.5-7.4
- RI.5-7.7
- RI.5-7.10
- RST.6-8.1
- RST.6-8.2
- RST.6-8.4
- W.5-7.10
- WHST.6-8.10
- L.5-7.4
- L.5-7.5
- SL.5-7.1
- SL.5-7.2
- SL.5-7.4

2024 NHES:

- 1.8.3
- 2.8.3
- 3.8.3
- 4.8.9

NGSS

- MS.LS1.3
- MS.LS1.5

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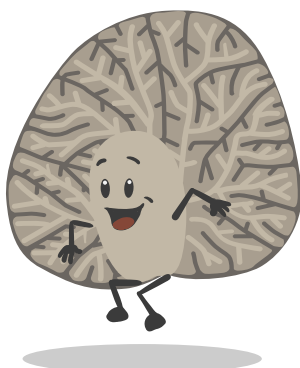
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STANDARDS ALIGNMENT

LESSON 3

Alcohol and Your Developing Cerebellum

Content	Student Objectives	Classroom Activities	Assessment
<ul style="list-style-type: none"> Cerebellum functionality How alcohol affects coordination and motor skills 	<p><i>Students will be able to:</i></p> <ul style="list-style-type: none"> Identify the functions of the cerebellum Communicate the impact of alcohol on the cerebellum Recognize the physical effects alcohol can have on coordination and motor skills, both physical and verbal Demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce the health risks 	<ul style="list-style-type: none"> Video and class discussion Clear communication discussion Verbal Coordination Activity Peer pressure discussion Practice Saying No group activity 	<p><i>Formative:</i></p> <ul style="list-style-type: none"> Written discussion questions Classroom discussion Vocabulary homework <p><i>Formative/Summative:</i></p> <ul style="list-style-type: none"> Practice Saying No worksheet



Standards

CCSS:

- RI.5-7.1
- RI.5-7.2
- RI.5-7.4
- RST.6-8.1
- RST.6-8.2
- RST.6-8.4
- W.5-7.10
- WHST.6-8.10
- L.5-7.4
- SL.5-7.1
- SL.5-7.2

2024 NHES:

- 3.8.3
- 4.8.4
- 4.8.6
- 4.8.9
- 7.8.3

NGSS

- MS.LS1.3
- MS.LS1.8

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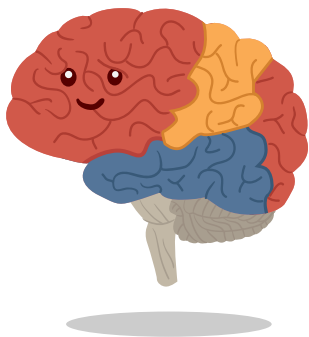
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STANDARDS ALIGNMENT

LESSON 4

Alcohol and Your Developing Cerebral Cortex

Content	Student Objectives	Classroom Activities	Assessment
<ul style="list-style-type: none"> Cerebellum functionality How alcohol affects coordination and motor skills 	<p><i>Students will be able to:</i></p> <ul style="list-style-type: none"> Identify the four lobes of the cerebral cortex and their corresponding functions Communicate the impact of alcohol on the cerebral cortex Conceptualize the danger of driving drunk Demonstrate the ability to use decision making skills to enhance health 	<p><i>Formative:</i></p> <ul style="list-style-type: none"> Written discussion questions Classroom discussion Vocabulary homework <p><i>Formative/Summative:</i></p> <ul style="list-style-type: none"> Practice Saying No worksheet 	



Standards

CCSS:

RI.5-7.1
 RI.5-7.2
 RI.5-7.4
 RI.5-7.10
 RST.6-8.1
 RST.6-8.2
 RST.6-8.4
 RST.5-7.10
 W.5-7.10

WHST.6-8.10
 L.5-7.1
 L.5-7.2
 L.5-7.4
 L.5-7.6
 SL.5-7.1

2024 NHES:

5.8.1-6

NGSS

MS.LS1.2
 MS.LS1.3
 MS.LS1.8

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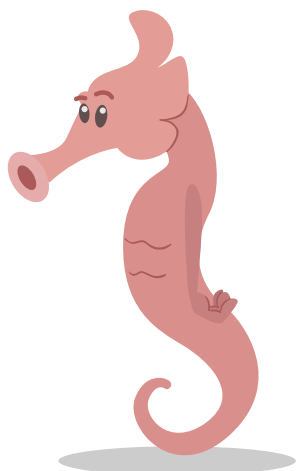
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STANDARDS ALIGNMENT

LESSON 5

Alcohol and Your Developing Hippocampus

Content	Student Objectives	Classroom Activities	Assessment
<ul style="list-style-type: none"> The hippocampus and its functions How alcohol affects the hippocampus 	<p><i>Students will be able to:</i></p> <ul style="list-style-type: none"> Identify the functions of the hippocampus Identify certain parts of the brain and their various functions Communicate the effect of alcohol on the hippocampus through group work and physical movement Comprehend concepts related to health promotion and prevention to enhance health 	<ul style="list-style-type: none"> Video and class discussion Memory Storage activity Explore Kids' Health website Brain diagram and review Brain Scramble activity "Focus: How the Brain Works" text reading and discussion questions 	<p><i>Formative:</i></p> <ul style="list-style-type: none"> Written discussion questions Vocabulary homework Brain diagram <p><i>Formative/Summative:</i></p> <ul style="list-style-type: none"> "Focus: How the Brain Works" discussion questions



Standards

CCSS:

- RI.5-7.1
- RI.5-7.2
- RI.5-7.4
- RI.5-7.10
- RST.6-8.1
- RST.6-8.2
- RST.6-8.4
- RST.5-7.10
- W.5-7.10
- WHST.6-8.10
- L.5-7.4
- SL.5-7.1

2024 NHES:

- 3.8.3

NGSS

- MS.LS1.3
- MS.LS1.8
- MS.LS1.5

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STANDARDS ALIGNMENT

LESSON 6

Alcohol and Your Developing Hypothalamus

Content	Student Objectives	Classroom Activities	Assessment
<ul style="list-style-type: none"> Hypothalamus functionality How the endocrine and nervous systems work together and impact hormone production How alcohol affects hormones 	<p><i>Students will be able to:</i></p> <ul style="list-style-type: none"> Identify the functions of the hypothalamus Conceptualize the relationship between the endocrine and nervous systems, as well as hormone production by drafting an infographic that highlights this information Recognize the effects of alcohol on hormones and write to persuade others about the dangers of drinking Demonstrate the ability to use goal-setting skills to enhance health 	<ul style="list-style-type: none"> Video and class discussion Kids' Health website reading and discussion "Protect Your Body" text read-aloud How alcohol affects the brain activity Design Your Own Infographic activity and writing assignment Goal-setting video and discussion Goal-setting activity 	<p><i>Formative:</i></p> <ul style="list-style-type: none"> Written discussion questions Vocabulary homework How alcohol affects the brain activity <p><i>Formative/Summative:</i></p> <ul style="list-style-type: none"> Goal-setting activity <p><i>Summative:</i></p> <ul style="list-style-type: none"> Infographic and writing assignment



Standards

CCSS:

- RI.5-7.1
- RI.5-7.2
- RI.5-7.4
- RI.5-7.10
- RST.6-8.1
- RST.6-8.2
- RST.6-8.4
- RST.5-7.10
- W.5-7.1
- W.5-7.4
- W.5-7.8
- W.5-7.10
- WHST.6-8.1
- WHST.6-8.4
- WHST.6-8.8
- WHST.6-8.10
- L.5-7.1
- L.5-7.2
- L.5-7.3
- L.5-7.4
- SL.5-7.1
- SL.5-7.2
- SL.5-7.4
- SL.5-7.5

2024 NHES:

- 3.8.3
- 6.8.1
- 6.8.3
- 2.8.1

NGSS

- MS.LS1.3
- MS.LS1.8

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STANDARDS ALIGNMENT

LESSON 7

Alcohol and Your Developing Medulla

Content	Student Objectives	Classroom Activities	Assessment
<ul style="list-style-type: none"> Medulla functionality How alcohol affects the medulla Alcohol poisoning Determining credible and reliable sources 	<p><i>Students will be able to:</i></p> <ul style="list-style-type: none"> Identify the life-sustaining functions of the medulla Recognize the effects of alcohol on the medulla Conceptualize the severity of alcohol poisoning Demonstrate the ability to access valid resources and services to enhance health 	<ul style="list-style-type: none"> Video and class discussion Alcohol poisoning review Too Much activity Alcohol facts vs. myths Appropriate Resources activity and summary 	<p><i>Formative:</i></p> <ul style="list-style-type: none"> Written discussion questions Vocabulary homework Appropriate Resources summary <p><i>Summative:</i></p> <ul style="list-style-type: none"> Argumentative essay about why drinking alcohol is harmful for kids and adolescents



Standards

CCSS:

- | | | |
|---|--|--|
| <ul style="list-style-type: none"> • RI.5-7.1 • RI.5-7.2 • RI.5-7.4 • RI.5-7.6 • RI.5-7.7 • RI.5-7.8 • RI.5-7.9 • RI.5-7.10 • RST.6-8.1 • RST.6-8.2 • RST.6-8.4 • RST.6-8.6 • RST.6-8.7 • RST.6-8.8 • RST.6-8.9 • RST.5-7.10 • W.5-7.1 | <ul style="list-style-type: none"> • W.5-7.4 • W.5-7.7 • W.5-7.8 • W.5-7.9 • W.5-7.10 • WHST.6-8.1 • WHST.6-8.4 • WHST.6-8.7 • WHST.6-8.8 • WHST.6-8.9 • WHST.6-8.10 • L.5-7.1 | <ul style="list-style-type: none"> • L.5-7.2 • L.5-7.3 • L.5-7.4 • SL.5-7.1 <p>2024 NHES:</p> <ul style="list-style-type: none"> • 3.8.3 • 3.8.4 • 4.8.9 <p>NGSS</p> <ul style="list-style-type: none"> • MS.LS1.3 • MS.LS1.8 • MS.LS1.5 |
|---|--|--|

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LESSON 8

Marijuana and Your Developing Brain

Content	Student Objectives	Classroom Activities	Assessment
<ul style="list-style-type: none"> The function of the endocannabinoid system within the developing brain How marijuana affects the endocannabinoid system How marijuana use can affect health How to practice healthy decision making 	<p><i>Students will be able to:</i></p> <ul style="list-style-type: none"> Identify the three parts of the endocannabinoid system and understand its function Communicate the way in which marijuana affects the endocannabinoid system Understand the risks associated with youth marijuana use including addiction and mental health issues Demonstrate the ability to make healthy decision 	<ul style="list-style-type: none"> Video and class discussion Health discussion Endocannabinoid Key-Coding Activity Decision Making Activity 	<p><i>Formative:</i></p> <ul style="list-style-type: none"> Written discussion questions Classroom discussion Vocabulary homework <p><i>Formative/Summative:</i></p> <ul style="list-style-type: none"> Decision Making worksheet Key Coding Activity



Standards

CCSS:

- RI.5-7.1
- RI.5-7.2
- RI.5-7.4
- RI.5-7.10
- RST.6-8.1
- RST.6-8.2
- RST.6-8.4
- RST.5-7.10
- W.5-7.10
- WHST.6-8.10
- L.5-7.1
- L.5-7.2
- L.5-7.4
- L.5-7.6
- SL.5-7.1

NHES 2024:

- 3.8.3
- 2.8.1
- 2.8.3
- 5.8.4

NGSS

- MS.LS1.2
- MS.LS1.3
- MS.LS1.8

For your next class...

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