



KidsHealth.org/classroom

Teacher's Guide

This guide includes:

- Standards
- Related Links
- Discussion Questions
- Activities for Students
- Reproducible Materials

Standards

This guide correlates with the following National Health Education Standards:

Students will:

- Comprehend concepts related to health promotion and disease prevention to enhance health.
- Analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.
- Demonstrate the ability to access valid information and products and services to enhance health.
- Demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.
- Demonstrate the ability to use decision-making skills to enhance health.
- Demonstrate the ability to use goal-setting skills to enhance health.
- Demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.
- Demonstrate the ability to advocate for personal, family, and community health.

National Health Education Standards:
<http://www.cdc.gov/healthyschools/sher/standards/index.htm>

These activities will help your students understand the dangers of drinking alcohol.

Related KidsHealth Links

Articles for Kids:

Alcohol

KidsHealth.org/en/kids/alcohol.html

What Kids Say About: Drinking Alcohol

KidsHealth.org/en/kids/poll-alcohol.html

Dealing With Peer Pressure

KidsHealth.org/en/kids/peer-pressure.html

School Counselors

KidsHealth.org/en/kids/school-counselors.html

Articles for Teens:

Alcohol

TeensHealth.org/en/teens/alcohol.html

Binge Drinking

TeensHealth.org/en/teens/binge-drink.html

I Think I May Have a Drinking/Drug Problem. What Should I Do?

TeensHealth.org/en/teens/drinking-drug-problem.html

Dealing With Addiction

TeensHealth.org/en/teens/addictions.html

Peer Pressure

TeensHealth.org/en/teens/peer-pressure.html

Coping With an Alcoholic Parent

TeensHealth.org/en/teens/coping-alcoholic.html

School Counselors

TeensHealth.org/en/teens/school-counselors.html

Discussion Questions

Note: The following questions are written in language appropriate for sharing with your students.

1. Describe any alcohol ads you've seen. How do the people in the ads appear? Discuss how this portrayal might affect people who see the ads. What information about alcohol is missing from these depictions?
2. You walk into a friend's basement, and someone offers you a drink. What do you do? What issues do you weigh? What factors are important to you?
3. Kids and teens who have strong self-esteem are less likely to drink alcohol than those with low self-esteem are. Why do you think this is?



Activities for Students

Note: The following activities are written in language appropriate for sharing with your students.

Billboard Basics

Objectives:

Students will:

- Learn about the effects of alcohol on the body
- Explore the consequences of drinking alcohol

Materials:

- Computer with Internet access
- Plain paper, art supplies (colored pencils, markers, etc.)
- Optional: magazines to cut out images, printers to print online images

Class Time:

1 hour

Activity:

Let's say that an organization called Alcohol 4 Real wants to get the word out about the realities of drinking alcohol, especially by kids and teens. They've hired us to design a series of highway billboards to promote the truth about the dangers of alcohol. Check out the KidsHealth.org articles to get the low-down on alcohol and its effects on the body. Then we'll each design billboards that focus on one of three topics:

- How alcohol affects the body
- Long-term health risks of drinking alcohol
- Reasons why kids and teens shouldn't drink

Remember, people will see these billboards as they are driving in their cars, so your designs should be simple, clear and easy to read. Also, Alcohol 4 Real wants its message to be remembered, so make your billboards powerful, using strong words and images.

Extensions:

1. Role-play a conversation with a classmate who has a drinking problem. In your discussion, include strategies for getting your friend some help.
2. Billboards and advertising can influence how a person feels about alcohol, but parents and other adult family members also play an important role. Discuss how adults can affect your opinion about drinking. Then write a letter to parents, providing strategies for talking to their kids teens about alcohol use and suggestions for helping students to avoid alcohol.



TruthTeller's Latest Hit

Objectives:

Students will:

- Explore the influence of peer pressure on drinking behavior
- Develop strategies for dealing with peer pressure

Materials:

- Computer with Internet access, video equipment or smartphone video
- "TruthTeller's Music Video" handout or plain paper
- Optional: musical instruments

Class Time:

3 hours

Activity:

We're going to make a music video by a fictional artist called TruthTeller. The video will realistically show how kids and teens face peer pressure to drink alcohol. Use the KidsHealth.org articles to explore the issues of peer pressure and alcohol. Then write the lyrics for TruthTeller's song "Pressure to Drink." The song can be just voices, or voices and music, too. First, we'll get into small groups and write some verses, making sure to include details about peer pressure and alcohol use. Then we'll develop a video that shows:

- Ways that kids and teens are pressured to drink alcohol
- Reasons why kids and teens give in to peer pressure
- Strategies for walking away from peer pressure

Remember, we want the video to appeal to kids and teens, as well as offer realistic and accurate information about drinking alcohol and dealing with peer pressure.

Reproducible Materials

Handout: TruthTeller's Latest Hit

KidsHealth.org/classroom/6to8/problems/drugs/alcohol_handout1.pdf



Names: _____

Date: _____

TruthTeller's Latest Hit

Instructions: Plan out TruthTeller's music video by filling out this sheet.

Characters

Blank space for writing characters.

Setting

Blank space for writing setting.

Events

Blank space for writing events.

Strategies for saying no

Blank space for writing strategies for saying no.

How kids and teens will be pressured to drink

Blank space for writing how kids and teens will be pressured to drink.

Reasons why some kids and teens may give in

Blank space for writing reasons why some kids and teens may give in.