

## Teacher's Guide

This guide includes:

- Standards
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- 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>



## Grades 6 to 8 • Health Problems Series

# Alcohol

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](http://KidsHealth.org/en/kids/alcohol.html)

#### What Kids Say About: Drinking Alcohol

[KidsHealth.org/en/kids/poll-alcohol.html](http://KidsHealth.org/en/kids/poll-alcohol.html)

#### Dealing With Peer Pressure

[KidsHealth.org/en/kids/peer-pressure.html](http://KidsHealth.org/en/kids/peer-pressure.html)

#### School Counselors

[KidsHealth.org/en/kids/school-counselors.html](http://KidsHealth.org/en/kids/school-counselors.html)

### Articles for Teens:

#### Alcohol

[TeensHealth.org/en/teens/alcohol.html](http://TeensHealth.org/en/teens/alcohol.html)

#### Binge Drinking

[TeensHealth.org/en/teens/binge-drink.html](http://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](http://TeensHealth.org/en/teens/drinking-drug-problem.html)

#### Dealing With Addiction

[TeensHealth.org/en/teens/addictions.html](http://TeensHealth.org/en/teens/addictions.html)

#### Peer Pressure

[TeensHealth.org/en/teens/peer-pressure.html](http://TeensHealth.org/en/teens/peer-pressure.html)

#### Coping With an Alcoholic Parent

[TeensHealth.org/en/teens/coping-alcoholic.html](http://TeensHealth.org/en/teens/coping-alcoholic.html)

#### School Counselors

[TeensHealth.org/en/teens/school-counselors.html](http://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](http://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

### Setting

### Events

### Strategies for saying no

### How kids and teens will be pressured to drink

### Reasons why some kids and teens may give in