

# Alcohol: Turning Down An Offer To Drink Is Easier Than You Think!

## Implementing the Lesson

The following lesson plan is based upon the [\*Scholastic Reach Out Now: Talk to Your Fifth Graders About Underage Alcohol Use, Teacher Pages\*](#). The outline for the lesson plan suggests activities for the lesson, the amount of time each activity could take, and the materials you will need in order to conduct each activity.

## Main Idea

Alcohol is a substance that can be damaging to the growing bodies of young people. It has many negative effects on drinkers but its effects on the developing brain and body of a person under 21 are especially harmful.

## Goals of the Lesson

At the end of the lesson, students will be able to

- Describe some of the effects of alcohol on the brain and body
- Identify effective statements for saying "no" to alcohol and underage drinking

Lesson Segment	Time Required	Activities	Materials Needed
Introduction	5 minutes	Ask students to check their alcohol IQ by completing the exercise " <a href="#">Alcohol: A True/False Quiz</a> " on the handout and saving it for further discussion.	Copy of <a href="#">Understanding the Effects of Alcohol</a> for each student
Experiment	5 minutes	Divide students into teams of no more than five persons.  Pass out supplies necessary for experiment.  Explain steps of experiment. Have one student break egg in glass container containing alcohol.  Ask students to write a brief description of egg and liquid in container.	Glass lab dish, container of rubbing alcohol, egg — one set for each team  Copy of steps for experiment found in <a href="#">Teacher Pages of Scholastic Reach Out Now</a> , Lesson 2: Getting It: A Science Experiment
Presenting Facts and Leading Discussion	5 minutes	Lead mini-lecture and discussion to cover important concepts and bring out factual information.  Write factual information on blackboard as discussion progresses.	<a href="#">Talking points for leaders</a>  Blackboard
Exploring	5 minutes	Ask teams to develop a slogan or message to their peers about the dangers of underage drinking.	Paper and pencils for each team

<b>Responding Creatively</b>	5 minutes	Have students continue teamwork to create a poster that could be used to counter underage drinking. One person will report for group and show poster.	Newsprint and markers for each team
<b>Observation of Experiment and Conclusion of Lesson</b>	10 minutes	Ask teams to examine the egg and to write a brief description of the egg. How does it differ from their original description? How does the change in the egg relate to what we have been discussing?  Conclude discussion.	Newsprint and markers for each team, or blackboard  <a href="#">Talking points for leaders</a>

## Lesson Plan for Large Group

# Alcohol: Your Brain and Alcohol

## Implementing the Lesson

The following lesson plan is based upon the [Scholastic Reach Out Now: Talk to Your Fifth Graders About Underage Alcohol Use, Teacher Pages](#). The outline for the lesson plan suggests activities for the lesson, the amount of time each activity could take, and the materials you will need in order to conduct each activity.

This lesson is designed for a large group of students in an auditorium or lunchroom. School personnel should be available to assist and maintain order.

## Main Idea

Alcohol is a substance that can be damaging to the growing bodies of young people. It has many negative effects on drinkers but its effects on the developing brain and body of a person under 21 are especially harmful.

## Goals of the Lesson

At the end of the lesson, students will be able to

- Describe some of the effects of alcohol on the brain

Lesson Segment	Time Required	Activities	Materials Needed
<b>Introduction</b>	5 minutes	Ask students to check their alcohol IQ by completing the exercise “ <a href="#">Alcohol: A True/False Quiz</a> ” on the handout and saving it for further discussion.	Copy of <a href="#">Understanding the Effects of Alcohol</a> for each student
<b>Brain Anatomy</b>	5 minutes	Distribute brain worksheets as students	<a href="#">Worksheet of brain areas</a> with

<b>Worksheet</b>		arrive in auditorium or have the worksheets on the chairs. Lead mini-lecture on areas of the brain and their purposes.	blanks for filling in information  <a href="#">Talking points for leaders</a>
<b>Presenting Facts and Leading Discussion</b>	10 minutes	Lead mini-lecture and discussion to cover important concepts and bring out factual information.  Present PowerPoint slides or large posters showing brain effects of alcohol.	<a href="#">Talking points for leaders</a>  Computer, screen, or easel for large charts
<b>Exploring</b>	5 minutes	Ask students to shade areas of the brain affected by alcohol or other drugs.  Ask students to list negative effects of alcohol on their brains.	Paper and pencils for each team
<b>Summary</b>	5 minutes	Summarize main points of lesson.	<a href="#">Talking points for leaders</a>