



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.

Your state's school health policies:
nasbe.org/HealthySchools/States/State_Policy.asp

Alcohol is an easily accessible drug, which can make it possible for some students to experiment with drinking at a young age. The following discussion questions and activities will help your students understand the dangers of drinking and get the facts they need.

Related KidsHealth Links

Articles for Kids:

Alcohol

KidsHealth.org/kid/stay_healthy/body/alcohol.html

Dealing With Peer Pressure

KidsHealth.org/kid/feeling/friend/peer_pressure.html

Articles for Teens:

Alcohol

KidsHealth.org/teen/drug_alcohol/alcohol/alcohol.html

Coping With an Alcoholic Parent

KidsHealth.org/teen/your_mind/families/coping_alcoholic.html

Dealing With Addiction

KidsHealth.org/teen/your_mind/problems/addictions.html

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

KidsHealth.org/teen/drug_alcohol/alcohol/drinking_drug_problem.html

Discussion Questions

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

1. Describe the alcohol ads you've seen on TV and in magazines. 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? Deciding whether to drink alcohol is serious. Discuss how you make decisions like these. What issues do you weigh? What factors are important to you?
3. Kids who have strong self-esteem are less likely to drink alcohol than those with low self-esteem are. Why do you think this is? Discuss the role self-esteem plays in alcohol use.



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, crayons)

Class Time:

1 hour

Activity:

Alcohol 4 Real is an organization that wants to get the word out about the realities of drinking alcohol, especially by kids. They've hired you to design a series of highway billboards that will expose the truth about the dangers of alcohol. Check out the articles on KidsHealth to get the low-down on alcohol and its effects on the body. Then design a series of three billboards that focus on the following topics:

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

Remember, people will see these billboards as they are driving in their cars, so your designs should be 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. An influential billboard won't be enough to help all kids avoid problems with alcohol. Role-play a conversation with a friend 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 about alcohol use and suggestions for helping kids to remain alcohol-free.



Resisting Peer Pressure Rocks!

Objectives:

Students will:

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

Materials:

- Computer with Internet access
- Peerless P's Music Video handout (available at: KidsHealth.org/classroom/6to8/problems/drugs/alcohol_handout1.pdf) or plain paper

Class Time:

30 minutes

Activity:

Peerless P is a famous musician whose new hit single “Pressure to Drink” has reached the top of the charts. He’s hired you to produce a music video for his new song. He wants to realistically depict how kids experience peer pressure to drink. Use the articles at KidsHealth to explore the issues of peer pressure and alcohol. Then develop a video for Peerless P that shows:

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

Remember, Peerless P wants to appear cool and hip in his video as well as offer realistic and accurate information about drinking and peer pressure.

Extensions:

1. What lyrics have propelled Peerless P to the top? Write the words to a verse of Peerless P’s song “Pressure to Drink,” including details about peer pressure and alcohol use.
2. Peerless P wants to write another song about the dangers of drinking alcohol, but he’s not sure what approach to take. What should Peerless P write about? What information should the song contain?

Reproducible Materials

Handout: Peerless P’s Music Video

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



Name: _____

Date: _____

Peerless P's Music Video

Instructions: Map out Peerless P's music video by filling out this sheet.

Characters ★

Setting ★

Events ★

How Kids Will Be Pressured to Drink ★

Strategies for Saying No ★

Reasons Why Some Kids May Give In ★