

LESSON THREE

● DRINKING CONSEQUENCES AND ALTERNATIVES

GOALS

1. To demonstrate the similarities between using marijuana and alcohol
2. To increase students' perception that drinking alcohol has serious consequences that can immediately affect their daily lives and social relationships
3. To motivate students to resist drinking alcohol by helping them identify the social, psychological, and physical consequences
4. To present alternatives to drinking

SUMMARY OF ACTIVITIES

1. Introduce Lesson (1 min.)
2. Make List of Reasons Why People Drink (5 min.)
3. Make List of Consequences of Drinking (9 min.)
4. Discuss How Alcohol Is Used to Cover Feelings (8 min.)
5. Discuss Alternatives to Drinking (5 min.)
6. Play the *Alcohol Facts Game* (14 min.)
7. Wrap-up (3 min.)

DESCRIPTION

In this lesson, Activities 2 and 3 ask students to make lists of reasons and consequences for alcohol use that are similar to lists they made for cigarette and marijuana use in Lessons 1 and 2. Similar consequences between drinking and smoking marijuana are identified.

In Activity 4, discussion allows the teacher to point out that any time you consume alcohol you are in danger of using the substance as a “quick fix,” to avoid problems or cover up feelings rather than learning how to deal with them.

Activity 5 helps students find alternatives to drinking — activities they can engage in rather than drinking when negative feelings arise. The *Alcohol Facts Game* (Activity 6) reinforces information learned about alcohol and teaches new facts.

PREPARATION

- Review Lesson Plan
- Be familiar with the *Alcohol Facts Game* (Student Handout, pages 3.19-3.21)

Game materials are supported by *Alcohol Facts Game: Follow-Up Information* (Teacher Reference, page 3.11)

- Review:
 - Lesson 2 homework reading assignment: *What Teenagers Want to Know About Alcohol* (pages 3.7-3.8)
 - Myths and Facts About Alcohol* (page 3.12)
 - Biggest Dangers with Alcohol* (pages 3.13-3.15)
 - Alcohol Facts* (pages 3.16-3.17)
- Collect and prepare materials, as indicated below

MATERIALS NEEDED

Assemble the following materials:

- Completed visual: *Ground Rules: Students* (saved from Lesson 1)
- Completed visual: *Reasons Why People Use Marijuana* (saved from Lesson 1)
- Posters:
 - Poster 6: *Alcohol Can Harm You Any Time You Drink*
 - Poster 7: *Alcohol Can Damage You in the Long Run*
 - Poster 8: *Drinking to Cover Feelings*
- Paper (8 1/2" x 11") and thick, felt-tip, nontoxic markers for *Alcohol Facts Game*

Prepare the following materials:

- Partial visual (Activity 3) on chart paper or on the board: *What Can Happen to You When You Drink Alcohol?* (title, with space to record students' responses)
- Copy *Alternatives to Drinking* (Student Handout, page 3.18) for each student
- 6 copies of *Alcohol Facts Game* (Student Handout, pages 3.19-3.21), cut into strips, each with one fact listed

ACTIVITIES

1. Introduce Lesson (1 min.)

- A. Display visual: *Ground Rules: Students.*
- B. *"Today, we are going to talk about drinking alcohol - why people drink, and what happens to you when you drink. Then we're going to play a game reviewing some facts about alcohol."*

2. Make List of Reasons Why People Drink (5 min.)

- A. Display visual from Lesson 1: *Reasons Why People Use Marijuana.* *"These are the reasons that you listed in Lesson 1 for why people use marijuana. The ones that are checked are also true for alcohol."* Read the checked items.
- B. *"Are there any other reasons why people might drink?"* Be sure to elicit "escaping uncomfortable feelings or problems" by asking, *"What feelings might make young people want to drink?"* (shyness, anger, loneliness, boredom). Write new reasons on the students' list. Reinforce students' reasons and praise their good work.
- C. Refer to the sample visual on page 3.9 to make sure the discussion has focused on key reasons. Add the starred reasons shown before you draw the discussion to a close, if students have not already mentioned them.

3. Make List of Consequences of Drinking (9 min.)

- A. Display visual: *What Can Happen to You When You Drink Alcohol?* Include the headings "Any Time" and "Regular or Heavy Drinking," leaving space between. (See sample visual, Teacher Reference, page 3.10)
- B. *"Now let's talk about what happens to you when you drink alcohol."* Refer to the sample visual on page 3.10 and conduct a discussion of the effects for each time category.
 - 1. "Why might someone decide not to drink at a party? What can happen when someone drinks - even just once?" Write students' answers (lose control, get into a car crash) on the visual, under the "Any Time" heading. Write any longer-term responses under the appropriate heading. It is important to stress the immediate dangers of drinking (drinking and driving, overdose, trauma, impaired judgment).

