ALCOHOL:
THINK, DON'T DRINK

Produced By...
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Facilitator's Guide Written By.
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CLASSROOM/LIBRARY
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INTRODUCTION
This program is intended for use with children in grades 5-8 or ages 10 through 13. It can be used in a variety of settings, including schools, counseling programs, intervention centers, churches, synagogues, and juvenile correction facilities. The program includes a video and accompanying tests and informational materials for the participants. For the facilitators, a comprehensive guide and educational objectives are provided.

The video and accompanying materials will demonstrate to children that drinking alcohol in any of its forms - beer, wine or hard liquor - can be not only debilitating, but also dangerous. The participants will learn that alcohol can drastically alter a young person's ability to perceive, think, understand, communicate, and remember. Thus, alcohol inhibits a youth's ability to do well in school, relate with family and friends, and succeed in sports, arts, clubs, or other activities.

The program will also offer young people a variety of techniques for resisting and refusing the offer to use alcohol and explain the advantages that sobriety offers.

SUMMARY OF THE VIDEO
This video, "Alcohol: Think, Don't Drink," includes interviews with fifth, sixth, seventh, and eighth grade participants who describe their experiences and opinions on alcohol use and sobriety. Two older teenage narrators lead the viewers through the course of the video. Interviews with these youth are mixed with interviews
with various experts and clinicians who provide background and information.

The information presented in the video and follow-up activities will describe the dangers of alcohol how alcohol delays both mental and physical development and how it disrupts the full enjoyment of the teenage years. Participants will learn why some kids start drinking and how teens can avoid starting.

**FACILITATOR PREPARATION**
Before presenting this lesson to your participants, we suggest that you preview the video and review the guide and accompanying Blackline Master activities in order to familiarize yourself with their content.

As you review the materials presented in this guide, you may find it necessary to make some changes, additions, or deletions to meet the specific needs of your class. We encourage you to do so, for only by tailoring this program to your class will they obtain the maximum instructional benefits afforded by the materials.

It is also suggested that the video presentation take place under your supervision. The lesson activities grow out of the context of the video; therefore, the presentation should be a common experience for all participants.

**PRE-TEST**
In order to assess the participants’ knowledge of the subject prior to the lesson, administer the provided Pre-Test *(Blackline Master #1)*. Allow the participants ten minutes to complete the test. Review the answers to the quiz with the participants and answer their questions.
POST-TEST
In order to assess the participants' knowledge of the subject following the completion of the lesson, administer the provided Post-Test (Blackline Master #12). To administer the Post-Test first complete the ten-minute Exam Review outlined in this guide and then allow 30 minutes for the participants to complete the test.

AUDIENCE PREPARATION
Distribute Blackline Masters #2a-2b: Alcohol Vocabulary and Blackline Masters#3a-3c: Alcohol: The Facts to the participants. Read and review the material covered in these handouts with the participants. Participants may want to keep this information handy during the video and the accompanying activities as a reference.

PRE-VIEWING DISCUSSION
1. Ask participants for a show of hands of those kids who know a teen or even younger person who drinks alcohol.
2. Ask the participants to describe verbally all the ways in which drinking alcohol has interfered or possibly could interfere with one's ability to be at his or her best. If participants don't volunteer, call on some and invite their responses.
3. Ask the participants if any of them know a person who has or had a drinking problem. How did that person resolve his or her problem? Did he or she enter a recovery program? Did he or she get help willingly or did his or her friends and family have to encourage him or her?
4. Ask the participants what they would do or say to a friend who was drinking alcohol.
FOLLOW-UP ACTIVITIES

DISCUSSION QUESTIONS

(1.) Ask students for a show of hands of the people who believe that they do NOT really have to worry about having a problem with alcohol. Then read the following quote from the video: "When someone else is telling their story, other kids don't care 'cause it's not them. But if they continue drinking it will be them." Ask the participants if they recall the girl who said this. Then ask the students if they think that this girl thought she would have problems with alcohol before she started drinking.

(2.) Ask students how many alcoholic drinks would be safe for a young person to drink. Ask students to give reasons why even a single drink is a bad idea for a young person. Suggested answers: (1.) As described in the section from the University of Chicago on the effects of alcohol on the developing brains of young people, alcohol can damage a young person's mental and physical abilities by slowing his or her reaction time and abilities to learn new materials. (2.) It only takes one drink to alter anyone's judgment, even if just a slight alteration. This change in judgment, no matter how minor, can be enough to cause you to make choices you could regret later, choices such as taking another drink or doing something dangerous or risky (such as going too far sexually or even having sexual intercourse).

(3.) Ask students to describe the difference between the way advertisers portray the effects of alcohol as compared to what really happens to those who drink. Remind students of the stories told by the young people who drank.

(4.) Invite students to share their impressions of the stories told by the youths who were alcoholics. Ask if it surprised the viewers how dangerous and severe these drinking problems were, given how young these users are.
(5.) Did students find it a shock to learn that people can die from alcohol poisoning? Ask students what they would do differently if they had a friend who was getting as drunk as the boy, "Chris," in the video who died.

(6.) What was one new thing that the participants learned about drinking that they did not know before? What was the scariest thing that viewers learned?

BLACKLINE MASTERS
The following Blackline Master activity sheets have been provided with this guide. You may duplicate and distribute them as needed within the classroom setting. An Answer Key appears on pages 8-10 of this guide.

(1.) In order to assess the participants' knowledge of the subject prior to the lesson, administer the provided Pre-Test (Blackline Master #1). Allow the participants ten minutes to complete the test. Review the answers to the quiz with the participants and answer their questions.

(2.) Blackline Masters #2a-2b: Alcohol Vocabulary. The words defined in the vocabulary list will help participants understand the video content and will also be helpful to the completion of some of the follow-up activities.

(3.) Blackline Masters#3a-3c: Alcohol: The Facts. The information contained in this section will embellish and expand on the ideas presented in the video. Also, the information in this section is referenced several times for completion of the activities and is essential knowledge to meet the educational objectives for this unit.

(4.) Blackline Master #4: Fill-In-The-Blank is designed to reinforce participants' comprehension of key terms and vocabulary. Students should use Blackline Master #2: Vocabulary List as reference for this activity. (5.) Blackline Master #5: Crossword Puzzle is de-
signed to reinforce participants' comprehension of key terms and vocabulary.

(6.) **Blackline Master #6: Word Search Puzzle** is designed to reinforce participants' familiarity with key terms and vocabulary.

(7.) **Blackline Master #7: Jumble** is designed to reinforce participants' familiarity with key terms and vocabulary.

(8.) **Blackline Master #8: Fun Alternatives**. This activity gives participants an opportunity to reflect on what they miss when they choose to drink. Participants should learn through this exercise the fun things they can do instead of using alcohol. Answers will vary as there is no absolute right or wrong answer. (9.) **Blackline Master #9: Sober vs. Drunk/Dangers vs. Advantages.** Participants will be asked in this activity to identify the problems caused by drinking and the advantages young people who stay sober have over those who choose to drink. Students should refer to **Blackline Master #3: Alcohol: The Facts** for correct responses.

(10.) **Blackline Master #10: Role Playing.** During the role play, participants will have to generate ideas on how to refuse the offer to drink. Answers may vary, but following are some sample responses:

- None for me, thanks, you guys go ahead without me.
- I appreciate the offer, but I don't really feel like it.
- No thanks, beer/wine/schnapps makes me feel sick. Sorry, but my body just can't handle the stuff.
- If you don't mind, I don't really want to.
- Thanks for the offer, but I'm just not into it.
- Thanks anyway, but I'm really not interested.

(11.) **Blackline Master #11: Twenty Ways to Say "No" to Drinking** offers students a reminder sheet of some simple refusal statements.
(12.) To administer **Blackline Master #12: Post-Test**, first complete a ten-minute Exam Review. An Exam Review should include: 1) Review of the correct Pre-Test answers, 2) Review of some of the correct answers to Blackline Masters activities #8, #9, and #10. Allow 30 minutes for the participants to complete the test. The correct answers to the Post-Test questions #1-#4 will vary but should be similar to the answers given in the Blackline Masters #8, #9, and #10. The answers to the True/False section is simply a repeat of the Pre-Test and can be found below.

**ANSWER KEY**

**Blackline Master #1: Pre-Test**

1. T
2. F
3. F
4. T
5. F
6. F
7. T
8. F
9. F
10. F

**Blackline Master #4: Fill-in the Blank**

1. Drunk
2. Withdrawal
3. Sober
4. Addiction
5. Seizure
6. Intoxicated
7. Blackout
8. Recovery
9. Alcohol
10. Impaired
11. Alcoholics Anonymous
12. Alcoholism
Blackline Master #5: Crossword Puzzle
Across
1. drunk
6. intoxicated
9. alcohol
10. impaired
Down
2. recovery
3. blackout
4. withdrawal
5. seizure
7. alcoholism
8. sober

Blackline Master #6: Word Search Puzzle
![Word Search Puzzle](image)
**Blackline Master #7: Jumble**

LOOLACH = ALCOHOL  
HALTEH = HEALTH  
KRUND = DRUNK  
HOCCIE = CHOICE  
HEDAT = DEATH  
PRAMIEDI = IMPAIRED  
DITNADCIO = ADDICTION

Final Answer: The only way to make absolutely sure he had fun and lived to have fun another day: NOT TO TOUCH A DROP

**Blackline Master #12: Post-Test**

5. T  
6. F  
7. F  
8. T  
9. F  
10. F  
11. T  
12. F  
13. F  
14. F

**EXTENDED LEARNING ACTIVITIES**

**(1.) Role Play with Video**

Equipment requirements:

1. Video Camera  
2. VCR and TV

Activity:

1. Divide the class or group into an even number of small groups of three to eight people in each group but no more than six groups altogether. Have two groups prepare a skit based on one of the role plays described in Blackline Master #10 in which each group prepares either (1) the person who is putting pressure on the kid to drink, or (2) the kid who has to find a way to refuse the offer.
2. Videotape each group’s enactment. With the three different role plays described in Blackline Master #10, there should be enough material for the six groups, but participants could also create their own scenarios and act them out for the group.
3. Play back the recorded skits for the entire class and invite participants to comment, to react, or to give suggestions to their fellow classmates.

2. Internet Scavenger Hunt

Equipment requirements:
1. Computers with Internet access (two computers will allow for a competition, which can add some motivation for the activity and fun for the participants).

Activity:
1. Divide the class equally into groups so that they are evenly distributed on to all the available computers connected to the Internet. This activity can also be done individually as extra credit or as an enhancement activity.
2. Direct each group or person to access the web site at www.glness.com/ndhs.
3. From this website, each group should be directed to find at least ten facts about alcohol not already listed in the Blackline Masters #2a-2b: Alcohol: The Facts.
4. The first group or person who reaches ten new facts first wins the scavenger hunt. This activity could be repeated until a team or person has won five rounds, if time permits.
SCRIPT OF NARRATION

Well, I was real young the first time I ever drank. I was like maybe like ten years old.
Well, the first time I drank was twelve years old.
I was eleven.
Yeah, about nine.
There was this guy that I liked and he called me up and asked me to come over.
He came up with the idea about sneaking out in the middle of the night.
And I said, "What the hell."
Just experimenting. I didn't know what it did to me.
Like, "What can this do to me? This is a liquid. I drink water, I drink pop, why can't I drink that?" Fall right into it.
It changed me a lot. Drinking really changed me a lot.
I was getting stupid. Like, for real, stupid.
I did a lot of crazy stuff. A lot of stuff I regret.
I'd do something not right while I was drunk.
It made me powerless over my life.
Just fighting people all the time.
And I'd just get crazy.
While I was drinking.
I was messed up.
I was just feeling real sick.
I was so scared.
A couple times I've blacked out.
It starts killing you slowly.
It'd give you a headache forever.
The stick shift went into my stomach and ruptured my spleen.
Destroying my family.
Yeah, you just don't care.
Most of all, I didn't care about myself.
It just caused me a lot of problems.
When someone else is telling their story, other kids don't care because it's not them, but if they continue drinking, it will be them.
For some of you, it's in your homes. Maybe someday it'll end up in your best friend's locker.
As you grow and get older, you will likely see that there is more of it around. This video is here to help you become aware of some of the problems that come with alcohol - some of the dangers.
We are not here to try to scare you or to try to boss you around.
We are here to show you the very true and very real problems of alcohol. A very different truth and reality than the one that advertisers try to show.

They're trying to make a business out of alcohol. They're hoping to promote their product and make a profit. They're not wanting people to have a drinking problem but they'd be very happy to sell as much beer as they can. They don't really care if you pour it down the drain as long as you buy it.

You look on TV and you got beer commercials. You look in magazines, you see all these beer ads. They do have people hypnotized with that.

What happens the next morning when you wake up and you have a hangover and a headache and you don't want to face the day? They don't show that on TV. How they show the girls in the bikinis drinking beer. They don't show you going to school with sunglasses on. Anybody can drink Budweiser.

They don't show you puking your guts out in the morning. As if everyone who drinks is healthier, happier, and having more fun.

It's never going to happen. It's a down right lie. But it's done to promote the sales and profit of beer.

And when you wake up in the morning, it's the worst feeling. Your stomach hurts. The next day, man, like you can't move. You will wake up, like, "What did I do last night?" And you will have to sit there and you'll think about it. "Did I go home? What did I drink? Who was here?"

Then it will finally click in like, "Aw, you did this, you did that."

"What did I act like? What time did I pass out?"

You will be playing little pictures in your head about how you looked and how you acted and you'd be like, "Damn, I was acting stupid last night."

Drinking is stupid. It's like all I wanted to do was negative stuff. It makes me think like I don't want to live or like I just don't care. Didn't care about nobody. It just made you not care even more. Cause while you're drunk you just don't even know who's your friend or not.

It just... it messed up my life.

Why? Why do people let it hurt them. Well, alcohol is a drug; for some it's a stimulant; for others, a depressant. It alters the brain chemistry in such a way that it let's inhibitions
go. This feeds on itself. One drink impairs judgment, the second makes it worse . . . . . by the third drink ...
The first thing to go is your judgment. You don't have the capacity anymore to evaluate the situation and say, "Hmm, is this really something I want to continue with?" You lose that capacity to judge what's safe, what's unsafe. Even with your first drink, your judgment shifts.
Your whole perceptions of things are different.
I felt that I could do whatever I wanted to. No one can stop me. Like you were a super hero or something. Like you could just...
Do whatever we liked.
Felt invincible.
Like a false courage.
Like you couldn't touch me.
That's alcohol thinking. That's the kind of impairment that alcohol causes your judgment.
I'm not really thinking about consequences or anything.
I'll walk down the highway...
You can get hit by a car and ...
... right in the middle of the highway ...
... like you won't feel it or something.
Things didn't hit me things didn't effect my mind like they do when I don't drink.
That's the way alcohol makes you think.
This is a problem. Obviously, a mind without care or remorse will end up hurting itself and others. A brain without fear becomes dangerous.
All I wanted to do was negative stuff.
...an angry person.
I got into a lot of fights while I was drunk.
... hurt people.
It shortened my fuse.
Test people.
If someone said something that made me mad, I 'd just beat them down.
It would jump from a conversation, to an argument, to a fight.
I beat people up ...
... while I was drinking.
... just for the fun of it.
Wild.
When I used to drink, my perception of good and bad, negative and positive, there was no line between them. It was just whatever I wanted to do.
I've stolen cars before, when I was drunk.
Jumping in cars with people I didn't even know.
I used to drive drunk.
Stay the night at people's houses that I didn't even know... ...
when I was drunk. My cousin handed me a gun. I did a lot of
crazy stuff. And I shot.
My list could go on and on about the crazy things I've done that I
regret.
And until this day, I don't know if anyone died. And I don't want
to think about that. That's one of the biggest things that I regret.
It's scary. It's really scary.
Kids drink because they see other kids drink, they drink to feel
older, to escape, to experience intensity. Do not think that it is a
way to have fun.
So you may ask yourself, "Well, my parents do it, my cousins do it,
my uncles do it. What's wrong with that?" What are they losing
out on? You say, "Oh, nothing. They couldn't be any better than
they are." Do you know that? Have you ever seen them sober?
Don't let someone tell you that drinking is the way to have fun.
Almost every single time drinking alcohol will lead to problems
that are less fun.
You are going to start having a worse time than you would if you
were sober. I guarantee you.
It's disgusting. I find it repulsive now. That's the truth. It gets me
sick to my stomach to watch people. They look real ignorant. They
look like ... They look real silly.
... they look real nasty, really. To tell you the truth. Smelling like
alcohol...
You know, slurred speech ... ... slurring when they talk ... ... their
eyes are real, real low. ... they need somebody to baby-sit them.
There is a law and it's there for a reason. Alcohol is a rather
unusual liquid chemical that is created by fermenting natural
foods. What is formed is Ethyl Alcohol. Other alcohols, such as
Isopropyl Alcohol, found in window cleaners and disinfectants,
and Methyl Alcohol, found in paint remover and antifreeze, are
both instantly poisonous to humans. Ethyl alcohol, found in liquor
bottles, is also poisonous when too much is poured into the
human body.
Too often however, it is too late, the damage is done. The poison
inside the bottle kills.
He was... I guess happy-go-lucky. Sort of... yeah, he was
everybody's friend. He was nice to everyone.
He was always out for making people smile, making people laugh. He didn't have a good day unless he helped somebody else's day. He had hopes and dreams just like any other kid. He was just a great guy. He was drinking and drunk and silly and just acting like a silly drunk.

Chris had a McDonald's cup of Coke or something with some sort of liquor mixed in. I'm not sure what it was. And once you're drunk, you can't think anymore, you can't react to things, you don't process. He was wobbling around. So we were already mad at Chris. We were angry.

I was getting frustrated because he's my buddy and he's drinking. "I think you've had enough. Why don't you slow down?" So I took it from him and dumped it out. And he was like, "That's all right. I still have another bottle in my bag." And pulled out a bottle of vodka. Dan physically grabbed the bottle. At least I grabbed it in his hands and he held onto it and we kind of wrestled over it for a minute. And he was like, "No. You've had enough." Um ... and that was a little much for him. He passed out. We were like, "Oh boy." He was just lying on the curb. He passed out. We picked him up and got him in my car. We put him in the car, Dan & I, and ... Robin and I drove him back to my house. And I was laughing. I laughed the whole time because watching Dan and his dad try to carry Chris into the house was almost funny, because ... it was slippery, we couldn't carry him. We figured the best thing for him was sleep, so we went back out. We didn't have much of a night. I got a phone call from Dan really early in the morning. He was dead by seven. "You're, you're kidding me! What could have happened!" I didn't even realize it was from the alcohol. I just kind of fell on my knees on the kitchen floor. And my whole body went numb. And, um, it turns out that whole time, we were in the car and I was laughing as they were dragging him into the house, um ... his, his brain stem swelled... and, um, he was actually in a coma ... and, um, he was dying that whole time. Kids do drink too much and die in a single episode. I mean, it
doesn't have to wait twenty years for cirrhosis and liver cancer to develop. You can just die from alcohol poisoning. Or more often, way more often, fall into some tragic accident like ... an auto accident with a drunk driver.

Yeah, my cousin died when I got here, a month after I got here, and he was only fourteen.

A lot of people have died though, when they were drunk. And he was drunk and he was in a car accident.

Gunshot wounds ... being stabbed.

Another one of my cousins died the same way. It was like the same exact accident.

And some people just die because of too much alcohol. It's like poison.

One of my friends drank so much he was alcohol poisoned. He almost died.

You can be drinking and slowly killing yourself. It ain't got to be an accident. It can just be a black out that you never overcome.

If we'd of left him, he'd have been dead ... young deaths.

There's just so many times when going into a night you don't know ... you don't know what's going to happen.

Kids just start drinking it and they do it because other kids are doing it.

If you don't die, consider yourself lucky.

If it could happen to him, it could happen to me.

It destroys lives.

It could have been you ... and it could be you.

And what they don't realize is that there wouldn't be people telling them the dangers of drinking if it wasn't a danger, you know ... if it wasn't a serious danger.

Even if someone doesn't die, someone gets sick, someone gets in a fight, someone cheats on their girlfriend, or says something they shouldn't have.

It's not that great of a thing. It's not worth getting involved in, you know, when considering the risks and dangers.

The damage comes fast with arguments and fights, accidents, breaking the law.

Instead of jumping up in the morning to have clean, healthy fun - a headache and a feeling of regret.

And the damage comes slow as the human body is not designed to handle the powerful chemical of alcohol.

This a slice through an actual human liver. Can everyone see that?

Yes. So when I think about what the liver is and what it does, I like to think of a washing machine. So in a washing machine you put dirty clothes in and clean clothes come out, right? If you do
Yeah. So the liver is kind of like the washing machine in your body. Blood travels through there where it gets cleaned and filtered and then clean blood comes out, right?

Yeah. So what's in blood that's so important?
Oxygen. Oxygen, right. Every cell in your body needs oxygen to function. So when you run, when you make a fist, anything, all those cells are using oxygen.

And alcohol does some very critical things to your liver. It prevents the blood from being cleaned and from being filtered. And so when that happens, your liver gets really sick. This right here is a diseased liver. It's a slice from an actual human diseased liver. And these little yellow marks right here are scars. This is what's called a cirrhotic liver and this is what happens when you drink too much alcohol. So your liver gets really sick and you can't clean the blood properly in your system, so you get really, really sick. And it can even sometimes lead to death.

Another thing that this scarring can lead to or just drinking alcohol alone can lead to is cancer. A lot of people know that smoking is linked to lung cancer, but a lot of times people don't make the association that alcohol is linked to cirrhosis and also to liver cancer. So people who drink have a higher chance of getting metastatic liver cancer.

It is something that your body does not need, that is damaging to every part of the body that it comes in contact with. The primary areas that it comes in contact with are the brain, the circulatory system, the liver which tries to remove the alcohol that comes into the body but can not. Alcohol will injure the cells of the liver and a person can become very, very, very sick.

With the heart, it can damage the heart. Initially it will make the blood pressure to go down but eventually it will cause the heart rate and the blood pressure to go up. In some cases sudden death can occur from too much alcohol intake because of this injury to the heart itself. When alcohol hits the brain it has a direct effect on the nervous cells themselves. As we know, the brain is filled with millions, billions of nerves - nerve cells and nerve endings. And all the activities that our body does, whether it be functioning of the heart, our breathing, just moving, talking, seeing, those are all coordinated by activities in the brain.

Today we brought an actual human brain. I also brought along this cord that comes off of the brain. Does anybody know what that might be?

Spinal cord.

Yeah, the spinal cord. Alcohol will cause injury to the brain cells,
your ability to do things, how you talk, how you move, how you respond, your reflexes.
Good. You're showing quick reflexes. One of the things that alcohol does to the brain - you don't have as quick of a reaction time and so it slows the brain down.
Um, are you ready.
Yeah. Here goes. What we do in the laboratory is devise very refined tests that can tell whether the alcohol is impairing or worsening your performance on a task. And everything tells us that in a developing body the effects are likely to be stronger and more harmful than in the adult body. The adolescent or teenage body is still growing and it needs all its resources to develop normally. So it's not by accident that the drinking age is twenty-one now in most states.
In fact alcohol causes severe problems with learning and in particular growth and development in children. Alcohol has a much harder effect on the brains of children than it does on adults because you're still making what we call synapses or connections between the cells in your brain which are called... does anybody know what the cells in your brain are called?
Neurons. Neurons, right. Exactly and alcohol effects these neurons. They prevent you from being able to study more effectively. They prevent you from being able to coordinate your motions more effectively. So alcohol effects your brain cells. It kills these brain cells so that you don't have as many brain cells to use when you think, you don't have as many brain cells to use when you play sports, or you don't have as many brain cells to use when you study for a test. So this is why it's important to keep in mind that alcohol is damaging to your brain and can be damaging to your life.
I just feel that alcohol made me stupid. It like numbed my brain. It does effect your brain cells a lot.
I was getting like, "duh." Stupid. Even when I was sober.
If you're drinking and you can't do your homework you're not going anywhere.
Without an education I ain't going to be able to do nothing. It makes it a lot harder to concentrate.
I know my brain was operating real slow.
That's too bad. Because you lose, alcohol beats you.
From getting into fights, to sexual violence, arguments with friends, alcohol poisoning leading to death, getting lower grades in school, or simply missing out on some other type of healthy fun. Losing brain cells forever or losing opportunities that will never come again. How instead, can you get the most out of life? The answer is simple; think, don't drink.
I have so many wonderful things in my life now because I don't drink. You can just be high off life. I'm actually living my life. It's not just me walking, getting through each day. I'm actually living my life. I can do anything that I put my mind to while I'm sober. Let yourself grow to be your best, be strong, and be whoever you want to be. I want to be happy. I want to live my life. I'm going right back to school. I'm going to go there, get my education. I want to go to college because I want to become either an accountant, an urban sociologist or an intelligence research specialist. I know I want to help troubled teens. I would like to be a counselor.... they made a difference in me.

I want to speak to people about alcohol. ... and I want to make a difference in somebody else's life. Be strong. Know what is right for you. And be a leader. Show others that you can have fun without drinking. Well, I know you don't need a drink to have fun. There are so many other things out there that you can do. I like swimming. I'm a good swimmer. I like talking to my friends a lot, you know, my sober friends. I like playing sports. I like to rollerblade. Get some tickets, go to the movies. I like to bike ride. Go skating. I like hanging out at the mall. A theme park. Do anything. Go to basketball games. Running, hiking, dancing ... I like working on cars. ... listening to music ... Do positive things. ... jamming on instruments... I like to go fishing. You can do anything and have fun ... You don't have to drink. Keep growing and being your best. Every day grow stronger and smarter. Be healthy. And be happy. You'll thank me later. I mean, it can save you a lot of trouble, if you don't pick up that one drink.
Pre-Test

Directions: Read the following statements. Circle the correct response to indicate whether the statement is true or false.

True  False  1. A 12-ounce beer, a four-ounce glass of wine, and a one-ounce shot of whiskey all contain the same amount of alcohol.

True  False  2. You’re likely to sleep better if you have a couple of drinks before going to bed.

True  False  3. It’s a good sign when people learn to handle alcohol better than they could when they first started to drink.

True  False  4. Women react to alcohol differently than men, and generally can expect greater impairment from the same quantity of alcohol.

True  False  5. If you are under age, it is legal for you to drink alcohol if your parents are present.

True  False  6. Young people can’t become alcoholics because they haven’t been drinking long enough.

True  False  7. A person can die from drinking too much alcohol at one sitting.

True  False  8. In a bad car accident, the more alcohol you’ve consumed, the less likely you are to be seriously injured.

True  False  9. If you had a biological parent who was alcoholic, chances are you won’t become an alcoholic yourself because the gene is likely to skip your generation.

True  False  10. There is less alcohol in “lite” beer than in regular beer.
Alcohol Vocabulary

**AA:** Alcoholics Anonymous; a group whose members help each other get into recovery. Their meetings are free to attend and are held everywhere in the world and almost every city in the United States.

**Addiction:** when a person cannot stop himself or herself from doing something, such as drinking.

**Alcohol:** any drink containing ethanol (Etoh), a substance that affects the mind and body such that the person is impaired. There is an equal amount of alcohol in a 12-ounce beer, four ounces of wine, or one ounce of liquor (such as whiskey, bourbon, gin, vodka, rum, schnapps, etc.).

**Alcohol abuse:** when a person continues to use alcohol even though it causes the person a lot of problems with health, family, or school work.

**Alcohol dependence:** when a person continues to use alcohol even though it causes the person a lot of problems with health, family, or school work. Also, the person spends most of his or her time drinking or finding ways to get more alcohol, and when he or she stops drinking, he or she has withdrawal (see definition below).

**Alcohol poisoning:** an overdose of alcohol; it is a medical emergency. The person shows signs of alcohol poisoning when he or she doesn’t respond to being yelled at or pinched hard, can’t stand, will not wake up, breathes slowly, has purplish and clammy skin, and has a fast heart beat. A person with alcohol poisoning can die if he or she chokes on his or her own vomit while in this condition.

**Alcoholic:** a person addicted to alcohol.

**Binge drinking:** drinking large amounts of alcohol (five beers or more, or equal amounts of wine or liquor) in a row on at least one occasion, even though the person may go for periods of time (4-30 days, for example) when he or she doesn’t drink.

**Blackout:** a period of time while a person is drunk during which he or she does and says things he or she cannot remember after becoming sober.

**Blood Alcohol Level (“BAL”):** a measurement of the amount of alcohol in a person’s blood. Driving with a BAL of 0.08 or higher is considered a DUI. People who don’t drink, or don’t drink often, feel drunk with a BAL of 0.08.

**Delirium tremens (“DTs”):** racing heart beat, sweating, shaking, and wild delusions that can happen during withdrawal from long periods of heavy drinking.

**Driving Under the Influence (“DUI”):** Driving a car, truck, motorcycle, or van while under the effects of drinking alcohol or taking drugs which interfere with your ability to drive safely. DUI is against the law and, in most communities, the driver faces stiff legal penalties, including jail time, in some cases.
Alcohol Vocabulary

drunk: drinking enough alcohol that the person is so impaired that he or she cannot control his or her own behavior.

hangover: the sick feeling people have the next day after drinking heavily. A hangover can include still feeling a little drunk, headache, sore muscles, tiredness, dry mouth, and nausea.

impairment: when a person is not functioning at his or her best, as happens when he or she is drinking alcohol.

intoxication: the physical, emotional, and mental changes caused by drinking alcohol.

recovery: a process a person goes through to keep from drinking again, after he or she has not been able to control his or her drinking. Usually, this involves membership in a group of people who are also trying to stop drinking.

seizure: a medical emergency in which the person’s brain has electrical changes that cause the body to jerk and thrust violently and repeatedly for three to five minutes, usually while the person is unconscious. In severe alcohol withdrawal, a person can have seizures. In some cases, the seizures don’t stop and the person dies. Alcohol withdrawal is more deadly than withdrawal from cocaine, speed, or heroin.

sober: when a person is not impaired by alcohol; that is, he or she has not been drinking.

tolerance: after a long period of regular drinking, people need more and more alcohol to get the same feeling from the alcohol. In other words, if a person once needed three beers to get drunk, he or she may need six beers to get as drunk after developing a tolerance for alcohol.

withdrawal: the physical and emotional effects when one stops drinking alcohol after a period of regular drinking.
Alcohol: The Facts

There is an equal amount of alcohol in a 12-ounce beer, four ounces of wine, and one ounce of liquor (such as whiskey, bourbon, gin, vodka, rum, schnapps, etc.).

Even though it may seem that you are getting better sleep if you have a couple of drinks before going to bed because you may fall asleep more easily, the fact is that you are getting a shallow sleep. This means that you don’t get the deep, restful sleep you get when you are sober. In fact, a few hours after falling asleep after drinking alcohol, most people will awaken. Also, in the morning, the person who falls asleep with alcohol may feel hung over.

It is actually a bad sign when people learn to handle alcohol better than they could when they first started to drink. This is a sign that they are developing a tolerance to alcohol, and is an indication that they have been drinking steadily or binge-ing regularly for a long period of time. This may ultimately lead to alcoholism.

The more alcohol that a young person can drink at an earlier age, the more likely he or she is to develop alcoholism.

Since the brain is still developing during the time from birth to 21-years old, kids who drink alcohol do a lot more damage to their abilities to think, reason, and learn.

Drinking alcohol also stops the normal emotional maturation in kids, so, when you start drinking, you will remain at the maturity level you were at that time. Your maturation will not continue until you stop drinking, and then normal development can proceed.

Young people who don’t drink mature faster emotionally and intellectually than kids who do drink.

It’s a fact of life: when students drink heavily, they have problems keeping up with school work and are likely to start skipping classes. Research reveals the following statistics:

41% of all academic problems stem from alcohol abuse;
28% of students who drop out of school may do so because of alcohol abuse;
More than 7% of college freshmen drop out of school for alcohol-related reasons, causing colleges to lose more than $261 million in tuition.

High school students who stay sober are much more likely to graduate and go on to college than students who drink.

Studies show that, as students drink more each week, grade point average (GPA) goes down. As shown in this table, the more drinks a college student had in a week, the lower his or her grades became. Notice the difference between the male and female statistics.

<table>
<thead>
<tr>
<th>Number of drinks per week</th>
<th>Grades</th>
</tr>
</thead>
<tbody>
<tr>
<td>MALES</td>
<td>FEMALES</td>
</tr>
<tr>
<td>5.35 drinks/week</td>
<td>2.25</td>
</tr>
<tr>
<td>7.40</td>
<td>3.35</td>
</tr>
<tr>
<td>9.19</td>
<td>4.13</td>
</tr>
<tr>
<td>14.56</td>
<td>5.18</td>
</tr>
</tbody>
</table>

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Alcohol: The Facts

Every year, college students spend $5.5 billion dollars on alcohol (mostly beer), averaging $466 per student per year. This is more than college students spend on books, soda pop, coffee, juice, and milk combined.

Women react to alcohol differently than men, and generally can expect greater impairment from the same quantity of alcohol. For a woman, four beers in a row is considered a binge, whereas for a man, five is considered a binge.

Teenage girls who stay sober at parties are much less likely to be raped or taken advantage of sexually.

Girls who avoid alcohol have a much lower risk of teenage pregnancy

Blood Alcohol Level (BAL) depends largely on two things: body size (the bigger you are, the more blood you have to dilute the alcohol), and how much you drink at one time (the faster you drink, the higher your BAL, since the body has less time to dilute the alcohol).

If you are underage, it is always illegal for you to drink alcohol, even when your parents are present.

Young people can become alcoholics, too. Having a drinking problem has nothing to do with your age or how many years you have been drinking, but rather what problems you have due to your drinking and whether you have control of your drinking.

If you had a parent who was an alcoholic, you are at much greater risk of becoming alcoholic yourself, because the gene has been passed on to you. People with a family history of alcoholism are two to five times more likely to develop alcoholism, if they drink, than are other people with no family history of alcoholism.

A person can die from drinking too much alcohol at one sitting. This is called “alcohol poisoning” or “alcohol overdose.” It is a medical emergency. The person shows signs of alcohol poisoning when he or she doesn’t respond to being yelled at or pinched hard, can’t stand, will not wake up, breathes slowly, has purplish and clammy skin, and has a fast heart beat. A person with alcohol poisoning can die if he or she chokes on his or her own vomit while in this condition. If the person has overdosed on alcohol, after the signs of poisoning have set in, then the person’s heart stops and he or she stops breathing and dies. Alcohol is the drug on which people most often overdose.

Teens who never drink alcohol never die from alcohol poisoning or overdoses

In a bad car accident, the more alcohol you’ve consumed, the more likely you are to be seriously injured. Studies indicate that the alcohol-induced “relaxation” is really a depression of bodily systems that interferes with the body’s natural responses to injury, possibly contributing to the seriousness of the injury and even death.

Teens who never drink alcohol have fewer injuries.
Alcohol: The Facts

Research indicates that alcohol intoxication is associated with:

- 40-50% of traffic fatalities;
- 25-30% of non-fatal motor vehicle injuries;
- up to 64% of fires and burns;
- 48% of hypothermia and frostbite cases;
- approximately 20% of completed suicides;
- 70% of attempted suicides;
- 47-65% of adult drownings;
- 59% of fatal falls;
- 40% of all traffic fatalities;
- 60% of boating fatalities.

As many as 360,000 of the nation’s 12 million college undergraduates will die from alcohol-related causes while in school. This is more than the number who will receive masters degrees and PhDs.

The leading cause of death due to alcohol’s effect on the body is heart attacks. This does not include death due to traumatic accidents while drunk. Alcohol is toxic to the heart.

The second most common cause of death due to alcohol’s effect on the body is cancer. Alcohol can lead to cancers of the liver, stomach, and other organs of the body.

Heavy or regular drinking can lead to mental illness. Sixty-six percent of alcoholics have a mental or emotional disease as well.

Kids who never drink are much happier and emotionally better adjusted on average than those kids who choose to drink.

The simple fact is - alcohol and sports don’t mix. The companies that make beer and alcohol, however, paint quite a different picture when they sponsor athletic events like the Olympics. They can fool the public by making commemorative beer cans and advertisements that try to convince you that their beer goes hand-in-hand with sports and athletes.

Alcohol abuse impairs skills that are important to success in sports; motor skills, such as eye-brain-hand coordination, and mental skills, like understanding the play. Almost half the college athletes who drink admit that their use of alcohol has had a “harmful” or “slightly harmful” effect on their athletic abilities.

Student athletes who stay sober achieve more than they would if they were drinking.

There is the same amount of alcohol in “lite” beer as there is in regular beer. Lite beer only has fewer calories than regular beer, which is why it is called “lite.”
Fill-In-The-Blank

Directions: Fill in the blank with the term from Blackline Masters #2a-2b: Vocabulary List that is best described by the definition.

1. Drinking alcohol until self control is lost.
2. The physical and emotional effects of stopping alcohol consumption.
4. Inability to stop using a substance such as alcohol.
5. Brain electrical changes that cause a person's body to jerk violently and repeatedly.
6. Physical, emotional, and mental changes due to drinking alcohol.
7. A period of time not remembered due to alcohol abuse.
8. A process involving steps to keep from drinking.
9. Any drink containing ethanol.
10. Describes a person not functioning at his or her best, usually due to alcohol.
11. A group whose members help each other into recovery from alcohol addiction.
12. A person addicted to alcohol.
Crossword Puzzle

Across
1. Drinking alcohol until self-control is lost.
6. Physical, emotional, and mental changes due to drinking alcohol.
9. Any drink containing ethanol.
10. A person not functioning at his or her best, usually due to alcohol.

Down
2. A process involving steps to keep from drinking alcohol.
3. A period of time not remembered due to alcohol abuse.
4. The physical and emotional effects of stopping alcohol consumption.
5. Brain electrical changes that cause a person's body to jerk violently.
7. A person addicted to alcohol.
8. State of mind when not drinking.
Name__________________________________

Word Search Puzzle

Directions: Find the following words hidden in the puzzle below. Words may be found vertically, horizontally, or diagonally, backwards or forwards.

- addiction
- alcohol
- alcoholism
- anonymous
- blackout
- choices
- dangerous
- death
- delirium
- dependence
- drunk
- DUI
- health
- impaired
- life
- recovery
- sober
- stop
- tremens
- withdrawal
Jumble

PART ONE
Directions: Unscramble and rearrange the letters in each of the following jumbled words to make a new word. Fill-in the boxes next to the jumbled word with your new, correct word.

LOOLACH

HALTEH

KRUND

HEDAT

HOCCIE

PRAMIEDI

DITNADCIO

PART TWO
Directions: Arrange the letters found in the darkened boxes above to fit in the boxes below. The message is an answer to the clue given by the cartoon above.

The only way to make absolutely sure he had fun and lived to have fun another day:
Fun Alternatives

Directions:
1. Read over the list of the fun things teens can do instead of drinking alcohol.
2. Circle all the things on the list that you would enjoy doing.
3. Of the items you circled, which of these activities do you think would be harder to do or less enjoyable if you were drinking? Put an “X” through these items.
4. Review your list of circled and X’ed items one more time. Draw a thick heavy line through all these activities that would be dangerous if you were drinking alcohol at the same time.

movies  swimming  reading  archery
skating  bowling  painting  embroidery
baseball  driving a car  gymnastics  rollerblading
basketball  basketball  surfing  TV
football  baseball  wind surfing
tennis  volleyball  ballet
cycling  soccer  drama
rock climbing  tennis  golf
dancing  volleyball  writing
singing  bowling  poetry
racing  running  coffee shops
cheerleading  baseball  weight lifting
music  volleyball  racquetball
playing in a band  tennis  wrestling
photography  soccer  scuba diving
drawing  volleyball  snorkeling
sculpting  baseball  good grades
sewing  baseball  fishing
cooking  baseball  snow skiing
computers  baseball  water skiing
reading  baseball  boating
painting  baseball  canoeing
skating  baseball  snowboarding
skiing  baseball  snowmobiling

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Sober vs. Drunk/Dangers vs. Advantages

Directions: For each area of a kid’s life listed below, search Blackline Master #3: Alcohol: The Facts for an example of ways in which drinking alcohol causes problems for kids and the advantages for kids who don’t drink.

1. Physical health and safety
   Advantages of staying sober:
   Dangers of drinking alcohol:

1. Emotional health
   Advantages of staying sober:
   Dangers of drinking alcohol:

3. School work
   Advantages of staying sober:
   Dangers of drinking alcohol:

4. Social problems with friends, parents or the police
   Advantages of staying sober:
   Dangers of drinking alcohol:

5. Athletic achievements
   Advantages of staying sober:
   Dangers of drinking alcohol:
Role Playing

Directions: Read each short story. Discuss what you would say or do to avoid the invitation to drink alcohol.

1. You are twelve years old. Your family is having a big Fourth of July party. You and your favorite uncle, Alex, are together alone in your grandparents’ basement recreation room, playing pool, listening to music, and having a great time together. Uncle Alex really enjoys drinking beer. He offers you a beer of your own to drink. You can tell he really wants you to join him by having a beer. There is no way anyone will find out. He insists it’s no big deal having just one beer under his supervision.

2. You are eleven years old. Your best friend, Chris, is having a camp out in the back yard with a group of kids. Chris runs an extension cord out to the tent so the party can have music. The six of you are all hanging out, listening to tunes on the boom box. One of the other kids pulls out a bottle of wine from his backpack. Everyone gets excited. They pass out paper cups for everyone and start pouring. It seems like everyone else is into it.

3. This really cute guy, Jason, that you like, finally asks you to a movie. Your parents complain that you are too young for dating but agree to the date if you double with another couple. Jason brings his friend, Peter, you bring your best friend. While walking home from the movie together, Peter pulls a small bottle of peppermint schnapps from his pocket and stops to take a drink. He says it’s not only a good “buzz” but it tastes like peppermint candy. Peter insists that a tiny taste would be no big deal - really more like eating candy. Your new crush, Jason, also has a drink from the bottle then he holds the bottle out to you to take a sip. You don’t want to look like a geek in front of Jason and Peter. If you don’t join them, you’re afraid that Jason will be totally turned off.
TWENTY WAYS TO SAY “NO” TO DRINKING

1. None for me, thanks, you guys go ahead without me.

2. I don’t need to loosen up .....I just got it together.

3. No thanks, beer/wine/schnapps makes me feel sick.

4. Sorry, but my body just can’t handle the stuff. I’d just fall asleep.

5. My liver and I have an understanding: I don’t abuse it, it won’t abuse me.

6. I sing off-key as it is. If I drink, my singing could hurt somebody.

7. If you don’t mind, I don’t really want to.

8. I’m sorry I can’t, I have to face my parents later and they can always tell if I have been drinking.

9. Thanks for the offer, but I’m just not into it.

10. I’d rather hang loose than hangover.

11. Drinking makes me even more stupider.

12. I don’t look good in a lamp shade.

13. Thanks anyway, but I’m really not interested.

14. I want to keep my body clean. I’m in training for the track team.

15. My life is weird enough as it is.

16. I like me just the way I am. It doesn’t bring out my best.

17. If I’m going to blow my diet, I’d rather do it with chocolate.

18. I think, therefore I am not going to drink.

19. Drinking takes away my charm.

20. I’m saving my brain cells for science.
Post-Test

PART ONE
Directions: On a separate sheet of paper, answer the following questions:

1. List five ways that drinking alcohol can cause problems in a person’s life.

2. Describe, in writing, two examples of things a young person could say to refuse the offer to drink alcohol.

3. List seven fun things that are safe and healthy that young people can do instead of drinking or using drugs.

4. List three advantages that teens have who choose not to drink alcohol over those who do.

PART TWO
Directions: Circle “true” if the statement is correct, “false” if it is not.

True False 5. A 12-ounce beer, a four-ounce glass of wine, and a one-ounce shot of whiskey all contain the same amount of alcohol.

True False 6. You’re likely to sleep better if you have a couple of drinks before going to bed.

True False 7. It’s a good sign when people learn to handle alcohol better than they could when they first started to drink.

True False 8. Women react to alcohol differently than men, and generally can expect greater impairment from the same quantity of alcohol.

True False 9. If you are under age, it is legal for you to drink alcohol if your parents are present.

True False 10. Young people can’t become alcoholics because they haven’t been drinking long enough.

True False 11. A person can die from drinking too much alcohol at one sitting.

True False 12. In a bad car accident, the more alcohol you’ve consumed, the less likely you are to be seriously injured.

True False 13. If you had a biological parent who was alcoholic, chances are you won’t become an alcoholic yourself because the gene is likely to skip your generation.

True False 14. There is less alcohol in “lite” beer than in regular beer.