

**ALCOHOL:  
IT'S NOT  
FOR ME**

Teacher's Guide

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# ALCOHOL: IT'S NOT FOR ME

Time: 9 minutes

## PROGRAM OVERVIEW

### Intended Audience and Uses

This video is intended to be used with youngsters, ages 6-8. The program has been designed to be used in the following settings:

- **Classroom**: *Health curriculum* – substance abuse and healthful living units
- **At-Risk Programs**: Counseling and therapy
- **Small Group**: Counseling and therapy
- **Community Outreach**: Counseling
- **Individual**: Counseling and therapy

## Program Synopsis

Bill and Jason go to Bill's house after school. Later, Bill's big brother, Craig, answers the door. Several of his friends walk in with some beer. Three of Craig's friends try to entice Bill and Jason to drink the beer. They say that everybody drinks sooner or later, drinking is fun, and that "...a little booze never hurt anyone." The three also assert that Bill and Jason will be "little baby wimps" if they don't drink. The program then explores whether Craig's friends are correct. Viewers first learn that not all big kids drink. Instead, most teens would rather do well in school and athletics than waste time drinking. Professional athletes know that alcohol contains chemicals that change how a person moves, thinks and sees. When people drink too much alcohol, they can't read well, so can't do well in school. They also can't do well in athletics, because alcohol slows a person's reactions. And it also can change the way the drinker behaves. Some of the chemicals in alcohol are poisonous. If a person drinks too much alcohol at one time, he or she could die. The poisons in alcohol also can seriously damage a person's liver. People can become addicted to alcohol – they drink it even though they may want to stop. Young people may drink because they're afraid that they'll be called a baby if they don't. Others drink because they think alcohol will help them forget their problems. But drinking can make things worse. It's always better to talk to a responsible adult – a parent, counselor, teacher, or member of the clergy – to solve a personal problem. If someone tries to get you to drink, don't be wishy-washy when you refuse. Stand your ground forcefully. If that's difficult (and it can be when big kids try to entice you), then you can just leave, like Bill and Jason.

## STUDENT OBJECTIVES

After viewing this video and participating in the suggested activities, students should be able to do the following:

1. Explain what to do when someone tries to entice you to drink.
2. Tell three ways that alcohol can impair a person's academic and athletic performance.
3. Tell alcohol's effects on the brain and the liver.
4. Explain why alcohol does not solve personal problems.
5. Name four adults who can help solve personal problems.

## SUGGESTED LESSON PLAN

### 1. Introduction

Define alcohol. If you feel it would be helpful to your students, explain the differences between "drinking" (as in drinking alcoholic beverages) and drinking other liquids (such as water). Also explain the important difference between rubbing alcohol and alcohol that is a beverage. Have your students give examples of alcoholic beverages. Then ask if anyone knows an adult who drinks alcohol. Help your students understand the difference between adult drinking and juvenile drinking. You may want to cover the following points: (1) tolerance levels are much lower in children; (2) adults usually have a better understanding of their tolerance levels; (3) while some people are convinced that any alcohol consumption is detrimental, others believe that alcohol, *when taken in*

*moderation*, can be beneficial to *adults*. (Studies suggest that moderate consumption can lessen the incidence of heart attacks, for instance.) You should stress that medical authorities do *not* believe that the reported benefits of alcohol are experienced by children. To help your students better understand the difference between adult and juvenile drinking, point out that it is *against the law* for children to drink alcoholic beverages. Stress that there are many good reasons for making underage drinking illegal – just as there are good reasons for laws that prohibit youngsters from driving automobiles. To do some things (such as driving), a person simply needs to be old enough. Cars aren't made for children to drive; alcohol isn't made for children to drink.

## 2. Previewing Activities

Tell the class that they will now see a video called *Alcohol: It's Not for Me*. Discuss what the title might mean. Tell the class that the program covers many reasons why it's not a good idea for young people to drink alcohol. Write on the chalkboard or overhead projector: **SCHOOL, SPORTS, HEALTH**. Explain to your students that the video shows how alcohol can hurt your performance in school and in sports, and can make you sick. Tell the class that they should remember this information. Then write on the board or overhead: **WHY PEOPLE DRINK, WHAT TO DO WHEN ASKED TO TRY ALCOHOL**. Tell your students that the video also discusses why people drink, and ways to avoid drinking when people ask you to try alcohol. Ask your students to pay close attention to this information, also.

## 3. Post-viewing Activities

Return to the words and statements written on the chalkboard or overhead projector. Discuss the following:

- Why could alcohol hurt your performance in school? (You can't see well, so can't read.)

- Why could alcohol hurt your performance in sports? (It slows down your reactions.)
- How can alcohol ruin a person's health? (It can destroy a person's liver.)
- What are three reasons people drink? (Social pressures, an attempt to escape personal problems, addiction)
- If someone asked you to drink, what would you do and say? (Firmly say no, go somewhere else)

Hand out the four weeksheets that come with the video. Have your class color the pictures and answer the questions. Then, go over their answers.

Have your students practice being firm when saying "no" when someone tries to get them to drink.

## PURPOSES OF HANDOUT MATERIAL

**Why Can't He Study?** -- To review that alcohol affects a person's ability to see and to perform well academically.

**Why Are They Upset?** -- To remind students that alcohol slows reaction time, and will hamper athletic performance. To help youngsters understand that underage drinking is not socially acceptable.

**How Does He Feel?** -- To underscore the concept that alcohol can change an individual's mood.

**Alcohol & The Body** -- To review the effects alcohol may have on the liver and brain.

## ANSWER KEY

**Why Can't He Study?** He's been drinking so can't see well (can't read his assignments).



**Why Are They Upset?** The batter has been drinking, so can't swing fast enough to hit the ball (his reactions have been impeded).

**How Does He Feel?** He's angry. Drinking affects the way people feel. (Alters mood).

**Alcohol & The Body** (1) Liver (2) Brain The liver won't work correctly and the drinker may die if he continues to drink. The brain changes so the drinker thinks the only way to feel good is to keep on drinking.

## TRANSCRIPT OF THE VIDEO

It's Tuesday, the day Bill, in the plaid shirt, always has Jason over after school. Bill and Jason are best friends.

They usually have a snack when they first get there.

Then, they may work on a school project.

They often play computer games, too, and watch a little TV.

Bill's big brother, Craig, is in charge until the boys' mother comes home after work.

CRAIG: Did you bring the beer?

JESUS: Yeah, I got it right here.

CRAIG: All right! Bring it up to my room.

NARRATOR: Craig often has friends over. They usually go to Craig's room and don't pay much attention to Bill and Jason.

That's the way it was for most of this afternoon - until ...

KENNY: Hey, guys! What's up?

BILL: Nothin'.

JESUS: Well, that's no good! Nothin' is for wimps. You guys aren't wimps, are you?

JASON: No, Jesus, we're not wimps.

BILL: Leave us alone, Jesus.

JESUS: Hey, is that any way to speak to a guy who's got a gift for you? Here you go.

BILL: You better get out of here with that, Jesus!

JASON: You're crazy!

KENNY: What's the matter with you guys? Don't you want to be like us big kids?

JESUS: Yeah, you don't want to be little baby wimps, do you?

KENNY: Everybody drinks sooner or later. Might as well do it sooner. It's fun!

JESUS: Just give it a try! A little booze hurt anyone.

NARRATOR: Is it true that a little booze never hurt anyone? Or that if you want to be like the big kids, you'll drink? Or that everybody drinks alcoholic beverages sooner or later?

No, that's not true, at all! Most older kids would much rather do their best in school and in athletics than waste their time

drinking.

And as most professional athletes will tell you, alcohol can keep you from doing your best in athletics, as well as in school, and in anything else you want to do.

That's because alcohol has chemicals in it that change how the brain works -- and the brain controls how you think, how you move, and how you see.

Alcohol makes it difficult for people to see correctly.

If you can't see correctly because you've been drinking, you can't read your assignments, so you won't be a good student.

Alcohol slows down people's reactions, too. In other words, they can't move very fast if they drink too much.

So if you want to be a good athlete, you won't drink.

Drinking won't make you very popular with the fans, either.

And it probably won't make you very popular with your friends.

Not to mention yourself.

Alcohol affects people in other ways. Sometimes it makes them angry, even though, as their friends may well know, there may be nothing about which to be upset.

When you hear the facts about alcohol, it's hard to believe that any sensible kid would want to try it.

But there's more. Alcohol is a poison. That's right, a poison!

It can make a person very sick if she drinks too much. And if someone drinks a lot of it very quickly, all at one time, he could even die!

The poisons in alcohol can seriously damage a person's liver, a very important part of the body. If a person's liver doesn't work correctly, he becomes very, very sick.

And the longer a person drinks, the more damaged his liver may become. He may even die!

Then why would a person keep on drinking? Well, because alcohol is a drug.

But it's not the kind of drug you take when you're sick. Those drugs help you get well.

Alcohol, as you've seen, is a kind of drug that can make you sick.

And it's addictive. That means a person who drinks a lot may find it very hard to stop drinking, even if he wants to.

The alcohol goes to the brain and changes it. As time passes, the brain thinks that the only way the drinker can feel good is to keep on drinking, more and more.

But the more the person drinks, the sicker he becomes.

A person who can't stop drinking is called an "alcoholic." Being an alcoholic can be terrible.

Of course, nobody ever thinks he or she will become an alcoholic. Most people don't even think about it.

They just drink because they're afraid their friends will call

them a baby if they don't. But that doesn't make any sense if you think about it.

Babies can't decide what's best for themselves. They let other people do things for them, and they let other people tell them what to do.

So who are the babies if they let somebody else tell them what to do and it isn't very good for them?

That's right!

Sometimes a person will say that drinking helps them forget their problems.

Well, that may be true. But only for a short time. You see, the longer a person drinks, the more likely he'll have another, even bigger problem -- his drinking.

So now, he'll have a lot more problems.

Discussing what's bothering you with an adult, like a school counselor, a parent or another relative, or a teacher, pastor, priest or rabbi is a much more grownup way to handle a problem.

PASTOR: Why don't you tell me what's on your mind.

NARRATOR: That's because those adults really do want to help you. And many of them have special training to do just that.

Discussing difficult situations with an adult, then, is always better than trying to run away from them with alcohol, which never works.

So what should you do if someone tries to get you to take a

drink? Do you think this would work?

JASON: Not now. Maybe later.

NARRATOR: Probably not. It's best not to be wishy-washy when you refuse because the person who wants you to try won't be discouraged and will probably keep trying.

JESUS: What's the matter? Are you too chicken? C'mon! Now!

BILL: Just get out of here, Jesus! You, too, Kenny! You, too, James!

NARRATOR: That's better! Be firm!

But with big kids, sometimes it's hard to be firm.

If that's the case, you can just leave.

BILL: C'mon. Let's go over to your house.

JASON: Okay.

NARRATOR: For kids, staying away from alcohol is a smart thing to do.

And now you know why. Alcohol affects your brain so that you can't see well.

It affects your body, too, so you can't move very well.

Alcohol affects how you feel about yourself and how you act.

It can make you very sick and is terrible for different parts

of your body, such as your liver.

And while some people may say it will help you feel better, after awhile, you'll find that it can make you feel much, much worse.

The best way to feel better about your problems is to talk to an adult -- a counselor teacher at your school, a parent or other relative, or your pastor, priest or rabbi.

Staying away from alcohol, then, is a very good idea. That's what Bill and Jason think.

**BILL:** Alcohol?

**JASON:** Not for me!

### **Web Resources**

#### **Prevention Yellow Pages**

A worldwide directory of programs, research, references and resources dedicated to the prevention of youth problems and the promotion of nurturing children

**<http://www.tyc.state.tx.us/prevention/40001ref.html>**

#### **National Families in Action**

Drug information for parents and young people

**<http://www.emory.edu/NFIA/>**

#### **American Council for Drug Education**

**<http://www.acde.org/>**

#### **Partnership For A Drug-Free America**

A compilation of information about drugs

**<http://www.drugfreeamerica.org/>**

Name \_\_\_\_\_

## WHY CAN'T HE STUDY?

Directions: Color the picture. Then, in the space below, tell why this person can't study well.

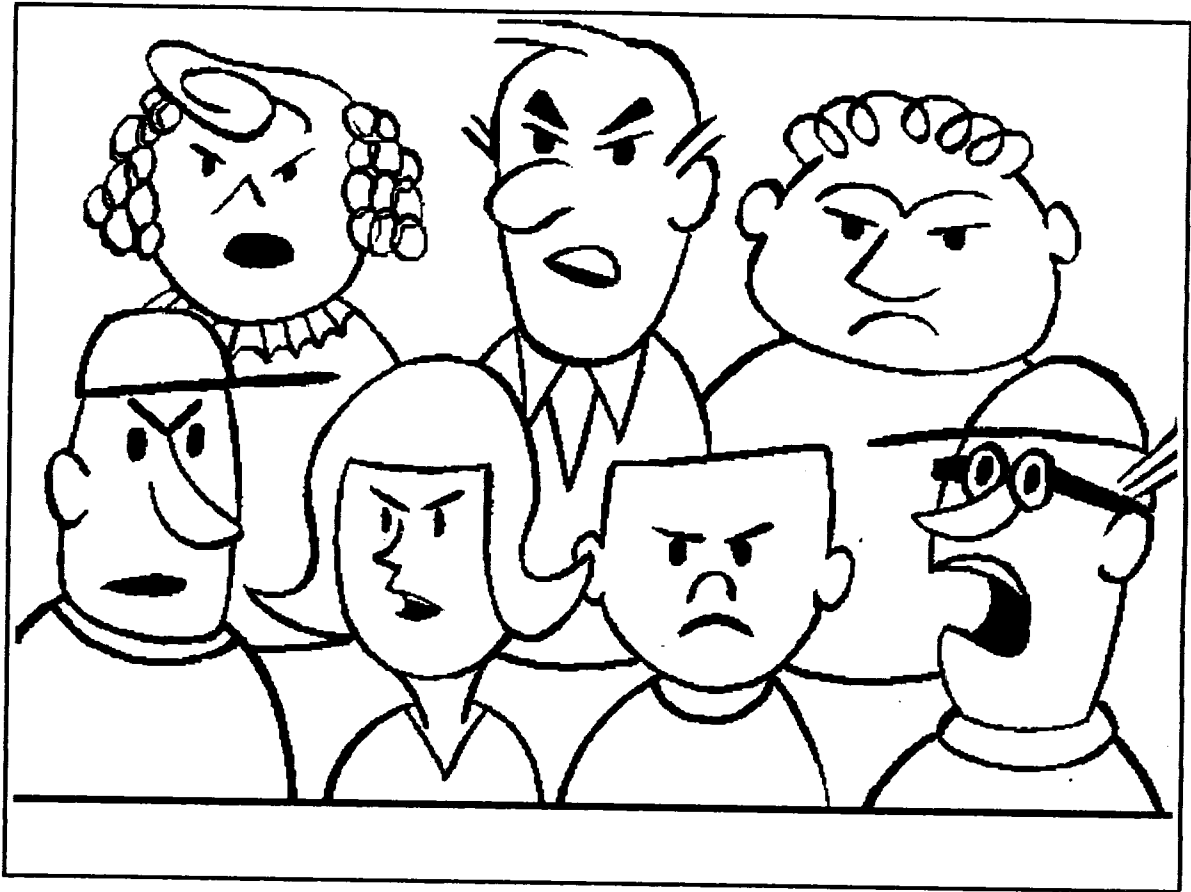




Name \_\_\_\_\_

## WHY ARE THEY UPSET?

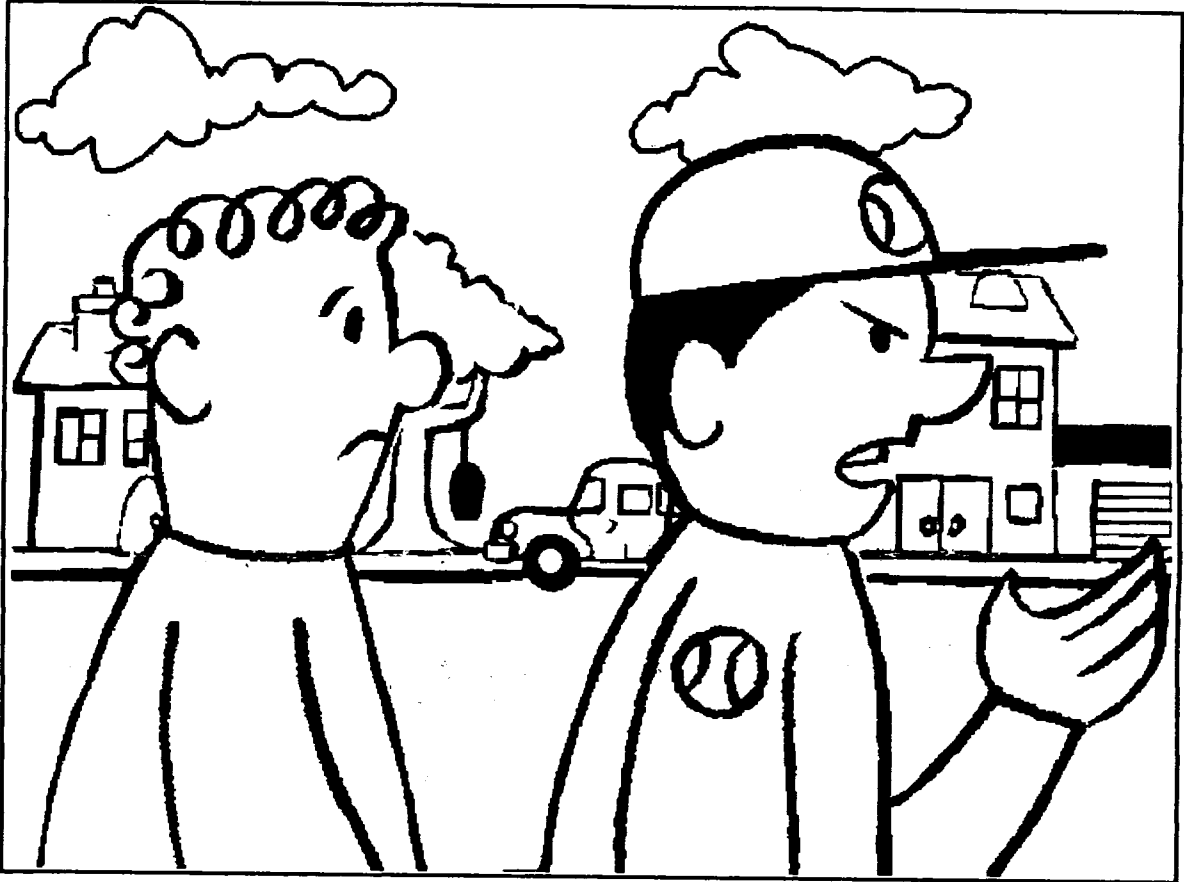
Directions: Color the picture. Then, in the space below, tell why the people are upset.



Name \_\_\_\_\_

## HOW DOES HE FEEL?

Directions: Color the picture. Then, in the space below, tell how the baseball player feels. Tell why.



Name \_\_\_\_\_

## ALCOHOL & THE BODY

Directions: Color the body parts. Tell their names on the lines. In the space below, tell what can happen when alcohol is found in each one.

