



Lesson Five: Underage Drinking

Background

This lesson will focus on the need for teens to closely examine the “trap” of thinking that using alcohol is only about having a good time without any serious consequences.

Discussion Questions

1. The video states the viewpoint that when it comes to underage drinking, everyone is not doing it. Would you agree with this?
2. Why do experts say that alcohol is the worst drug of all?
3. Is it all that risky if you just drink once in a while?
4. Why do some adults collect the keys and allow underage drinking in their homes? Why is this just as dangerous?
5. According to the documentary, what does genetics have to do with drinking alcohol?
6. Why do you think so many teens choose to drink alcohol when they know it is illegal?
7. How do you deal with the stresses of the teen years?
8. According to the video, what are they two lies that people believe about drugs and alcohol? Explain.
9. What are negative health effects of drinking alcohol? Do any positive effects exist? Explain.



Vocabulary Builders

Term	Definition
Alcoholism	a disease in which a person is physically or psychologically dependent on alcohol
Blood Alcohol Concentration (BAC)	the amount of alcohol in the bloodstream
Binge Drinking	the heavy consumption of alcohol over a short period of time, generally the consumption of five or more drinks in a row by men — or four or more drinks in a row by women
Hangover	the uncomfortable physical effects caused by alcohol use, including headache, dizziness, stomach upset, nausea, and vomiting
Inhibition	a mental or psychological process that restrains your actions, emotions, and thoughts



Activity

Messages Everywhere

1. Begin the lesson by saying, in the video, we hear how a lot of kids feel about cigarettes and alcohol and how they deal with pressure from their friends. However, the messages teens get from the media, from their family, as well as the messages we give ourselves influence our decisions to smoke or drink. First we are going to analyze the messages directed at you every day on billboards, in newspapers and magazines, on television, in movies, on the Internet: anywhere there is media, you receive messages about drinking and smoking.

2. Give each student the Messages Everywhere worksheet. Explain that we are first going to focus on the media message. Ask them to write down messages they see or get from the media. *(NOTE: If possible, show the class an example of how one of the Internet sites presents teens involved in binge drinking. If this is not available, ask students how they have seen teen drinking presented on Internet sites such as YouTube or on television or in the movies.)*

3. Break students up in to five or six small groups have them select a recorder and a reporter, answering the following questions:

- What seems to be the message the media portrays about alcohol use?
- What is the media trying to say with their message?
- How is it trying to influence you?

4. Come back together as group. Ask the group reporter to reveal its key findings about the alcohol-related messages conveyed by the media, by family members and by friends. Ask each student to write a response to this question: My personal message about underage drinking is:



Messages Everywhere Worksheet

The Media	The Messages
Example: Beer Commercial on TV	Example: College students have to drink beer to have fun. Men who drink are more likely to attract positive attention from attractive women.
Family	The Messages
Friends	The Messages



Vocabulary

Term	Definition
Alcoholism	a disease in which a person is physically or psychologically dependent on alcohol
Blood Alcohol Concentration (BAC)	the amount of alcohol in the bloodstream
Binge Drinking	the heavy consumption of alcohol over a short period of time, generally the consumption of five or more drinks in a row by men — or four or more drinks in a row by women
Hangover	the uncomfortable physical effects caused by alcohol use, including headache, dizziness, stomach upset, nausea, and vomiting
Inhibition	a mental or psychological process that restrains your actions, emotions, and thoughts