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HSC 430 Sec 04
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Lesson Plan Design

Understanding Alcohol

- Grade Level: 9-12th grade (High School)
- Content Area: Drinking and Driving
- Topic: Drunk Driving

State Standards:

- Standard 1: Essential Concept
-1.9A Explain the impact of alcohol and other drug use on vehicle crashes, injuries, violence, and risky behavior sexual behavior
- Standard 4: Interpersonal Communication
-4.1A Demonstrate assertive communication
n skills to resist pressure to use alcohol, tobacco, and other drugs
-4.2A Use effective refusal and negotiation skills to avoid riding in car or engaging in other risky behaviors with someone who has been using alcohol or other drugs

Objectives: (1 minute): [Slide 3]

1. Students will be able to identify four ways of how drinking alcohol affects individuals physically.
2. By the end of class, students will be able to determine four different ways to say no to peer-pressure in drink alcohol.
3. Students need to explain three ways of how to reach for a safe-ride home.

Anticipatory Set:

- Will begin the lesson with a YouTube video (1:52 minutes):
- Name: "Alcohol effects on brain and body"
- Background of the video:
 - The purpose of this video is to have a better understanding of what excess drinking does to your body and brain. The video begins by showing illustrations and stating important facts of alcohol such as alcohol has been ranked as one of the five most addictive substances. The video shows that alcohol use can cause the brain's neurotransmitters to process information slower and boost the production of dopamine which tricks the brain into actually feeling great. The video shows illustrations on how alcohol shrinks the brain tissue making the consumer feel drowsy and suffer from memory loss and lack motor coordination and balance. Important facts shared on this video are some long-term effects on how alcohol affects the heart causing a stroke or high blood pressure. In addition, it explains how the liver, and pancreas are also affected. The video also

demonstrates multiple types of cancers that can occur due to excessive alcohol use such as mouth, throat, esophagus, breast, and liver.

- Link: <https://www.youtube.com/watch?v=V2Aj-iJ6p38>

Brief Understanding of Alcohol- YouTube Video- 1:52 minutes [Slide 2]:

- After the class watches the video, the instructor will ask the following question for participation (2-3mins).

1. What does alcohol do to the brain? Alcohol increases the production of?

Possible answers:

- The use of alcohol causes the brain's delicate neurotransmitters and to slow the process of information
- Alcohol increases the production of Dopamine

2. How does alcohol make the drinker feel? What are mental health issues they may suffer from, and will lack?

Possible answers:

- Alcohol can make drinkers feel drowsy
- Drinkers may suffer from memory loss and may lack motor coordination

3. The pancreas can suffer from inflammation of the blood vessels called ____?

Possible answers:

- Pancreatitis

4. What are five parts of the body that could cause cancer due to heavy drinking?

Possible answers:

- Mouth, Throat, Esophagus, Breast, and Liver

Input and Modeling

Input:

- After watching the short video, a powerpoint presentation will be use to lecture the class
 - ❑ In the powerpoint, the following will be discussed,
 - What is alcohol?
 - Alcohol (ethanol or ethyl alcohol) is the ingredient found in beer, wine and spirits that causes drunkenness.
 - Alcohol is formed when yeast ferments (breaks down without oxygen) the sugars in different foods.
 - Source of dehydration
 - Statistics in Adolescent drinking
 - Graph is shown
 - Alcohol drinking is the most commonly used “drug” in adolescents compared to tobacco and marijauana.
 - 19% of young people from age 12-20 drink alcohol
 - 11% binge drink
 - 5% drove after drinking
 - 17% have been in a car with a driver who has been drinking

- Types of Alcohol
 - Picture will be shown
 - Beer
 - Vodka
 - Wine
 - Liquor
 - Whisky
 - Rum
 - Tequila
 - Moderate Drinking
 - What is moderate drinking?
 - Men: 2 drinks or less in a day
 - Women: 1 drink or less in a day
- Recommendations by Dietary Guidelines for Americans
 - “The *Guidelines* also do not recommend that individuals who do not drink alcohol start drinking for any reason and that if adults of legal drinking age choose to drink alcoholic beverages, drinking less is better for health than drinking more” (CDC, 2021).
- Who should not drink?
 - Younger than age 21
 - Pregnant/ Breastfeeding an infant
 - Planning to drive or participate in activities that requires alertness or coordination
 - Over-the counter medications/medication prescription
 - Suffer a medical condition
 - Recovering from alcohol use disorder
- Excessive drinking
 - Excessive drinking is a combination of both binge drinking and heavy drinking
 - By a person younger than the age of 21, and a pregnant women
 - Binge drinking:
 - Most common form of excessive drinking
 - Men: 5 or more drinkings during a single occasion
 - Women: 4 or more drinks during a single occasion
 - Heavy drinking:
 - Men: 15 or more drinks per week
 - Women: 8 or more drinks per week
- Possible Risks-How does it affect your body and health?
 - The consumption of alcohol has both short and long term effects on a person's body and health.
- Short Term Risks:
- Vehicle or motor accidents, falls, or crashes

- Medical emergency that results from high blood alcohol levels or alcohol poisoning
- Aggressive behaviors leading to violence: homicide, sexual assault, and suicide
- Pregnant women: Miscarriage and stillbirth or fetal alcohol spectrum disorders (FASDS)
- Risky sexual behaviors: unprotected sex that can result in unintended pregnancy or sexually transmitted diseases

➤ Long Term Risks:

- Heart Damage, Irregular heartbeat,
- High blood pressure, Stroke
- Liver Damage
- Lung Infections
- Pancreatitis
- Infertility
- Sexual Dysfunction
- Diabetes Complications
- Stomach Distress
- Cancer: breast, mouth, throat, esophagus, liver, and colon
- Muscle Cramps
- Weaken the immune system
- Changes in coordination affecting your ability to balance or walk, and communicate
- Damage brain tissue

❑ Effects of Alcohol

- Poor school performance
- Learning and memory problems and/or loss
- Risky behaviors
- Change in their mood
- Mental health problems
 - Depression
 - Anxiety
 - Suicide
- Social problems
 - Lost productivity
 - Family problems
 - Unemployment

❑ 90% of teens experience peer pressure

❑ Different Types of Peer Pressure

- Refilling cup without asking
- Offering drink or encouraging someone to drink
- “Everyone is doing it”
- Social media (seeing their peers partying)
- Giving a person a hard time

❑ How to say “No” to Peer Pressure

- Say “No thank you”

- Change topic
 - Recommend another activity
 - Leave situation
 - Make-up situations
 - “I have a test tomorrow”
 - “I am the designated driver”
 - “I have to drive home”
- ❑ Drunk Driving
- #1 killer in teens
 - 4 more times to die of injury than adults
 - Males are 2x more likely to die or get injured in a car accident
 - 18 teens die of DUI crashes everyday
- ❑ Options for a Safe Ride Home
- Have designated driver
 - Public Transportation
 - Rideshare or taxi driver
 - Call a friend
 - Stay at a friend’s house
- ❑ Treatment and Prevention
- School-based Intervention
 - Provide students with information on the risk that associate with alcohol use
 - Family-based Intervention
 - Enforcing clear rules on alcohol use
 - Older family members being an example as well to the teens
- ❑ HELP- Alcohol Rehab Center
- Newport Academy (714) 790-1781
 - Teen Challenge (714) 835-8822
 - The Center for Adolescent Addiction Recovery (The CAAR) (714) 398-8491
 - Broadway Treatment Center (714) 443-8218

Guided Practice/Activity

Activity: Kahoot (Total time: ~5 minutes)

10 questions

1. Where is alcohol found in?

- a. Beer
- b. Spirit
- c. Wine
- d. *All of the above*

2. Consumption of alcohol is more common than smoking in adolescents (T/F)

- a. *True*
 - b. *False*
- 3. If you drink how do you get home safe? (multiple answer)**
- a. *Drive yourself home*
 - b. *Call a lyft*
 - c. *Ask for a ride*
 - d. *Stay at a friends house*
- 4. Anyone under the age of 21 it's considered excessive drinking (T/R)**
- a. *True*
 - b. *False*
- 5. Which drink has the highest amount of alcohol?**
- a. *12 oz beer*
 - b. *8 oz malt*
 - c. *5 oz wine*
 - d. *1.5 oz shot*
- 6. Alcohol is considered one of the top five most addictive substances (T/F)**
- a. *True*
 - b. *False*
- 7. What are the long term side effects of drinking?**
- a. *Asthma*
 - b. *Diabetes*
 - c. *Irregular heartbeat*
 - d. *Liver disease*
- 8. Does drinking cause mood swings" (T/F)**
- a. *True*
 - b. *False*
- 9. If someone is being peer pressured to drink, what do you do?**
- a. *Say "no thank you"*
 - b. *Fall into peer pressure*
- 10. 99% of teens have felt peer pressure to drink (T/F)**
- a. *True*
 - b. *False*

References

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