

# ALCOHOL: SMALL GROUP DISCUSSION QUESTIONS

## Large Group Activity (5 Minutes)

Ask the class to name brands of beer and the slogans that go with them. Write the brands with the slogans next to them on the board. Ask them to also name as many types of alcoholic drinks as they can and write them down. Finally, ask the following question, and post the results on the board:

How many of your peers drink?

a.) 1/2 b.) 2/3 c.) 3/4 d.) 9 out of 10.

## SHOW THE VIDEO (16 Minutes)

### Small Group Questions (10 Minutes - 5 per group, assign 3 or 4 questions)

1. What do you think about what Nikki said about relapsing and being an alcoholic—are you surprised she's an alcoholic? Could this happen to you?
2. Why do people you know drink?
3. What are the pros and cons of drinking?
4. Can you go to a party and not drink and be accepted?
5. Do you know any families where alcohol has screwed up the marriage? Where do you think it all started?
6. What are things that people have done while they are drunk that they've regretted?
7. Is it cool to refuse a beer or alcohol at a party?
8. Why should teenagers drink? Why should they not drink?
9. What is the purpose of alcohol?
10. How can you stay away from the temptation of drinking? Devise a strategy.

## Group Activity (5 Minutes)

1. Ask why students drink. If taste is the reason, ask how many drink non-alcoholic wine or beer.
2. Compare small group strategies for avoiding drinking. Come up with solutions and a game plan!

## FAST FACTS

- One of every three teenagers drinks alcohol weekly.
- Half a million teenagers consume an average of 15 drinks per week.
- 31% of students sometimes drink alone.
- Alcohol is a factor in 30% of suicides, 55% of all auto deaths, 60% of child abuse cases, and 85% of all home violence.

# ALCOHOL: WRAP-UP

## **THERE ARE SERIOUS CONSEQUENCES TO ALCOHOL ABUSE!**

- This includes broken families, divorce, child abuse, and violence.
- Wrong decisions made under the influence of alcohol might include having sex, saying things you didn't mean, acting like a fool at parties, driving drunk and killing somebody, being violent, etc.
- You could become an alcoholic or encourage someone else to drink by your example. They may have the potential to become an alcoholic.
- You can destroy your body and die young from liver disease, heart disease, brain damage and/or a dozen other alcohol-caused diseases.

## **DRINKING IS ILLEGAL FOR TEENAGERS.**

- Even though you may disagree with the law, it is illegal for teens to drink.
- You could end up in jail as a result of drinking or any foolish action you might do while you are drunk. A criminal record can disqualify you from life opportunities.

## **YOU DON'T HAVE TO FOLLOW—YOU CAN LEAD!**

- Decide to drink something other than alcohol or not to go to those parties.
- Hang out with friends who don't want to drink; then it will be easier to avoid alcohol.

## **MAKE A PLAN TO AVOID DRINKING!**

- If you have a serious drinking problem, get help! Talk to a teacher, counselor, youth leader or call a hotline number. (Give out local help numbers at the end.)
- Don't put yourself in situations that you know will be focused on drinking. Don't go to parties if all your drinking buddies will be there.
- Buy non-alcoholic drinks for parties so you will have something else to drink.
- Make your anti-drinking feelings known and ask your friends to hold you to it!
- If necessary, get a new set of friends that feel same as you about drinking.

# HOMEWORK: ALCOHOL

## **HOMEWORK Project: Alcohol, Ads, and Lifestyle**

**With a partner, go around town and take notes of the various billboards that advertise alcohol, or tape the TV beer commercials during a sports show. Keep the following questions in mind when you are studying the ads:**

1. Are the women young, pretty, thin, glamorous? Describe the men, too.
2. What activities are taking place in the ads?
3. Is the alcohol shown somewhere in the ad or is just the name shown?
4. Describe the people in the ads and what their lives are probably like.

**When you've finished your investigation, use the notes you've made and answer the next questions:**

1. What messages are the advertisers trying to tell you?
2. What is your life going to be like, according to the ads, if you drink?
3. What reaction did you have to the ads?

**Next, travel to a part of your city where homeless people live and study those that are drinking alcohol. Call a homeless shelter, mission, or soup kitchen to arrange a visitation or a volunteer opportunity. See if you can find one or two who will talk with you. In your note pad, answer these questions:**

1. Are they beautiful, successful, and happy like the people in the ads?
2. How do you feel alcohol has affected their lives?
3. How does their appearance and their life make you feel?
4. How does this reality differ from the ads you studied?

**Complete either of the following:**

1. With your partner, prepare a mime, skit, rap, drama, or collage that portrays the differences between the advertisements for alcohol and "skid row."
2. Write a letter to a company that produces alcohol. Tell them about your experiences and how you feel about the images their ads portray. Be specific and make sure you include your return address. They might write back to you!

## **HOMEWORK PROJECT: Alcohol and Your Future**

**Call your local chapter of Alcoholics Anonymous (their number is in the phone book). Ask them if someone could set up a phone interview for you with a young alcoholic. This may take several days of advance notice. During the interview, ask the following questions and compile the answers in a three-page paper:**

1. How old are you and how long have you been addicted to drinking?
2. How did you become addicted and why couldn't you just stop?
3. What negative impact has drinking had on your life?
4. What advice can you give to teenagers who think drinking is no big deal?