

Weller Health Education Center

Myth-Busting
Addiction Prevention
Grades 6-8

Table of Contents

Program Objectives.....	2
English Activity.....	3
Math Activity.....	4
Large Group Activity.....	5
Answer Keys.....	6-8
Note to Teacher.....	9
Connection with Home: Letter to Guardians.....	10



Program Objectives

Program Description:

Dispel common misconceptions about drugs and explore the media's portrayal of drug use. Program offers an in-depth look at alcohol and marijuana.

Standards:

PA Standards 10.1.9ade, 10.1.12bd, 10.2.9bce, 10.2.12c, 10.3.13d

NJ Standards 2.3.8bc

Objectives:

Upon completion of the program, students will:

1. Define the term drug.
2. Compare alcohol concentration in standard alcoholic beverages.
3. List 2 harmful effects marijuana has on the body.
4. Describe how alcohol affects the nervous system.

Terms:

Alcohol Concentration – the amount of alcohol that is contained in a beverage

Brain Stem-the portion of your brain that controls your vital systems (heart, lungs)

Cerebellum- the portion of the brain that controls balance and coordination

Cerebrum- the portion of the brain that controls the senses and judgment

Depressant-a drug that slows down the body's systems

Drugs-chemicals that cause changes in the body's systems

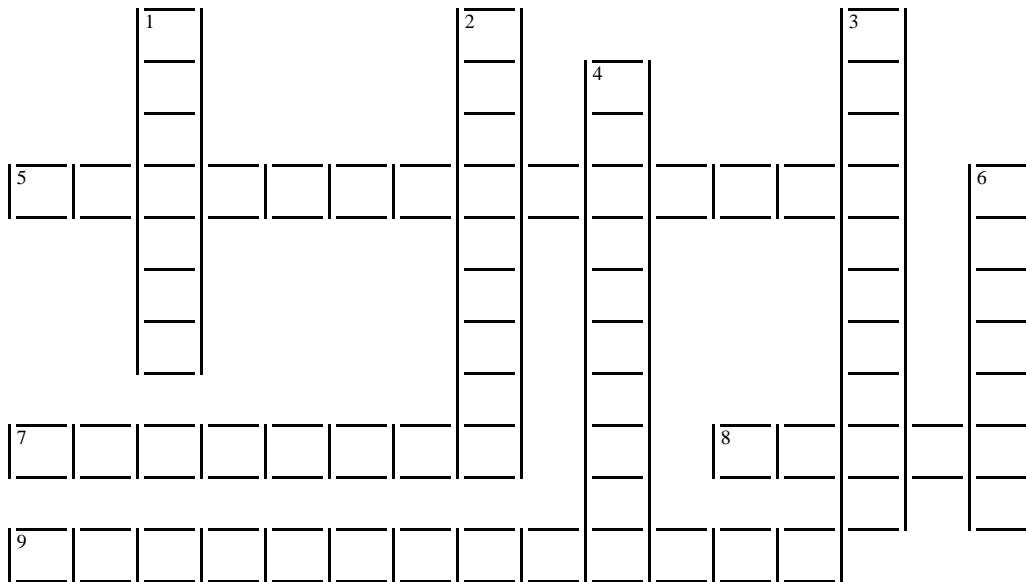
Nerve Impulse-a message that is passed from neuron to neuron

Neurons- Nerve Cells

Synapse- the space between nerve cells



Crossword Puzzle



ACROSS

- 5** A message that is passed from neuron to neuron
- 7** The portion of the brain that controls the senses and judgment
- 8** Chemicals that cause changes in the body's systems
- 9** The amount of alcohol that is contained in a beverage

DOWN

- 1** Nerve Cells
- 2** The portion of your brain that controls your vital systems
- 3** The portion the brain that controls balance and coordination
- 4** A drug that slows down the body's systems
- 6** The space between nerve cells

Directions: Complete the crossword puzzle above with the answers to the corresponding clues.

Name: _____ Date: _____



Math Activity

Objective: To utilize math skills to visualize the concept of alcohol concentration in typical alcoholic beverages.

Standard Drinks

	Serving Size	Alcohol Concentration
Beer/Wine Cooler	12oz.	5%
Malt Liquor	8.5oz	7%
Table Wine	5oz.	12%
Fortified Wine	3.5oz.	17%
Liqueur, Cordial	2.5oz.	24%
Brandy	1.5oz	40%
Hard Liquor	1.5oz.	40%

Directions:

1. Use the information in the table above to create a Bar Graph that reflects the relative alcohol concentration of each of the drinks listed above.

2. Use the information provided in the table above to determine how many ounces of each drink is alcohol. How do these numbers compare? How does this information help you understand the effects of alcoholic beverages on the body?



Brain Activity

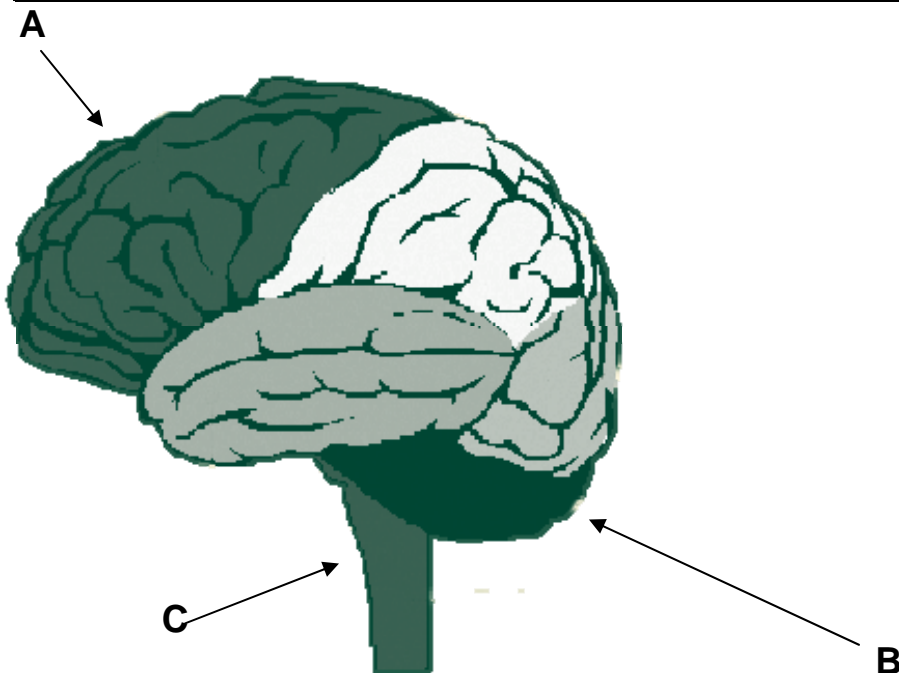
Objective: To determine how drugs and alcohol can affect the brain and brain function.

Directions:

1. Label the parts of the brain below using the word bank

Word Bank

Cerebrum
Brain Stem
Cerebellum



3. Define the function of each section of the brain
 - a. Cerebrum
 - b. Cerebellum
 - c. Brain Stem
4. Imagine a friend of yours was drinking at a party and needed to get home that evening before their curfew. Knowing what you know about the brain, explain how alcohol would be dangerous in this situation if these functions are inhibited.



Crossword Puzzle Answer Sheet

ACROSS

- 5 A message that is passed from neuron to neuron **Impulse**
- 7 The portion of the brain that controls the senses and judgement **Cerebrum**
- 8 Chemicals that cause changes in the body's systems **Drugs**
- 9 The amount of alcohol that is contained in a beverage **Concentration**

DOWN

- 1 Nerve Cells **Neurons**
- 2 The portion of your brain that controls your vital systems **Brain Stem**
- 3 The portion the brain that controls balance and coordination **Cerebellum**
- 4 A drug that slows down the body's systems
- 6 The space between nerve cells **Synapse**

Math Activity

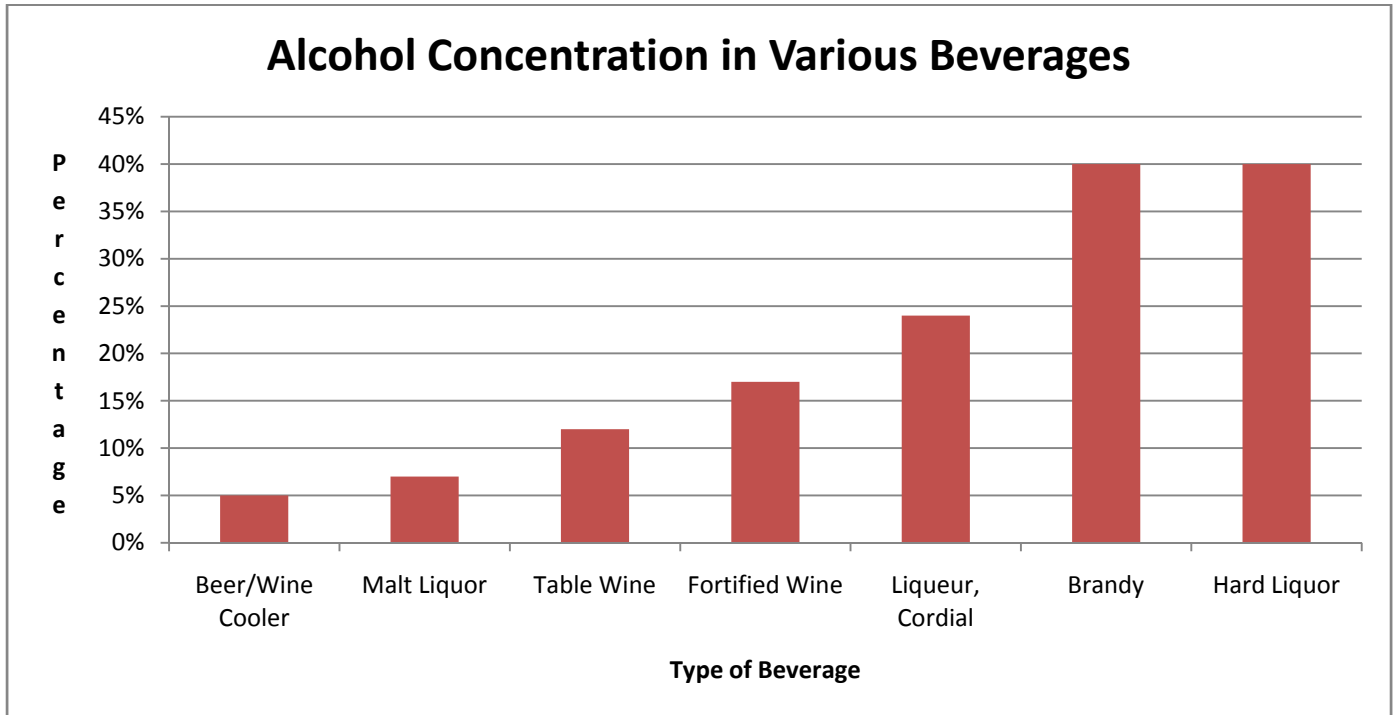
Objective: To utilize math skills to visualize the concept of alcohol concentration in typical alcoholic beverages.

Standard Drinks

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Liqueur, Cordial	2.5oz.	24%
Brandy	1.5oz	40%
Hard Liquor	1.5oz.	40%

Directions:

- 5. Use the information in the table above to create Bar Graph that reflects the relative alcohol concentration of each of the drinks listed above.



6. Use the information provided in the table above to determine how many ounces of each drink is alcohol. What does this information mean to you?

Beer/Wine Cooler	12 oz.	5%= 0.6 oz
Malt Liquor	8.5 oz	7%=0.6 oz
Table Wine	5 oz.	12%=0.6 oz
Fortified Wine	3.5 oz.	17%=0.6 oz
Liqueur, Cordial	2.5 oz.	24%=0.6 oz
Brandy	1.5 oz	40%=0.6 oz
Hard Liquor	1.5 oz.	40%=0.6 oz

All drinks have the same amount of alcohol in them! So, whether you drink 3 beers or take 3 shots, you are consuming the same amount of alcohol.



Brain Activity

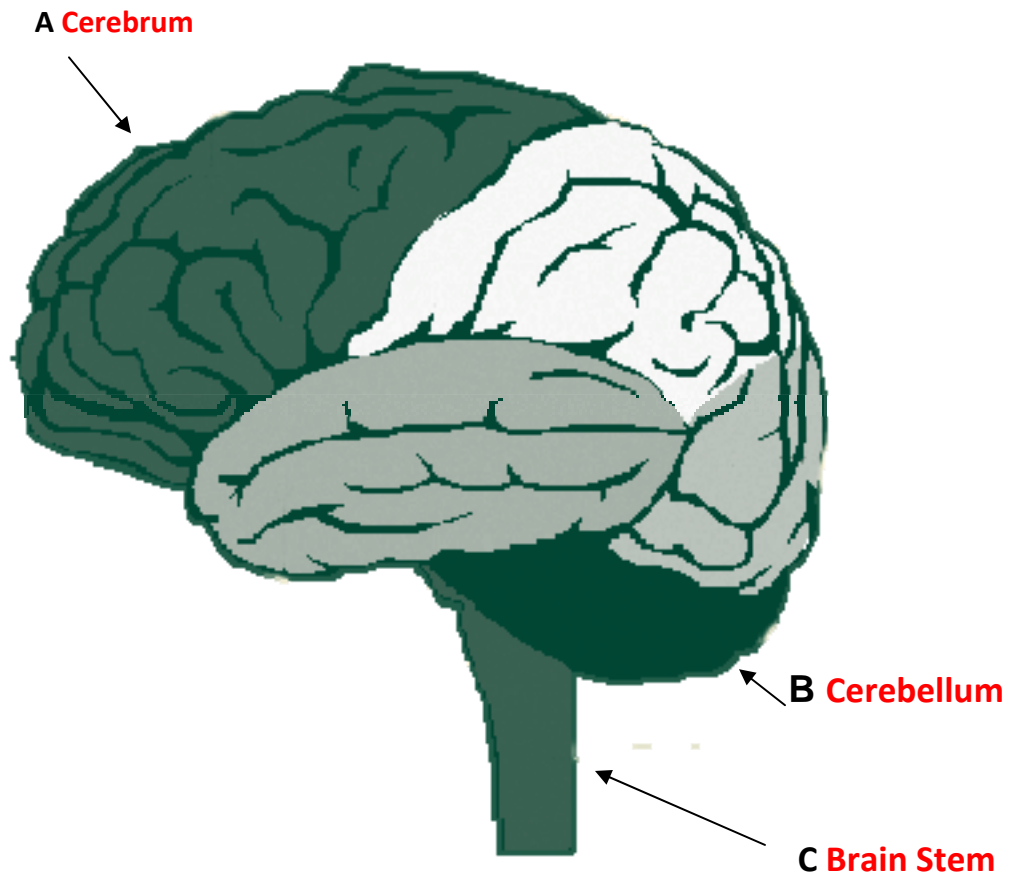
Objective: To determine how drugs and alcohol can affect the brain and brain function.

Directions:

1. Label the parts of the brain below using the word bank

Word Bank

Cerebrum
Brain Stem
Cerebellum



2. Define the function of each section of the brain
 - a. Cerebrum- the portion of the brain that controls the senses and judgment
 - b. Cerebellum-the portion the brain that controls balance and coordination
 - c. Brain Stem -the portion of your brain that controls your vital systems (heart, lungs)
3. Explain how alcohol would be dangerous if these functions are inhibited.
 - a. Slows down, inhibits judgment and ability to sense danger (They may choose to drive)
 - b. Inhibits balance and coordination (Car Accident, trip and fall)
 - c. Inhibits vital systems (slows down heart and breathing), could be life threatening



Note to teacher- the following letter is intended for your students to take home as a follow-up for the days program. Please copy and distribute as you see fit in order to enable caregivers of students to reinforce the lesson of this program effectively.



Weller Health Education Center

Dear Caregiver,

Your child has participated in a program called “Myth Busting” presented by the Weller Health Education Center. This program dispelled some of the most common myths about drugs focusing on alcohol and marijuana. The Weller Health Education Center realizes that students’ sources of information are not always reliable, so we work to educate the students with the most up-to-date research and information.

As students age, the chance that they will use alcohol increases. According to a report by the Surgeon General, approximately 10 percent of 12-year-olds say they have used alcohol at least once. By age 13 that number doubles. And by age 15, approximately 50 percent have had at least one drink. Alcohol use by children and adolescents is frequently made possible by adults, as minors cannot legally obtain alcohol. Many students begin considering their personal attitude toward drinking between nine and thirteen. Thus, it is never too early to start talking to students about the consequences of underage drinking. Studies have shown that students do not drink habitually; but when teens do drink, they drink more than adults. On average, youth drink about 5 drinks on a single occasion - the definition of binge-drinking. Increasing in occurrence include situations where parents supply alcohol and allow their children to drink in the controlled environment of a home. The Substance Abuse and Mental Health Services Administration states that any adult who serves or supplies alcohol to persons under the age of 21 can be held liable if any of those underage persons are killed or injured. Adults also can be held responsible if teens that drink at their homes kill or injure another person. Marijuana is the most widely used illicit drug among America’s youth. Use of marijuana in some schools is even surpassing the use of tobacco products. At the Weller Health Education Center, we focus our programming on kids choices. As parents, our choices can have critical impacts on our kids as well.

Below you will find some sample tips to guide you in taking steps to improve your family’s safety and health. These activities can help to continue the message started today in our program. For additional resources you are welcome to utilize the parent, teacher and student resource links found on our website at www.wellercenter.org.

Sample Tips

- 1) Teach your children that they can come to talk to you about anything and that you will not judge them or be mad - and stick to the deal. Let them know that they can address the concerns they may have with you.
- 2) As your children age, they get to make some decisions by themselves. Teach them the tools to make the healthy choice without you making it for them.
- 3) Encourage involvement in anti-drug and alcohol programs in school and involvement in sports or clubs. School teams often promote anti-drug and drinking use campaigns.
- 4) Work to clarify myths you may believe and educate yourself about the latest risks related to alcohol and marijuana. Check out our site at www.wellercenter.org.

Yours in good health,
Weller Health Education Center