

Alcohol & The Brain

Activity Guide Grade 3-5



Know Your Neuro

Video Quiz

1) The younger a person is when they use alcohol, the greater their risk of growing up and struggling with an alcohol use problem?

Answer: True. The opposite is true too! The longer a young person delays, the less risk.

2) Why does waiting to use alcohol protect young people?

Answer: Brain development is protected from alcohol shutting off the frontal lobe.

3) What is it called when the frontal lobe is off and does not get to grow due to alcohol use?

Answer: Arrested development or hypofrontality.

4) Why is it so important to keep the frontal lobe on while it is growing and developing?

Answer: The frontal lobe is the part of the brain in charge of executive functioning. These are the skills we need to function and think, especially when we get older.

5) Besides arresting frontal lobe development, what are other effects of underage drinking?

Answer: Slower thinking speed, verbal and spatial memory problems, reduced attention and impulse control, and reduced information processing.

6) What percentage of the global population uses alcohol? In the U.S.?

Answer: 30%, 50%

7) Doesn't everyone drink when they are young?

Answer: No. Many young people get curious but, the majority do not drink alcohol.

8) What is the name given to the majority of youth who do not drink alcohol?

Answer: The silent majority.

9) Why is the majority of young people who do not drink called the silent majority?

Answer: They do not talk about not drinking while many of the young people who choose to drink underage talk or brag about it. This contributes to why many people think that everyone does it when they are young.

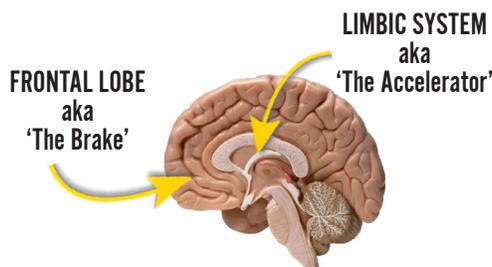
Critical Thinking Section

Discussion Questions

- What are your beliefs about underage drinking?
- Do you know someone who abuses alcohol? How do they act? How does it affect you?
- Does your family have a rule about underage drinking?
- Why do you think more and more young people are deciding not to drink alcohol until they are older?
- Why do you think the majority of young people who do not drink alcohol stay silent about their choice not to drink?

Group Brainstorm: Divide students into groups of 3-5. Ask students to brainstorm as many answers to the following questions and discuss:

- a) Why do some young people try or use alcohol?
- b) Does peer influence play a role in underage alcohol use? How?
- c) How does brain development influence a young person's decision to drink or not?



Skills Challenge

Scenario #1: If an older person offers to get you alcohol, what would you tell them?

Scenario #2: If you were at a sleepover and your friend's older teenage brother or sister were drinking alcohol and pressured you to drink, what would you do?

Scenario #3: If you knew that a parent or loved one had a problem with alcohol, who would you go to for help?

Scenario #4: How will you tell friends that you do not drink when asked?