

Alcohol & The Brain

Activity Guide Grade 6-12



Know Your Neuro

Video Quiz

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

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

2) 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.

3) 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.

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

Answer: 30%, 50%

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

Answer: The silent majority.

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

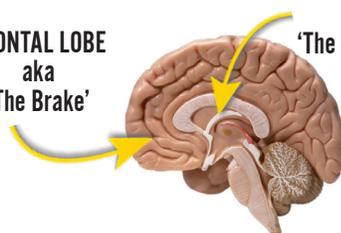
Answer: They do not talk about not drinking while many of the young people who drink underage talk or brag about it.

Critical Thinking Section

Discussion Questions

- What are your beliefs about underage drinking? Is it a right of passage in this country? Why or why not?
- 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? Do you agree with it? Why?
- 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?
- What are your consequences at home and school if you use alcohol at home or on campus?

FRONTAL LOBE
aka
'The Brake'



LIMBIC SYSTEM
aka
'The Accelerator'

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?
- d) Why do young people who drink tend to binge drink?
- e) What would you do if you saw someone who had alcohol poisoning?

Skills Challenge

Scenario #1: If an older person from high school or college offers to get you alcohol, what would you tell them?

Scenario #2: If a friend told you they snuck alcohol into the school and wanted you to go to the bathroom and drink with them, what would you say? Would you tell an adult? Why?

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?

Scenario #4: What would you do if a close friend started to drink alcohol on regular basis?

