

Healthy Relationships Activity Guide Grade 6-12



Know Your Neuro

Brain Quiz!

- 1) Alcohol related car crashes are the _____ leading cause of death in teens. A. 4th B. 3rd C. 2nd D. 1st
- 2) 1 out of every _____ intoxicated driver crashes involve a teen driver. A. 20 B. 10 C. 4 D. 2
- 3) Someone dies in a drunk driving car crash every 50 minutes. (True or False)

- 4) When a teen uses marijuana, the teen is _____ times (more/less) likely to get into a car accident.
A. 2-3, more B. 100, more C. 2-3, less D. 100, less
- 5) The _____ a teen is when they start to use any substance, the _____ the risk of addiction.
A. Older, greater
B. Healthier, greater
C. Nicer, greater
D. Younger, greater



Critical Thinking Section

Discussion

- What are your beliefs about drinking, drugging, and driving?
- Do you know someone who drinks or drugs and drives? How does that make you feel?
- Does your family have a rule about drinking and driving? Do you agree with it?
- Do you know anyone who died or was hurt in a drunk or drugged driving accident? How did it affect you or their family?
- Why are the drugged driving accidents increasing in the U.S.?
- What would your family do if they received a phone call late at night from the police to let them know you or another family died in a drunk or drugged driving crash?
- Do you think people are making too big of deal about drunk or drugged driving? Why or why not?

Group Think

Why 21? Many countries still have drinking ages under 21. Those countries have more negative societal consequences from alcohol use, including higher rates of alcohol-related accidents. Increasing the legal drinking age to 21 reduces overall rates of drinking, problem drinking, drinking while driving, and alcohol-related crashes. In a group discussion possible reasons why raising the drinking age decreases problems.

Why is it the leading cause? Substance use related car crashes are the leading cause of death for teenagers. In a group discuss the following questions. Is this surprising? What are the reasons that this is leading cause of death for youth? What could reduce these numbers?

What messages work? In a group, create an infomercial or short video that discusses the dangers of drinking and drugged driving. What messaging will youth respond to? What images will impact young people to make different choices?

Brainstorm

Scenario #1: If an older person from high school or college offers to drive you home from an event, and you know they have been drinking, what would you do? What would you say?

Scenario #2: If a friend told you that they are a better driver when they are high, what would you say? Do you believe them? Why or why not? Would you allow them to drive if they just smoked marijuana?

Scenario #3: If your sibling or a good friend drove drunk or high, what would you do? Would you tell your parents or their parents? Why or why not?

Scenario #4: If you saw a group of popular students drinking and they all piled into a car, would that make you want to go with them? Would you, even if you have a rule about getting in a car with someone who has been drinking or using substances?