

Teen Health Course 3 Chapter 12 Alcohol

VIDEO SUMMARY

In the video, you saw how alcohol abuse affects Joe's behavior, health, and relationships. Joe tries to deal with his problems by turning to alcohol, but alcohol abuse causes him to make bad decisions and alienate his friends. At Noella's party, Joe is not able to have fun without drinking alcohol and encouraging others to drink. In the end, Joe is asked to leave the party when he continues to pressure others to use alcohol.

[Click here to watch video; 00:08:06](#)



Discussion Questions

1. What are some of Joe's misconceptions about alcohol abuse?
Joe believes that alcohol will make all of his problems go away, and he thinks he cannot have fun without using alcohol.
2. What strategies does Travis use to say no when he is pressured to drink alcohol?
Travis uses refusal skills to say no to alcohol, and he spends time with friends who do not use alcohol.
3. How can the friends you choose help you make responsible decisions about alcohol?
It is easier to say no to alcohol if you surround yourself with people who choose not to use alcohol.

Activity

OBJECTIVE

Students will write a story that describes a safe, fun, alcohol-free event.

Skill Summary: Refusal Skills; Decision Making; Advocacy

MATERIALS

- Paper & pencil

PROCEDURES

1. As a class, have students brainstorm alcohol-free events that they have attended and talk about memorable experiences at those events.
2. Ask students to write a story that describes a fun, alcohol-free event they have attended. Stories should demonstrate students' understanding of the social, emotional, and physical effects of alcohol abuse.
3. Create a class book to publish students' work.

EXTENSION

Have students work in groups to develop a new ending for the eSpotlight video clip in which Travis helps Joe get sober and learn to experience happiness without alcohol.

WEB LINKS AND ADDITIONAL GLENCOE RESOURCES

- On the **Students Against Destructive Decisions** homepage, students can order newsletters, read articles, and get information about starting a SADD chapter in their school.
- This **KidsHealth.com** article talks about dealing with an alcoholic parent or other adult family member.



Go to [Fitness Zone Online](#) for additional [fitness activities](#), [videos](#), and [podcasts](#).

Teen Health Course 3 Chapter 12 Alcohol

VIDEO SUMMARY

In the video, you saw how alcohol abuse affects Joe's behavior, health, and relationships. Joe tries to deal with his problems by turning to alcohol, but alcohol abuse causes him to make bad decisions and alienate his friends. At Noella's party, Joe is not able to have fun without drinking alcohol and encouraging others to drink. In the end, Joe is asked to leave the party when he continues to pressure others to use alcohol.

[Click here to watch video; 00:08:06](#) 

After you have watched the video, write your responses to these questions.

1. What are some of Joe's misconceptions about alcohol abuse?

2. What strategies does Travis use to say no when he is pressured to drink alcohol?

3. How can the friends you choose help you make responsible decisions about alcohol?
