



# Module 5: Substance Abuse Prevention

## Lesson 3: The Dangers of Alcohol – Worksheet Activity

### Part I: Alcohol Prevention Scenario!

**Instructions:** Read each scenario carefully. In your own words, describe how the situation could be prevented or handled safely, referencing the information about alcohol's effects from the lesson.

1. Your friend, Mark, invites you to a party this weekend. He mentions that his older brother will be there and "might be able to get some drinks for us." You know that underage drinking is illegal and that alcohol can affect judgment.

**How to prevent this scenario from leading to negative consequences:**

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2. You're at a gathering, and you see an older relative, who has been drinking, preparing to drive home. They seem a bit unsteady and are slurring their words. You remember that alcohol causes slowed reaction time and loss of coordination, making driving dangerous.

**How to prevent this scenario from leading to negative consequences:**

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## Part II: Where it Belongs!

**Instructions:** Read each item below. For each item, decide if it belongs in

- A. How Alcohol Affects the Brain
- B. Immediate Dangers of Drinking Too Much
- C. Long-Term Health Dangers

" Write the letter (A, B, or C) next to each item.

1. Poor Judgment \_\_\_
2. Liver Damage \_\_\_
3. Slurred Speech \_\_\_
4. Heart Disease \_\_\_
5. Slowed Reaction Time \_\_\_
6. Alcohol is a depressant \_\_\_
7. Loss of Coordination \_\_\_
8. Cancer \_\_\_
9. Fatal car accidents \_\_\_
10. Impairs judgment \_\_\_

## Part III: Critical Thinking!

**Instructions:** Read and write the correct answer on each Effect of Alcohol (on the left) with its correct Description (on the right).

Effect of Alcohol	Description
1. Depressant ___	A. Difficulty walking or staying upright
2. Poor Judgment ___	B. The organ most damaged by long-term alcohol abuse
3. Slowed Reaction Time ___	C. Increases the risk of heart attacks and strokes
4. Loss of Coordination ___	D. You might make risky decisions you wouldn't make when sober
5. Liver Damage ___	E. Makes activities like driving or playing sports dangerous
6. Heart disease ___	F. It slows down your central nervous system
7. Slurred Speech ___	G. Difficulty speaking clearly

**Part IV: Own Perspective!**

**Instructions:** Read the questions below and answer each one thoughtfully in your own words.

1. After learning about how alcohol affects the brain and impairs judgment, how might this information influence your decisions if you are ever in a situation where alcohol is present? What specific effects make you most cautious?

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2. The lesson described immediate dangers of drinking too much, like accidents due to slowed reaction time and loss of coordination. Considering these immediate risks, what are some practical steps you could take to ensure your safety and the safety of your friends if you encounter someone who has consumed too much alcohol?

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3. The file highlighted serious long-term health damages from alcohol abuse, including impacts on organs like the liver and increased risks of diseases like cancer and heart disease. How does knowing about these long-term consequences strengthen your commitment to making healthy choices regarding alcohol, both now and in the future?

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**Part V: Alcohol Addiction Prevention!**

**Instructions:**

**Pair Up:** Students should form pairs.

**Complete Handout:** Each pair will work together to complete the following Alcohol Addiction Prevention: Pair Activity Handout. They should discuss each question and write down their collective answers.

**Part 1: Understanding Alcohol's Impact**

1. Based on the lesson, how does alcohol affect the brain immediately, and what does "impaired judgment" mean in a real-life situation?

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2. What are two serious long-term health problems that alcohol can cause?

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**Part 2: Developing Prevention Strategies**

3. Imagine a situation where a friend is feeling stressed or pressured and considers drinking alcohol to cope. Based on what you've learned about alcohol's effects (e.g., it's a depressant, affects judgment), what advice would you give your friend to help them avoid turning to alcohol?

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4. If you or a friend were in a situation where alcohol was offered, what are two specific, confident ways you could say "no" or avoid drinking without feeling pressured? Think about phrases you could use or actions you could take.

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5. Why is it important for friends to support each other in making healthy choices about alcohol? What's one way you could actively support a friend who chooses not to drink or is trying to avoid it?

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