Introductory Lesson: Guided Reading Activity

Answer Key

Directions: Log onto The Cool Spot Website (www.thecoolspot.gov) and complete this packet.

Whaddya Know? Take the Quiz

If the quiz does not automatically pop up, click on “Sign into the Quiz” at the bottom of the page provided (go back by clicking on “Check your quiz status” at the bottom right of each page). Go back through the questions you missed on the quiz, and click on the links.

To find the answers to the following questions, either:

• Go back through the questions you missed on the quiz, and click on the links.

1. Whaddya Know? Take the Quiz

Score: _____ out of 10

Addiction

2. Too Much, Too Soon, Too Risky—Introduction

a. How old does a person have to be to drink alcohol legally?

21

b. List four dangers of underage drinking.

1. Death
2. Addiction
3. Thinking Problems
4. Arrest

c. Approximately how many people under the age of 21 die each year from alcohol-related injuries?

5000

d. Among people who begin drinking before age 15, more than ____ in 10 eventually become alcoholic.
Facts About Alcohol—Lesson One

a. Define a standard drink.
Any drink that contains at least 1.2 tablespoons of pure alcohol.

b. 12 oz. of beer = 5 oz. of wine = 1.5 oz. of hard liquor.

Learning builds up in the family. Homes with heavy drinkers have less fun.

b. How much alcohol is in a drink? (answer carefully)

2 hours

b. How long does it take an adult's body to break down a single standard drink?

4. Too Much, Too Soon, Too Risky—Deep Digging

a. Explain Hole No. 1.
Losing friends: Friends start pulling back or drifting away. Only friends who are heavy drinkers will remain.

b. Explain Hole No. 2.
Problems at work or at school: Being late, missing days, not working up to abilities, and putting off responsibilities are just a few of the problems.

b. Explain Hole No. 3.
Falling behind comes first, which can lead to losing a job or failing school.

b. Explain Hole No. 4.
Tension builds up in the family. Homes with heavy drinkers have less fun.

b. Explain Hole No. 5.
Problems at work or at school: Being late, missing days, not working up to abilities, and putting off responsibilities are just a few of the problems.

b. Explain Hole No. 6.
Falling behind comes first, which can lead to losing a job or failing school.

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Falling behind comes first, which can lead to losing a job or failing school.
4. Define "expectations."

6. Meet Your Expectations—Well, What Did You Expect?

National Institute on Drug Abuse, NIDA Information for Students

e. Where can you get information for school papers about drugs of abuse and their effects on the brain?

c. What is Alcoholics Anonymous, National Treatment Referral Center?

Alcoholics Anonymous, National Association for Children of Alcoholics, Alateen, Al-Anon, and friends.

b. Name three organizations that help people with alcohol problems and their families.

1 in 4 has an alcohol problem.

a. By the age of 18, about how many children have lived with a family member who has an alcohol problem?

5. Real Life—Introduction, For Help, and Alcohol and Drug Research Sites

They continue to dig themselves into a deeper hole.

They drink more and have more problems related to the heavier drinking.

Alcohol causes poor judgment, leading to poor communication with others. This makes heavy drinkers often feel like victims (misunderstood, unfairly treated, or just unlucky). As a result of those feelings, they just dig a hole deeper to feel like victims (misunderstood, of course). Alcohol causes poor judgment, leading to poor communication with others.

e. Why do you think the name "digging a hole" was an appropriate title for this section?
b. Click on the "Well, What Did You Expect?" game. Choose four expectations and fill in the chart below following the first example.

<table>
<thead>
<tr>
<th>Expectation</th>
<th>Facts About Drinking</th>
<th>Better Ways to Meet Life's Challenges</th>
</tr>
</thead>
<tbody>
<tr>
<td>To have more fun and excitement</td>
<td>People who get drunk are more stressed and depressed. They may hit in with depressed friends.</td>
<td>Choose friends who get outdoors.</td>
</tr>
<tr>
<td>To fit in better</td>
<td>They may fit in with drinkers, but most teens don't drink.</td>
<td>Choose friends who don't drink.</td>
</tr>
<tr>
<td>To impress others</td>
<td>Acting stupid doesn't impress people.</td>
<td>Be confident; show yourself respect.</td>
</tr>
<tr>
<td>To feel good or improve your mood</td>
<td>If they're feeling down, drinking can make them feel worse.</td>
<td>Talk about problems with people you trust; exercise.</td>
</tr>
<tr>
<td>To be more attractive</td>
<td>Being drunk, throwing up, and acting stupid aren't attractive.</td>
<td>Be confident; show yourself respect.</td>
</tr>
<tr>
<td>To relax or feel less shy or nervous</td>
<td>Alcohol relaxes judgment, so people do things they regret.</td>
<td>Think ahead about things you're going to talk about.</td>
</tr>
<tr>
<td>To be funny</td>
<td>People who haven't been drinking don't think drinkers are funny.</td>
<td>Learn jokes and practice telling them.</td>
</tr>
<tr>
<td>To solve your problems or forget about them</td>
<td>Alcohol messes up a person's thinking—thinking drunk.</td>
<td>Talk over problems with someone you trust.</td>
</tr>
</tbody>
</table>

Try to solve your problems or forget about them.
Peer Pressure—Spoken vs. Unspoken Pressure

a. Define spoken pressure.
   A person says something directly to you, which makes it hard to say no.

b. Give your own example of spoken pressure.
   “C’mon, let’s skip school and go get some beer. It’ll be fun.”

c. Define unspoken pressure.
   We see others doing something, and we want to do it just to be the same, or to fit in.

d. Give your own example of unspoken pressure.
   Everyone is wearing the same jeans, so I want to get them to be cool.

8. Peer Pressure—Why Peer Pressure Can Work

After reading about peer pressure, list four reasons why peer pressure can be effective.

- Are afraid of being rejected by others
- Want to appear grown up
- Want to be liked and don’t want to lose a friend
- Don’t know how to get out of the situation
- Want to be “normal” and don’t want to hurt someone’s feelings
- Don’t want to be made fun of
- Want to be the same, so I want to get them to be cool.
- Give your own example of unspoken pressure.
- Define unspoken pressure.
- “C’mon, let’s skip school and go get some beer. It’ll be fun.”
- Give your own example of spoken pressure.
- Define spoken pressure.
When you give into pressure and do something that you know you shouldn't have, how might you feel after? List four different feelings you might have.

Any four of the following:

• Sad
• Anxious
• Guilty
• Like a wimp or pushover
• Disappointed in yourself

Peer Pressure—Peer Pressure Bag of Tricks

a. List three methods of spoken pressure that people use. Give your own example of each "trick."

<table>
<thead>
<tr>
<th>Spoken Peer Pressure &quot;Trick&quot;</th>
<th>Give Your Own Example</th>
</tr>
</thead>
<tbody>
<tr>
<td>Rejection</td>
<td></td>
</tr>
</tbody>
</table>
| "You're going to get caught. You're not going to get away. Just this once—it won't hurt."
| "I won't be your friend. You're a wimp. What's wrong with you?"
| "You're not going to drink. Can't come then, if you're not going to drink. You won't be your friend."
| Put down                    |                       |
| "You're a wimp. What's wrong with you?"
| Reasoning                   |                       |

b. Explain why the different methods of spoken pressure are appropriately called a "bag of tricks."

We feel caught in the pressure. It's like we are tricked into saying ok before we realize what happened.

c. Do you think you could say no to these types of pressures to drink? Why or why not?

Yes. I don't need to drink to fit in or be cool.
Right to Resist—Know Your No’s and Dear Ashley

- Click on “Know Your No’s” and play the game. Circle the most effective way to say no:
  - Avoiding
  - Aggressive
  - Assertive
  - Know-it-all
  - Passive

- If you want to say “no” in an assertive way, what are three things you could do?
  - Stand up straight
  - Look them in the eye
  - Speak in a firm voice

- Be polite

- Choose words well—instead of “I can’t,” say “I don’t want.”

Dear Ashley

- Click on “Dear Ashley.” Read her column. List three of Ashley’s suggestions to avoid unspoken pressure to drink alcohol.
  - Be careful about those you choose as friends.
  - Hang out with friends who don’t drink.
  - Join a club or group at school and make some new friends.
  - Talk to an adult you trust.
  - Remind yourself that most teens don’t drink.
  - Remind yourself that it’s risky.
  - Choose something nonalcoholic to drink.
  - Find something nalcohol to drink.
  - Leave the party.

- Take the “Reality Check” quiz, then answer the following questions:
  a. How many 13-year-olds didn’t drink in the past month? 82 out of 100.
  b. How many kids between 12 and 17 didn’t drink in the past month? 7 out of 100.
  c. What percentage of adults age 25 and over drink in the past month? 72 percent.
The site wants us to know there are ways to get help. The "Dear Ashley" section provides suggestions to help kids deal with their problems, and there are also links to resources that offer help. The site explains that there is no "no." many different ways to say no, but the one that has the best result is an assertive response. To do so in an assertive way, I helped me to understand that there are many different ways to resist pressure. Another purpose of the site is to help kids understand that the best way to resist pressure better.

I also think this site wants teens to realize there are lots of ways that we are not alone in this situation. The site explains some health consequences like gaining weight or having a weak heart. It also explains how they can have family problems, money problems, or problems at school. It explains that even when they don't use alcohol, the site explains many negative consequences of using alcohol. For example, more I think this site was set up to help kids learn facts about alcohol. I say this because I think this site was set up to help kids learn facts about alcohol. I say this because

Example:

Examples from the site to support your answer.

Extension Activity (Extended Constructed Response): Think about what you just learned from this website. Why do you suppose this site was developed? Use several examples from the site to support your answer.