

Alcohol

Alcohol Education Baseball

Student Outcomes

- Students will learn information about alcohol.
- Students will improve both their listening skills and their ability to respond rapidly to various types of questions.
- Students will develop skills in teamwork and cooperation.

Materials

- Learning Center: Alcohol
- List of questions for Alcohol Education Baseball
- Paper or blackboard for keeping score

Process

Divide students into two teams. Identify two student pitchers to read or “pitch” the questions to the other team. NOTE: Teams may have a different pitcher for each inning if they choose.

Show students the layout of the baseball field in the classroom. Point out the following positions:

- pitcher’s mound
- home plate or batter’s mound
- first, second, and third bases
- score board

Toss a coin to determine which team is up to bat first.

Each team member will have a turn to stand on the batter’s mound and be “pitched” a question. If a person answers correctly, s/he goes to first base. The next team member has a turn at the batter’s mound and is asked a question. If that person answers correctly, s/he goes to first base, and the first player moves on to second base, just as in baseball.

Each time a runner gets to home plate, a point is recorded for his/her team.

Each time a student misses an answer, an “out” is recorded for his/her team. That student can sit down until it is his/her turn again. After three outs, the runs are tallied and the score is recorded. The next team is then up to bat.

Closure

Ask students if there is any information they did not understand. Once you have responded to their questions, ask students to state aloud any new or different information they learned from today’s activity.

Alcohol

Alcohol Education Baseball – Questions

1. **T/F** Drinking can take away the power you need to make good decisions.
True
2. **T/F** Ethanol is the main ingredient in alcohol that makes it a depressant drug.
True
3. **T/F** Alcohol causes physical but not psychological dependence.
False
4. **T/F** People can actually die from drinking too much alcohol in a short period of time.
True
5. In the United States, what is the percentage of adults who do not drink alcohol?
33 1/3%
6. **T/F** Alcohol plays a part in one half of all fatal car accidents.
True
7. **T/F** Alcohol is also known as juice.
True
8. **T/F** Alcohol plays a part in one half of all murders.
True
9. Alcohol goes directly to which organ in the body?
Stomach
10. Name three different ways alcohol can leave the body.
Through the kidneys, lungs or skin
11. Most alcohol is metabolized by this body organ.
Liver
12. Alcohol affects people in different ways. Name three different factors that might affect the way alcohol impacts on the user.
Gender – weight – body chemistry – age – expectations – amount consumed – speed of drinking – previous experiences with alcohol – amount of food in the stomach – presence of certain medications
13. Alcohol rapidly enters the bloodstream and goes directly to the _____.
Brain
14. **T/F** Alcohol affects people under the age of 21 differently from those who are over the age of 22.
True

15. For people who are over the age of 22, alcohol causes the brain and central nervous system to_____.
Slow down
16. Name four body parts affected by alcohol.
Muscles – liver – brain – bones – heart – stomach
17. What percent of high school students have used alcohol?
81%
18. The number one reason kids try alcohol for the first time is _____.
Because their friends do
19. **T/F** Time is the only way to sober up.
True
20. **T/F** People sometimes drink alcohol for religious reasons.
True
21. **T/F** Alcoholism is a disease.
True
22. **T/F** Most alcoholics are employed.
True
23. **T/F** Alcoholism and alcohol related problems are the third leading cause of death in this country.
True
24. Name three effects alcoholism can have on the body.
Liver damage – heart disease – ulcers and gastritis – malnutrition – cancer – brain damage – damage to a developing baby – DT's (delirium tremens or “the shakes”) – obesity (overweight)
25. A self help group for alcoholics is_____.
Alcoholic Anonymous - AA
26. A self-help group for adult family members and friends of an alcoholic is _____.
Al-anon
27. A self-help group for teens affected by someone else's alcohol use is _____.
Alateen
28. **T/F** When one person has the disease of alcoholism, at least 4 to 7 others can be affected.
True

29. Friends and family involved with an alcoholic should remember the 3 C's. What are the three C's?
1. You did not cause the drinking.
 2. You cannot control it.
 3. You cannot cure it.
30. What do the initials COA stand for?
- Children of Alcoholics**
31. T/F Someone who drinks only beer cannot become an alcoholic.
- False**
32. People with a family history of alcoholism are how many times more likely to become alcoholic?
- 2 to 4 times more likely**
33. Kids who start drinking at the age of thirteen or younger have what percent chance of becoming alcoholic?
- Nearly 50%**
34. How can someone who's at risk for developing alcoholism avoid getting this disease?
- Don't drink alcohol**
35. DWI stands for_____.
- Driving While Intoxicated**
36. Name three ways the level of alcohol in a person's body can be measured in the body.
- Blood tests – urine tests – breathalyzer**
37. What does FAS stand for?
- Fetal Alcohol Syndrome**
38. T/F All 50 states now have a zero tolerance law for youth who are drinking and driving.
- True**
39. What is acetaldehyde (asset – AL – duh – hide)?
- A toxic compound in the bloodstream of a person who has had too much to drink. This compound signals the brain to throw up.**
40. What affect does marijuana have on the brain of someone who is drinking alcohol, and why is this combination dangerous?
- The chemicals in marijuana stop the brain from sending the signal to throw up. This causes higher levels of acetaldehyde in the bloodstream which can cause a person to pass out, fall into a coma, and possibly die.**

41. **T/F** Some people inherit genes for alcohol addiction?
True
42. Give two examples of **personality traits** that could increase the likelihood of developing alcohol problems?
People who tend to act spontaneously may drink without first thinking things through. That makes them more likely to make unsafe choices and to take risks that they normally would not do. People who are shy may use alcohol to try to feel brave.
43. **T/F** Kids can learn how to misuse alcohol from their parents.
True
44. **T/F** Friends that have friends that drink are less likely to drink themselves.
False
45. Give two ways that neighborhoods can affect the way people drink.
Poor neighborhoods, as well as those with high crime rates, tend to have lots of alcohol related problems. Neighborhoods that have a lot of bars or liquor stores also tend to have a lot of problems.
46. Name two environmental strategies that can decrease the amount of alcohol related problems.
Raising prices, limiting days and hours that bars and stores are open, keeping bars and stores from being too close together
47. What are alcopops?
Sweet fizzy drinks that taste like soda but have alcohol in them
48. **T/F** Ten to twenty percent of all alcohol sold in the U.S. is consumed by underage youth.
True
49. **T/F** Kids who see more drinking in movies tend to drink more themselves.
True
50. Give an example of how alcohol companies sometimes market their alcohol products in irresponsible ways.
They sell huge 40 ounce containers of malt liquor (which is stronger than beer), and then promote it as if it were the same as a single serving of beer when it really equals at least four servings.