

Thanks for previewing!

How Alcohol Affects the Body Wheels

Interactive Project!

Grades 6-12th



NOW ON
GOOGLE
SLIDES!

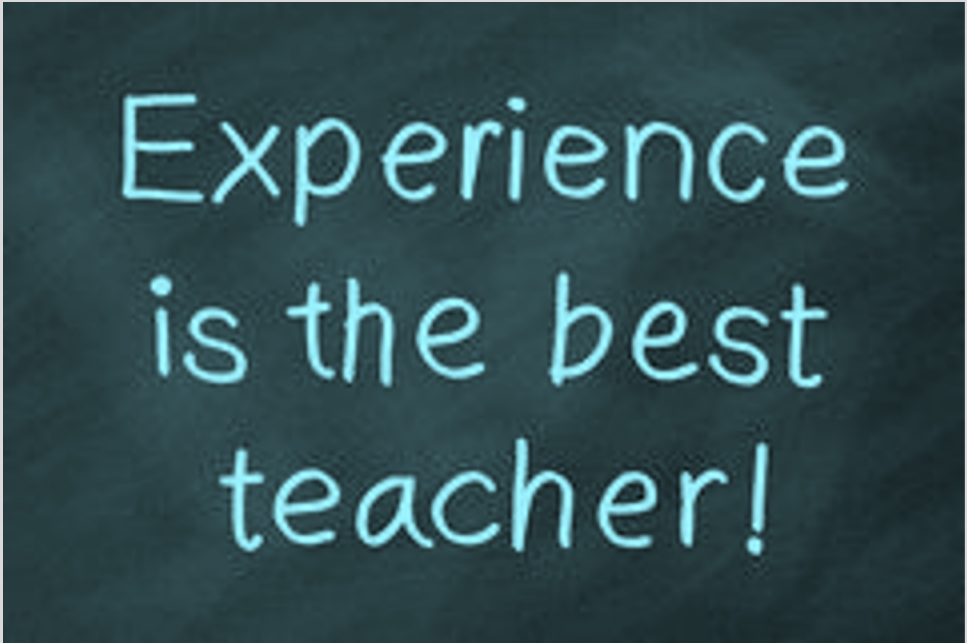
Health Education Today

Alcohol Wheels Art Project



This Program's Creator is a Qualified Teacher

- ◆ I am a National Board Certified Teacher with a Masters of Education Degree and I have 19 years of experience teaching Health.



Experience
is the best
teacher!

The Program Meets Educational Health Standards:

- ◆ It meets 5 Common Core Standards
(For Technical Subjects 9/10 Grade level)



It also meets **12**
State Health
Standards

- ◆ It meets **5** National Health Standards



Here's a look at the files in this lesson:

Alcohol Lesson 2 to 3 Days



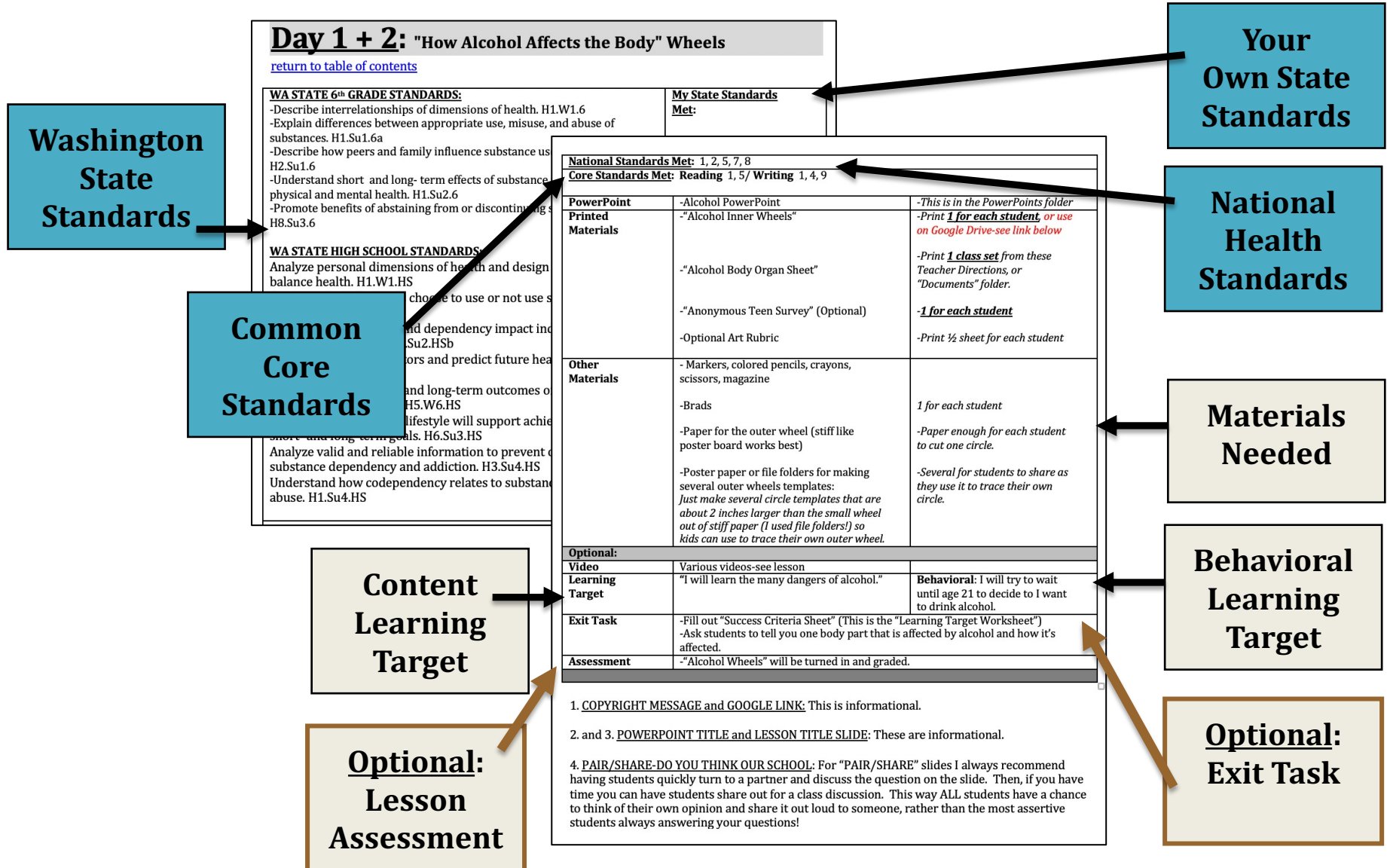
Name
 01Wheels Lesson Directions.docx
 01Wheels Lesson Directions.pdf
>  02PowerPoints
>  03Documents
>  04Learning Targets
>  05Standards

Name
 Alcohol Body Organ Sheet.docx
 Alcohol Body Organ Sheet.pdf
 Alcohol Wheel.docx
 Alcohol Wheel.pdf
 Anon Teen Survey and Tally.docx
 Anon Teen Survey and Tally.pdf
 Art Project Rubric.docx
 Art Project Rubric.pdf
 Binge Drinking Articles.docx
 Binge Drinking Articles.pdf

✓  04Learning Targets
 Learning Target Posters.pptx
✓  Class Theme
 Class Theme.docx
 Class Theme.pdf
✓  Learning Target Check Off Sheets
 Success Criteria Behav.docx
 Success Criteria Behav.pdf
 Success Criteria Content.docx
 Success Criteria Content.pdf
 Success Criteria Exit Quiz.docx
 Success Criteria Exit Quiz.pdf

Docs are in this Lesson -*Editable in **Word!**

Standards are at the Beginning of Each Lesson:



PowerPoints Lead You Through the Lessons...

These step-by-step directions follow the "Alcohol" PowerPoint. The numbers and ALL CAPITAL letters below correspond to the same number slide on the PowerPoint to help walk you through the lesson.

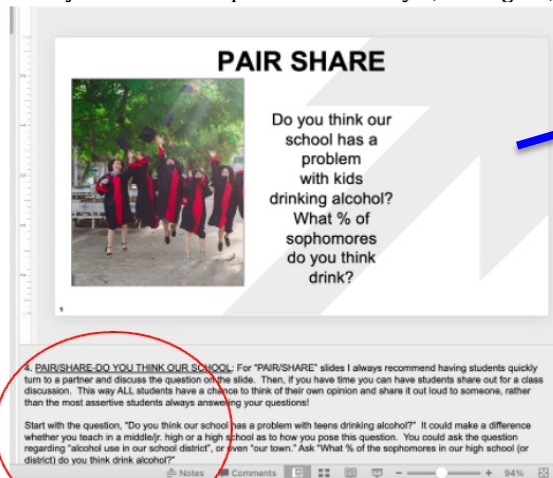
1. COPYRIGHT MESSAGE and GOOGLE LINK: This is informational.
2. and 3. POWERPOINT TITLE and LESSON TITLE SLIDE: These are informational.
4. PAIR/SHARE-DO YOU THINK OUR SCHOOL: For "PAIR/SHARE" slides I always recommend having students quickly turn to a partner and discuss the question on the slide. Then, if you have time you can have students share out for a class discussion. This way ALL students have a chance to think of their own opinion and share it out loud to someone, rather than the most assertive students always answering your questions!

Start with the question, "Do you think our school has a problem with teens drinking alcohol?" It could make a difference whether you teach in a middle/jr. high or a high school as to how you pose this question. You could ask the question regarding "alcohol use in our school district", or even "our town." Ask "What % of the sophomores in our high school (or district) do you think drink alcohol?"

Discuss this and you can tell students that if they haven't felt the pressure to drink yet; that's good, but be aware that in high school, particularly sophomore year, pressures can get intense (since kids get driver's licenses and have more freedom from parents.)

NOTE: I have included these "Teacher Directions" on the PowerPoint notes so you can see them when you are in "Presenter" and they can walk you through these lessons!

Simply go to the top of your PowerPoint and choose "View" and select "Presenter View!" You will see the teacher notes, but your students won't!



PAIR SHARE

Do you think our school has a problem with kids drinking alcohol? What % of sophomores do you think drink?

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Start with the question, "Do you think our school has a problem with teens drinking alcohol?" It could make a difference whether you teach in a middle/jr. high or a high school as to how you pose this question. You could ask the question regarding "alcohol use in our school district", or even "our town." Ask "What % of the sophomores in our high school (or district) do you think drink alcohol?"

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ALCOHOL WHEELS:
Being Above the Influence of Alcohol

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“
Intro/How Alcohol Affects the Body
Day 1

PAIR SHARE

Do you think our school has a problem with kids drinking alcohol? What % of sophomores do you think drink?

Why Wait Until 21 to Decide if you want to drink or not?

1. ALCOHOL IS HARD ON A GROWING BODY

It takes 1/2 as much alcohol to damage a teen's brain as it does an adult's brain!
(and some teens drink twice as much...)

The brain can completely shut down breathing and/or Swallowing and gag reflex if there is alcohol poisoning.

Here are some Examples Unit Lessons:

Day 1 & 2:



How Alcohol Affects Body Parts:

The Liver:

Some of the most serious effects of drinking alcohol on the body are damage done to the liver.

If alcohol is frequently in the blood in large amounts, it causes the liver cells to die and prevents the liver from working efficiently. This disease is called Cirrhosis.

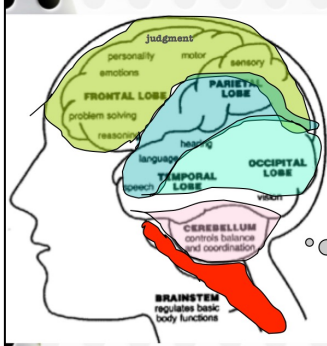


The liver is like a car with one gear - it can only work at one rate. On average, it takes one hour for the liver to burn up one drink of alcohol.

If it has to deal with too much over a number of years, it suffers damage. Chronic heavy drinking may cause alcoholic Hepatitis (inflammation and destruction of the liver cells) and then Cirrhosis (irreversible lesions).



This is a normal healthy appearing liver. The surface is smooth and uniform.



Unlike other drugs, alcohol dissolves in both water and fat, Its high solubility in water makes it one of the most potent depressant of human CNS.

Alcohol is absorbed into cells and tissues the way water soaks into a sponge.

How many adults do you hear about getting alcohol poisoning?

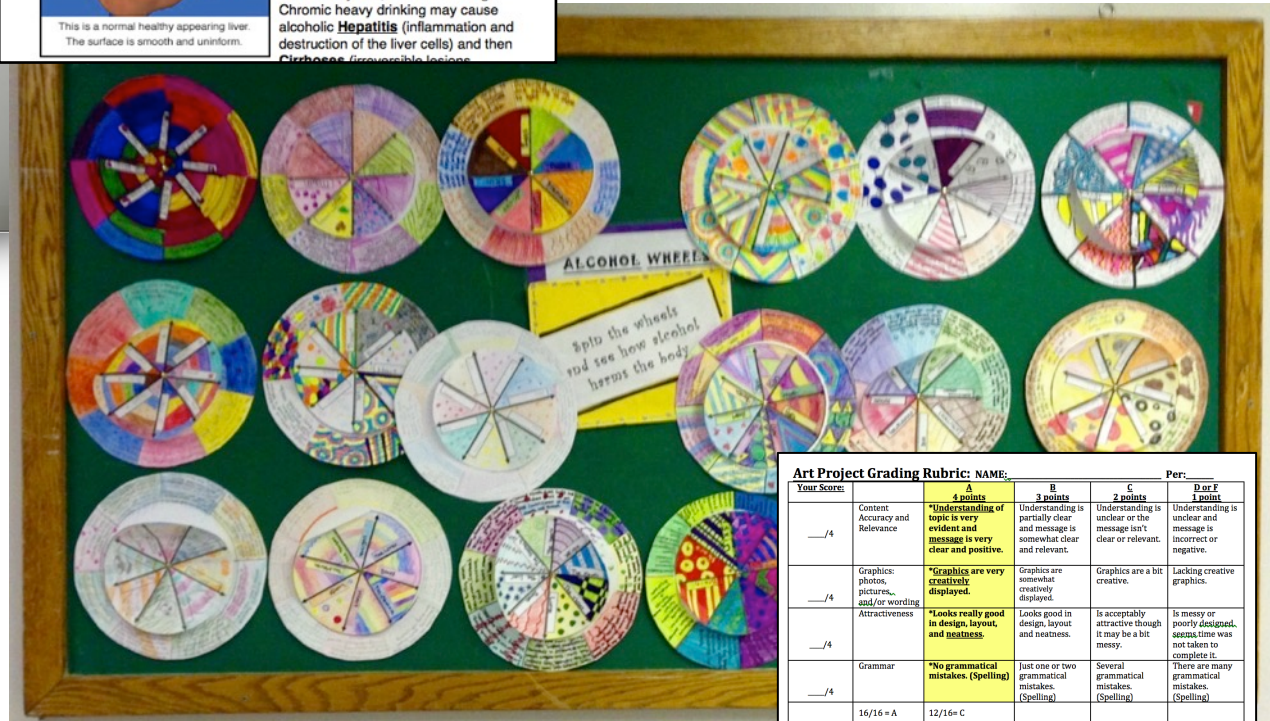
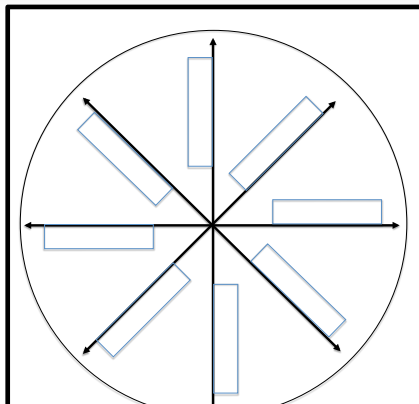
.00 - .04% : slightly affected (.02 is legally intoxicated for teens in WA!)

.05 - .07% : impaired

.08 - .25% : intoxicated

.26 - .40% : lose control, passed out

.40% + up : coma (or dead)



Art Project Grading Rubric: NAME: _____		Per: _____		
Your Score:	A 4 points	B 3 points	C 2 points	D or F 1 point
___/4	Content Accuracy and Relevance Understanding of topic is very evident and message is very clear and positive.	Understanding is partially clear and message is somewhat clear and relevant.	Understanding is unclear or the message isn't clear or relevant.	Understanding is unclear and message is incorrect or negative.
___/4	Graphics: photos, pictures, and/or wording Attractiveness "Graphics are very creatively displayed." "Looks really good in design, layout, and neatness."	Graphics are somewhat creatively displayed.	Graphics are a bit creative.	Lacking creative graphics.
___/4	Grammar "No grammatical mistakes. (Spelling)"	Looks good in design layout and neatness.	Is acceptably attractive though it may be a bit messy.	Is messy or poorly designed, seems time was not taken to complete it.
___/4		Just one or two grammatical mistakes. (Spelling)	Several grammatical mistakes. (Spelling)	There are many grammatical mistakes. (Spelling)
16/16 = A	12/16 = C			
15/16 = A-	11/16 = D+			
	10/16 = D-			
	9/16 = F			

The "Wheels" Project is A STUDENT FAVORITE!

Anonymous Health Survey

6. Have you drank alcohol with people other than your family in the last month? Yes or No
7. Have you smoked pot in the last month? Yes or No
8. Have you tried to get high with an inhalant like aerosol spray, dust off, etc. in the last month? Yes or No
9. Have you used any methamphetamine (meth) or cocaine in the last month? Yes or No
10. Have you taken prescription pills that you didn't have a prescription for in the last month? Yes or no
11. Have you made a decision **not** to drink alcohol during your years in high school? Yes or No or Still Deciding

	Freshmen (Health Survey)	Soph.	Seniors	State Seniors	WA
(cigarettes) Nicotine	9%	13%	22%	20%	WA
Chew	1%	8%	15%	9%	WA
Alcohol	11%	26%	41%	40%	WA
Inhalants	2%	5%	11%	11%	WA
meth	2%	2%	4%	5%	WA
Narcotics (pain)	2%	11%	9%	8%	WA
Marijuana	8%	20%	23%	26%	WA
Not to use alcohol in H.S.	66%	← Not to drink in H.S.			
Not to use drugs in H.S.	80%	← Not to use drugs in H.S.			

14-Year-Old Dies of Possible Alcohol Poisoning at Her Own Sleepover

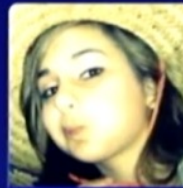
A slumber party turned tragic when the parents of 14-year-old found their daughter dead after drinking soda mixed with vodka with three friends on Saturday night.

Officials said that the girl's mother, took the girls out for burgers for dinner on Saturday. At 2 a.m., then she woke up to find three of the girls throwing up, but she helped clean them up and put them back to bed.

Her daughter had not thrown up, cops said.

"She thought it was just a little bit of food," said the mother. The Department of Health is investigating the case.

Santa Rosa Teenager Dies



Family: 'A stupid game cost a young man's life'

Article Highlights

<https://komonews.com/news/local/family-a-stupid-game-cost-a-young-mans-life>

By Elisa Jaffe

ONALASKA, Wash. - A night of drinking games proved deadly for a 15-year-old high school student, and now his family wants to use their grief as a warning to others. Nick B., a popular 10th-grader at Onalaska High School, died Sept. 21 after attending a birthday party at a friend's house.

In his last text message to his mom, Nick promised no drinking at the birthday party. But after a chugging game, he was found passed out in this yard, with writing covering his nearly bare body.

"This was a stupid game that cost a young man's life," says his grandmother, Sue P. "If you're the first (one) passed out, they decorate you and make you the party favor..."



Students learn from anonymous class survey and TRUE STORIES

There is a 30-Slide PowerPoint:



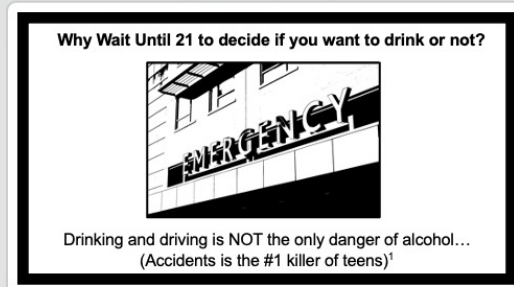
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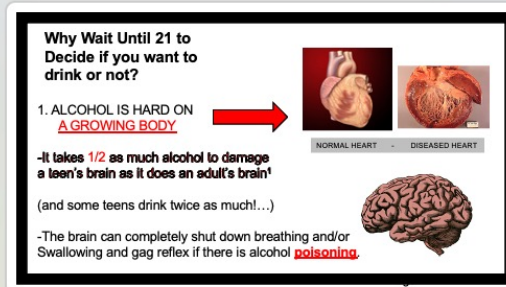
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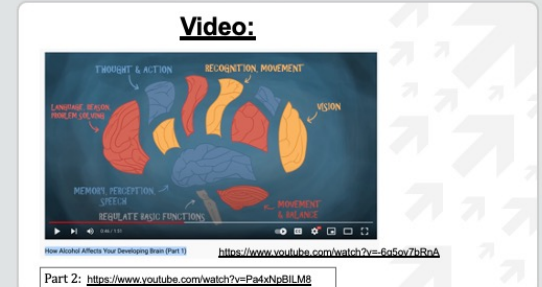
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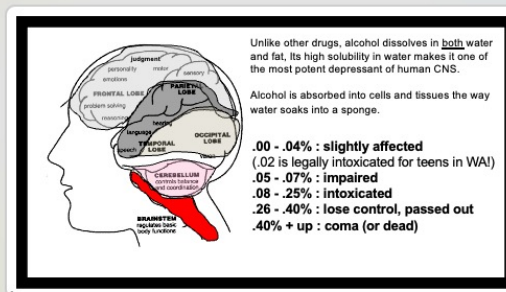
4



5



6



Alcohol Unit PowerPoint:

PAIR SHARE



Do you think our school has a problem with kids drinking alcohol?
What % of sophomores do you think drink?

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Notes Comments 94%



PowerPoint includes "Teacher Notes" for each slide to walk you through the lesson

Now on Google Slides!

PowerPoint Slides with Notes

Wheels PowerPoint .PPTX

File Edit View Insert Format Slide Arrange Tools Help Last edit was seconds ago

12 13 14 15 16 17 18 19 20

TEEN ALCOHOL STATISTICS: (2022)

- The first brain function you lose under even a small amount of alcohol is **judgment**.
- Drunk driving causes **more than 10,000 deaths every year**, about **1/3 of all traffic-related deaths**.⁵
- Alcohol is a factor in **70%** percent of all drowning and water recreation deaths.⁶
- Drinkers are **16 x** more likely to die in a fall.



16. **STATISTICS:** Go over these statistics and read any quick related true stories or articles you have for the different stats. (I have included some of the ones I read below so you can see what I have in mind here, **but your own more local stories would be better**)

For Drowning Stat: "Drowning Victim Had Been Drinking" by Martha Modeen – Everett Herald

A 17-year old boy who drowned Monday afternoon did not know how to swim and had been drinking before wading into water over his head. ...witnesses tried to save him but they couldn't dive deep enough. By the time the paramedics got there, he had been underwater for 45 minutes. They tried to save him, but couldn't. It was just two weeks before his high school graduation.

Art Project Grading Rubric:

Student Name: X Date: X

Give your art project the grade you believe it deserves according to this rubric.

Your Score		A 4 points	B 3 points	C 2 points	D/F 1 point
X /4	Content, Accuracy and Relevance	Understanding of topic is very evident and message is very clear and positive.	Understanding is partially clear and message is somewhat clear and relevant.	Understanding is unclear or message isn't clear or relevant.	Understanding is unclear or message is incorrect or negative.
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X /	Comments:	16/16 = A 15/16 = A- 14/16 = B 13/16 = B-	12/16 = C 11/16 = D+ 10/16 = D 9/16 = F		

REMEMBER TO SITE YOUR SOURCE

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Anonymous Health Survey

- How would you rate your self really good _____ pretty good _____
- Have you ever cut or self-harmed?
- Do you have a friend who has cut or self-harmed?
- Have you ever thought about suicide?
- Do you have a friend who has told you they are suicidal?
- Have you drunk alcohol with people?
- Have you smoked pot in the last month? Yes or No
- Have you tried to get high with alcohol, low alcohol, spray, darts, etc. in the last month? Yes or No
- Have you used any machines, pipes, or tools to cut in the last month? Yes or No
- Have you taken prescription pills that you didn't have a prescription for in the last month? Yes or No
- Have you made a decision to get or ditch school during your years in high school? Yes or No or Still Deciding
- Have you made a decision to get or ditch your years in high school or longer? Yes or No or Still Deciding
- Have you made a decision to leave school during your years in high school or longer? Yes or No or Still Deciding
- Have you checked cigarettes in the last month? Yes or No
- Have you used chewing tobacco in the last month? Yes or No
- Have you used e-cigarettes or vaped in the last month? Yes or No
- Do you feel you are a socializer or a loner? Yes or No
- Do you think you are a "tuff" dude? Yes or No I don't know / or unsure
- Have you set your sexual limit and how far you will go on a date sexually? Yes or No No yet
- Do you think you might have a drinking disorder? You feel obsessed about your weight and your eating habits are very much out of control and they make you feel worse? Yes or No

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26. How often do you eat breakfast? Forever X _____ Once a week X _____ 2 times a week X _____ 3-5 times a week X _____ Almost every day X _____

27. How important do you think it is to be a good person? (Choose one, to be sexually active) very important X _____ Not as important X _____

28. Pull a check mark across the scale to show the best answer. (Choose enough or worst to learn more)

Subject	How important it is to be a good person	How important it is to be a good person
Stress, depression, and suicide	X	
Self-esteem - feeling good about yourself	X	
Violence - anger management, bullying, harassment, gangs	X	
Alcohol use	X	
Drug use	X	
How to control my anger and resolve conflicts with people	X	
Tobacco/e-cigarette use	X	
Media literacy, how advertisements make you feel about things	X	
Being assertive (speaking up if you feel strongly about something)	X	
Empathy - putting yourself in someone's shoes, about a person you are talking to	X	
Sexual health and safe sex	X	
Sexuality education, sexually transmitted infections, HIV, birth control	X	
How to overcome loneliness and isolation in life	X	
Tips for making good decisions	X	
How to know if a dating relationship is healthy or not	X	

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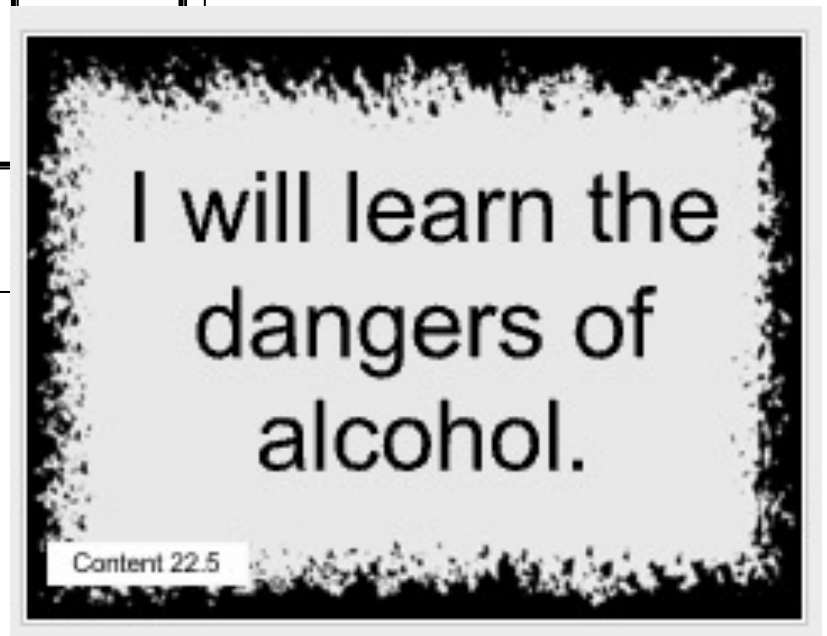
All Worksheets

Links to 8 Powerful Videos



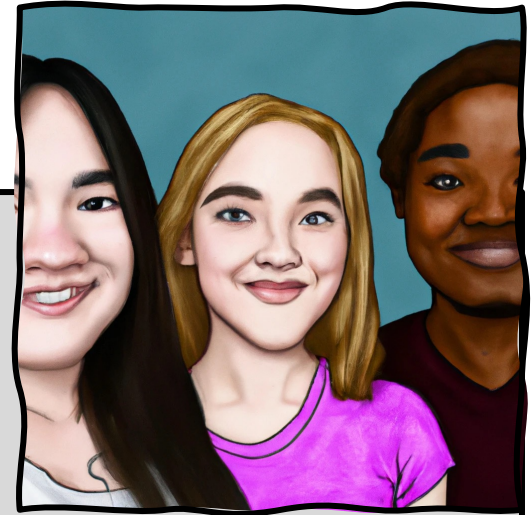
Learning Target Posters and Check-Off Sheets Included:

Name: _____ Per.: _____ Week Of: ____/____/____			
Content: Write the daily content learning target:	Content End of Class Rating- Circle One:	Behavioral: Write the daily exit success criteria:	Behavioral End of Class Rating- Circle One:
Monday: I will	I learned this: 4 Very well - without mistakes or help 3 Pretty well - with a few mistakes or some help 2 O.K. - I need a little more help 1 I can't do this right now	In the future I will	Yes No Undecided
Tuesday: I will	I learned this: 4 Very well - without mistakes or help 3 Pretty well - with a few mistakes or some help 2 O.K. - I need a little more help 1 I can't do this right now	In the future I will	Yes
Wednesday: I will	I learned this: 4 Very well - without mistakes or help 3 Pretty well - with a few mistakes or some help	In the future I will	



This Program is all About the Students...

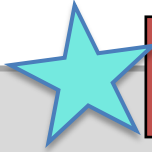
◆ The program is classroom and “kid-tested,” teacher-approved, and full of real student examples and responses.



◆ It promotes high engagement and interaction!

◆ This curriculum challenges and touches the lives of teens! See for yourself on the next slide the personal impact of this curriculum on the mental, emotional, social, spiritual life of teens.

Buy it Today, Teach it Tomorrow!



Here is what makes this program unique!!

- ◆ This program features highly organized step-by-step teacher directions follow daily PowerPoints, and the directions tell you exactly to say!!
- ◆ Documents and PowerPoints are editable and docs are included in both Word and PDF formats.
- ◆ PowerPoints are full of what's trending, photos, and video links teens will appreciate.





About the Author:

- ◆ I've been a certified K-12 Physical Education and Language Arts teacher for over 30 years (19 of those years also include my Health certification). Over my teaching career I've taught all grade levels and a variety of subjects, including: Junior High P.E.; 8th Grade Reading; Elementary P.E.; 9th Grade English; 9th Grade P.E.; High School Aerobics; and 9th Grade Health. I have my Master's of Education Degree in Instructional Technology and I received my National Board Certification in Health.
- ◆ My hobbies include my family, photography, birding, reading, gardening, sewing, hiking, camping, and travelling.

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Works Cited:

Owl and Yosemite Photos by me.

WA Standards From: <http://www.k12.wa.us/healthfitness/Standards.aspx>

NYC Standards

From: <http://www.p12.nysed.gov/sss/schoolhealth/schoolhealtheeducation/healthPEFACSLearningStandards.pdf>

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