

Thanks for previewing!

Alcohol Refusal Role-Plays Lesson

"Say 'No' Skills

- get alcohol poisoning
- get in trouble with the law (M
- be part of violence or fights
- be tempted to try other illegal
- drink and drive / get hurt or g
- could do something stupid an
- get in trouble with my parent

***Survey, True Stories,
Role-Play Task Cards,
Decision-Making,
and more!***



6th-12th Grade



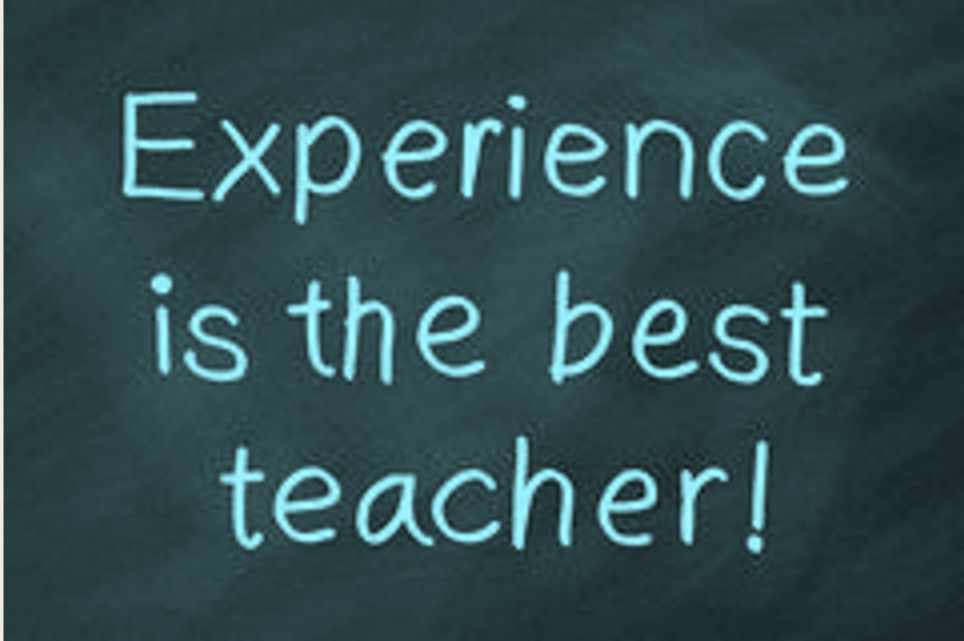
Health Education Today

**Peer Pressure
Alcohol Role-
Play Task Cards**



1. This Program's Creator is a Qualified Teacher

◆ I am a National Board Certified Teacher with a Master of Education Degree and I have many years of experience teaching Health.



Experience
is the best
teacher!

2. This Resource Meets Educational Health Standards:

- ◆ It meets **4 of 20** National Common Core Standards.
(For Technical Subjects 9/10 Grade level)



**It also meets 9
State Health
Standards**

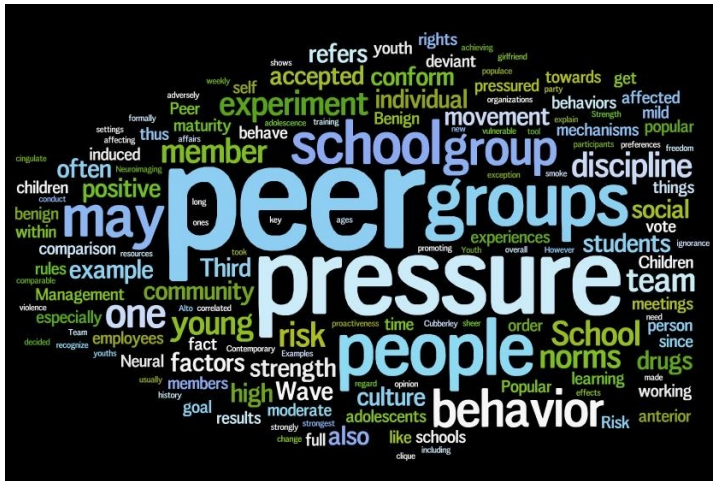
- ◆ It meets **7** Health Standards detailed
“Performance Indicators.”



3.

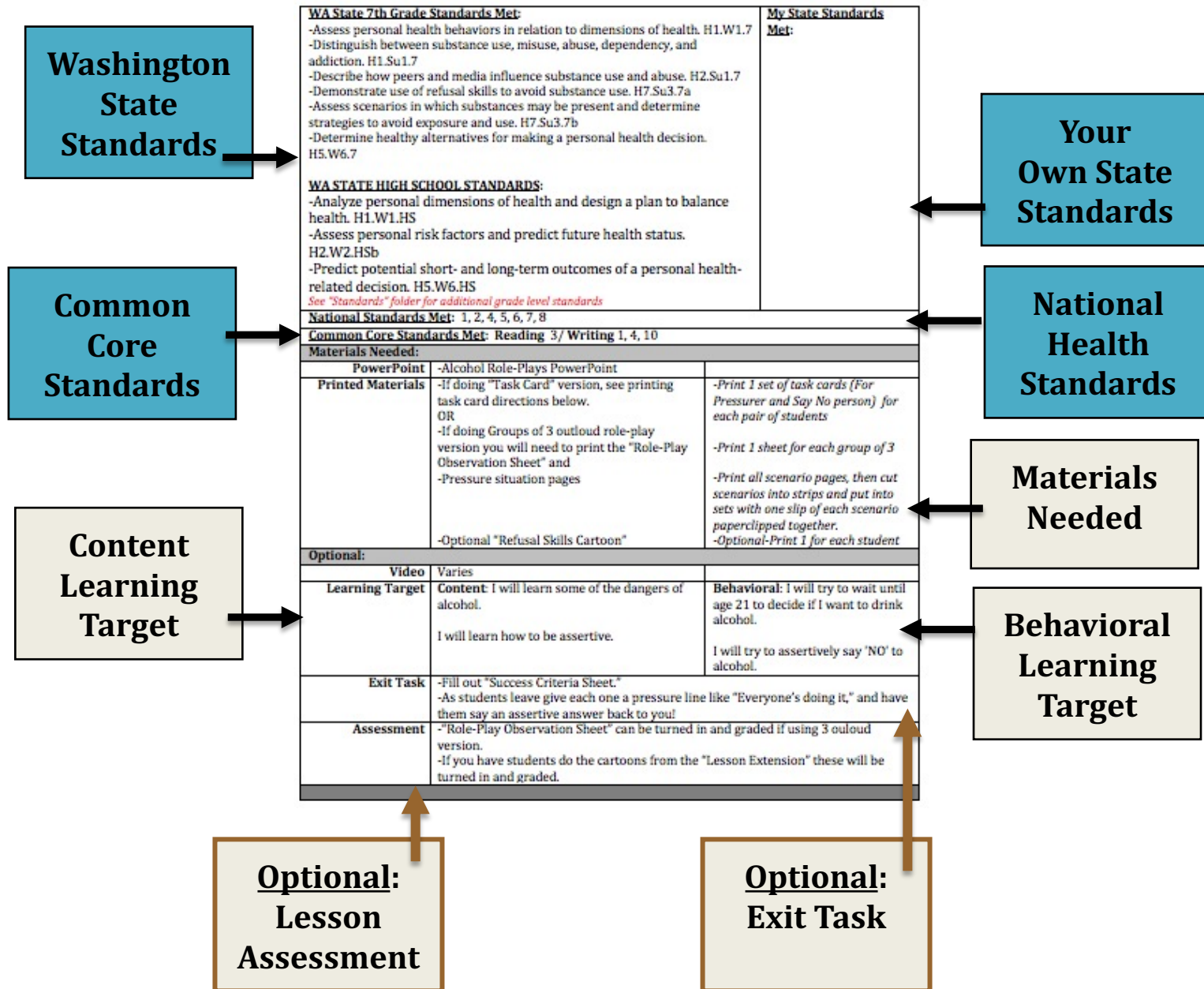
A screenshot of a file explorer window. At the top, there are navigation arrows and the title 'Alcohol Role Plays'. Below the title bar, there is a header 'Name'. The file list includes: '01Alcohol Role Play Teacher Directions.docx' (Word document icon), '01Alcohol Role Play Teacher Directions.pdf' (PDF icon), '02Alcohol PowerPoint.pptx' (PowerPoint icon), '03Docs to Print' (Folder icon, highlighted with a grey bar), '04Learning Targets' (Folder icon), '05Standards' (Folder icon), and '06Previews of Other Lessons.pdf' (PDF icon).

03Docs to Print	
Name	
 Role Play Task Cards.pdf	
 Role Play Task Cards.pptx	
 Alcohol Role Play Observation.docx	
 Alcohol Role Play Observation.pdf	
 Alcohol Wwwwh.docx	
 Alcohol Wwwwh.pdf	
 Group of 3 Scenarios.docx	
 Group of 3 Scenarios.pdf	
 Pros and Cons Decisions.docx	
 Pros and Cons Decisions.pdf	
 Refusal Skills Cartoon Template.docx	
 Refusal Skills Cartoon Template.pdf	



6 Docs are *Editable* in Word!

4. Standards are at the Beginning of the Lesson:



5. PowerPoints Lead You Through the Lessons...

Full Step-By-Step Teacher Directions-Follows PwrPt.!

These directions follow the "Role-Plays PowerPoint slide #'s underlined

1+2. FONT MESSAGE and DAY 1 TITLE SLIDE: These are place mark

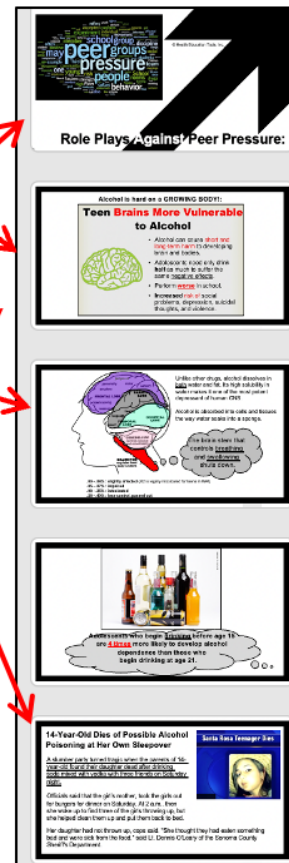
3 thru 5. TEEN BRAIN and 2 MORE ALCOHOL DANGERS SLIDES: Disc
"Alcohol Poisoning slide, if you keep clicking the space bar, the brain
symbolizing alcohol poisoning. In my [full 2-Week Alcohol Unit](#), this p
would be near the end of the unit, so students would already underst
dangers of alcohol, such as: alcoholism, drinking and driving, impair

I included a few slides here on alcohol dangers, but you may want to
haven't taught these dangers already!

6 thru 8. TWO TRUE STORIES - 2 TOTAL SLIDES: Read these to stude

9. "WILL YOU RECOGNIZE PEER PRESSURE" and GET OUT A PIECE O
as students enter the classroom. **Have students get out a piece of p**

10. PAIR/SHARE-WHY IS IT DIFFICULT TO SAY NO: Have students tu
pairs have a discussion about why it's sometimes difficult to say "No
to class after a few minutes. Answers could include: you could be ne
embarrassed, you don't want to hurt or disappoint the person, you m
are pressuring you about but know it's wrong, you feel pressured, yo
everyone else is doing it, you don't want to be the only one who's not



6.

There
are
58
slides!



Role Plays Against Peer Pressure:

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1



2

Alcohol is hard on a GROWING BODY!

Teen Brains More Vulnerable to Alcohol

- Alcohol can cause **short and long-term** harm to developing brain and bodies.
- Adolescents need only drink **half** as much to suffer the same **negative** effects.
- Perform **worse** in school.
- Increased risk** of social problems, depression, suicidal thoughts, and violence.



3

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.

The brain stem that controls **breathing** and **swallowing** shuts down.

80 - 90% highly affected (O2 is largely intoxicated for teens in WA)
 25 - 30% impaired
 25 - 30% impaired
 25 - 40% loss control, passed out



Adolescents who begin drinking before age 15 are 4 times more likely to develop alcohol dependence than those who begin drinking at age 21.

4



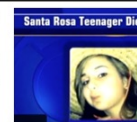
5

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 they had eaten something bad and were sick from the food," said Lt. Dennis O'Leary of the Sonoma County Sheriff's Department.



6

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

But in the morning, the girl was found passed out on her bedroom floor. Paramedics came to the house and pronounced her dead at the scene.

A cause of death has not been confirmed, but police believe she likely died from alcohol poisoning.

"Her parents are stellar people," said O'Leary. "They're devastated." O'Leary said the family had been renting the house, and the vodka was in the owner's cabinet. They didn't want to throw it out, but it had likely been sitting in the kitchen for years, he said.

"This is a tragic lesson that we all need to learn from," said Susan Foster. "We as a society think about alcohol and other drug use just as behavioral issues—kids acting out or taking risks—and we don't think of it as a health problem. But from a science point of view, it is."



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

Man arrested in teen's alcohol poisoning death.

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 his yard, with writing covering his nearly bare body. "This was a stupid game that cost a young man's life," says his grandmother.

7



8

WILL YOU RECOGNIZE PRESSURE LINES when you hear them?

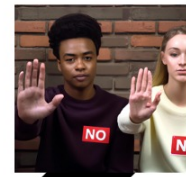


Get a blank space of paper and #1 - 10



9

Pair / Share: Why is it sometimes difficult to say "No"?



ANSWERS:



Your "Grade":

- 10 - A
- 9 - A-
- 8 - B
- 7 - C
- 6 - D
- 5 or less - F

1. Everybody's doing it.

7. HERE ARE SOME OF THE ACTIVITIES INCLUDED:

The lesson starts with alcohol dangers.

Next students hear a shocking story of a dad who allowed his son who was graduating high school have an alcohol party in their basement!:

Second, there is a fun “Guess the Ending to Peer Pressure Lines” Quiz:

Dad Defends Teen Drinking Party



Students discuss what could go wrong at that party in the basement!:

1. Everybody's _____.
2. We won't get _____.
3. No one will _____.

- Get in trouble with the law (M.I.P.)
- Alcohol poisoning
- Drinking and driving (second set of keys) (D.U.I.)
- Violence or fights
- Uninvited guests could show up
- Other illegal drugs there/Gateway drug

Next, students do role-play alcohol scenarios:

1. Pressurer: Your friend is going to drive you guys to go camping 200 miles from your town. You brought some beer that you just want to put in his/her trunk for the drive over.

No one will find out

I've done it before

Just this once...

It's independent learning for students!



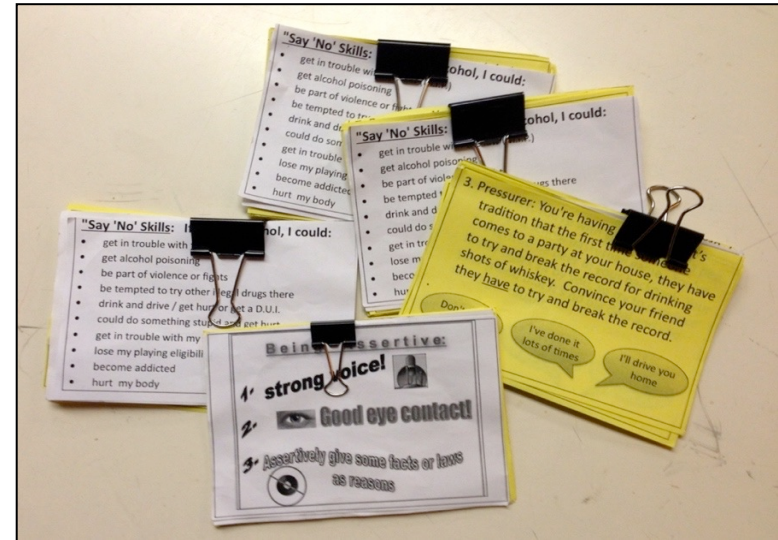
"Say 'No' Skills: If I drink alcohol, I could:

- get in trouble with the law (M.I.P.)
- get alcohol poisoning
- be part of violence or fights
- be tempted to try other illegal drugs there
- drink and drive / get hurt or get a D.U.I.
- could do something stupid and get hurt
- get in trouble with my parents
- lose my pl
- become a
- hurt my b

Being Assertive:

- 1' **strong voice!** 
- 2'  **Good eye contact!**
- 3' **Assertively give some facts or laws as reasons** 

Role-Play Task Cards:



1. Role-Plays Reflection:

NAME _____

Alcohol Role-play Scenario Pop Quiz

1. During your alcohol role-play dialogues how do you feel "No"? Circle one:

Great

O.K.

2. List three things you (or your scenario character) did w "No."

Optional Additional Activities:

NO

2. I included a Longer Version Role-Play:



Alcohol Role Play Observation Sheet

Write the names of the people in your group: (you must know your #) Per: _____ Date: _____

1. _____
2. _____
3. _____

1. Observer's name: _____ Who are you observing?: _____ Did they: _____

Use a strong voice?	Great		O.K.		Could do better	
Have good eye contact?	Great		O.K.		Could do better	
Assertively say "No"	Great		O.K.		Could do better	

One good thing they did or said: _____

If they missed a law or fact-write one thing they forgot: _____

3. Written Role-Plays with a Partner:

VERSION #1

Choose 2 of these scenarios:

#1 Student 1's older sister is taking Student 1 and 2 to the mall to hang out. When they get there student 1's sister finds some beer in the trunk and says the students can have it to sneak into the mall. Student 1 tries to convince Student 2 to just take it, even if they don't drink it. Student 2 is saying "No."

#2 Student 2's older brother is going to drive Student 1 and 2 to meet both their families to go camping 50 miles from their town. Student 2's older brother has a beer by the front seat. Student 2 says it's no big deal since the students aren't drinking it. Student 1 is saying "No," they don't want to go in that car.

#3 There is a birthday party and Student 1 is being dared to drink some whiskey. Student 1 wants to try it and is trying to convince Student 2 they have to try it. Student 2 is saying "No."

#4 Student 1 and Student 2 are on a pep bus for a school basketball game. Student 1 brought some beer in their backpack. Student 2 won't sit by Student 1, so Student 1 is trying to convince Student 2 that it's no big deal and they won't get caught. Student 2 is saying "No."

#5 Both students are at a friend's house and those parents are not home. They both agreed to just drink pop instead of alcohol, but now Student 2 has changed their mind and is pressuring Student 1 to just have some beer. Student 1 is saying "No."

4. Written Decision-Making Practice:

Class Practice: You are at a party with friends and they are daring you to beat last week's record for drinking shots of vodka. You really want these friends to like you and to keep inviting you to the parties they have. Should you take the dare?

W _____ could _____?: _____

W _____ do _____?: _____

W _____ is _____?: _____

W _____ do I _____?: _____

H _____ to _____?: _____



5. Pros and Cons Decision-Making When It's Not Spur of the Moment:



Engaging
Graphics!:



NAME: _____ Per: _____ Date: _____

Chose 1:		Chose 2:	
PROS:	CONS:	PROS:	CONS:

Learning Target Posters and Check off Sheets:

8

9

Content 24

Behavioral 24

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 No Undecided

8.

This Program is all About the Students...

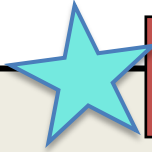
◆ The program is classroom and “kid-tested,” teacher-approved, and full of real student examples and responses.

◆ It promotes high student engagement and interaction!



◆ This curriculum challenges and touches the lives of teens!

9. 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 included in both Word and PDF formats.
- ◆ PowerPoints are full of what's trending, photos, and true stories teens will appreciate.





About the Author:

- ◆ I've been a certified K-12 Physical Education and Language Arts teacher for many 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 grandkids, photography, birding, reading, gardening, sewing, hiking, camping, and travelling.

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

NYC Standards From:

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

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