

Health Education Today – Unit Outline



Here are a few of the detailed activities included:

Lessons Include:

Day 1:

- Introduction to Alcohol Unit
- How Alcohol affects the Brain
- Statistics
- Understanding "Alcohol Poisoning" and "Binge Drinking"
- True Stories
- "How Alcohol Affects the Body Wheels Project"
- Optional "Interactive Alcohol Poisoning" Activity

Day 2:

- Alcoholism Notes
- "Alcoholism Questionnaire: 20 Questions to Determine if a Person is an Alcoholic"
- Alcohol Video
- Dear Abby Letter
- Being a Child of an Alcoholic
- Work on "Alcohol Wheels"
- Art Project Rubric

Day 3:

- "Do You Know Your Alcohol State Laws?" Quiz
- Correcting "Alcohol State Laws" Interactive PowerPoint
- Alcohol Video

Day 4+:

- Dysfunctional Families and Co-Dependent Behaviors
- "Dysfunctional Family Survey"
- Dysfunctional Family Video
- "Dysfunctional Family Posters Homework" with Descriptions Included
- Optional second day to work on posters and watch video

Day 5+:

- ACES- Adverse Childhood Experiences Lesson

- Overcoming Negative Childhood Experiences
- Video
- Powerful "Protective Factors Activity" with Personalized Posters
- "Above the Influence" website
- Optional second day to work on posters and watch video

Day 6:

- "Pros and Cons Decision-Making Model Worksheet"
- "Alcohol Role-Play Activity"
- Dangers of Alcohol List
- "Peer Pressure Lines and Refusal Skills"
- Goal-Setting
- "WWWWH Decision-Making Homework"

Day 7+8:

- "Alcohol Role-Play Quiz"
- Fetal Alcohol Syndrome Explanation
- FAS True Story
- "WWWWH Decision-Making Alcohol Homework"
- Wrap Up Alcohol Unit
- Fun "Alcohol Board Game"
- "Alcohol Unit Test Review"
- "Alcohol Unit Test and Key"

Day 9+10:

- "De-Bunking Alcohol Myths
- Getting the Facts
- "Alcohol True/False Scavenger Hunt"

Also Included:

- "Anonymous Teen Survey"
- "Alcohol Unit Packet" – For students to take notes during lectures
- "Substance Parent-Teen Communicator Homework"