

Alcohol Basics

Many students know alcohol basics, but you'd be surprised that some do not. They don't know that alcohol is a depressant drug. Many don't know really think about what constitutes a serving size – and it ain't a "40"! Guide them through using the following lesson plan.

Objective:

To ensure students are aware of the alcohol basics.

Materials:

AOD quiz sheet: K:\Web Content 2004\hp_alcohol RA AOD Quiz .pdf

AOD answer sheet: K:\Web Content 2004\hp_alcohol RA AOD Quiz Answer Sheet.pdf

Pens or pencils

Session starters (choose one):

- Have the group form in smaller groups (2-3 people) and share the first time they ever had a drink. How old were they? Who were they with? What happened? Did they get drunk? Get in trouble? Allow them 5-10 minutes to discuss.
- Begin the group by having some people share about their experiences involving alcohol on campus. Did they have a friend who has gotten really drunk? Did a hall mate receive an alcohol violation? Is drinking a routine thing on campus?

Session:

- Hand out the AOD Quiz sheet. Have students complete the sheet, and then provide them the correct answers (2) along with the explanations found on the answer sheet.
- If you don't feel like having them take the quiz, use the quiz and answer sheet to lead your own discussion to get the points across.