



Connect with Kids

WebSource

For the Classroom

In the Age of Alcohol

Discussion Questions – Segment 3

1. According to the documentary, what is the job of an adolescent?
2. The documentary introduced the concept of alcohol as a “social crutch.” What does this mean? Have you witnessed the use of alcohol in this way?
3. Brian described drinking alcohol as a way to escape problems and anger. What are some positive ways in which you can cope with your problems instead of turning to alcohol?

Activity

Distressed or De-Stressed?

PROJECT AND PURPOSE

Class will assemble multiple lists of things they do that cause teenagers stress and how they manage stress.

OBJECTIVES

Students brainstorm lists of things that cause stress in a teenager’s life and to identify ways to cope without turning to substances like alcohol.

MATERIALS

Large pieces of paper mounted around the classroom; packs of sticky notes; pencils and papers.

PROCEDURE

1. Mount a large piece of paper on the wall and write the title, “Stress in the Lives of Teenagers,” and draw the outline of a gingerbread person.
2. Mount the papers on the wall where the class can see.
3. Give each member of the class at least four pieces of sticky note paper, and ask each person to get out a pencil or pen.

4. Begin by saying: Sometimes kids drink alcohol to feel better when they are stressed. What causes teens stress? On their sticky note papers, they should write down some things that cause them stress. Say: Think of all the things that cause you or other teens stress such as a fight with a friend, the stress of going to a party, the stress of practicing for sports each day. Whenever you are ready, come up and stick your papers on our Stress Sheet. You can post yours on the figure's body to demonstrate where you feel this stress.
5. Take a few minutes and review their contributions.
6. Mount a second large piece of paper on the wall and title it, "Ways to Relieve Stress" and draw the same outline of a gingerbread man. Next ask them to write on new sticky notes as many things as they can think of to do to relieve stress and feel normal and to feel better. Have students place them on the appropriate place on the outline.
7. Read several of the sticky notes out loud and compare and contrast the contributions to the sheet. Discuss as a group the different ways they relieve stress without turning to alcohol. Ask, are your stress relievers good or bad for your future? Explain.
8. Place one more, big sheet of paper titled, "People" on the wall and give the students more sticky notes. Now ask them to think of the people in their lives who can support them, and help them relieve stress or resist the temptation of underage drinking in their lives. Ask each of them to write the name of at least two people on a sticky note and add it to the piece of paper.
9. Ask students to reflect on their responses, either in discussion or in a journal entry.