



Goal and Rationale

The goal of this video, “What is Alcohol”, from our Kids series is to teach young children what alcohol is, how alcohol can be dangerous, and how they can make the right choices when it comes to identifying and rejecting alcohol.

By the end of this activity, we hope that kids will be able to:

- ✓ Define what alcohol is.
- ✓ Evaluate how alcohol can be dangerous.
- ✓ Assess the different ways that alcohol can impact them and their bodies.
- ✓ Determine how to protect themselves from alcohol.

Suggested Procedure for Educators

This video is five minutes and fifty-five seconds long, as you show the video to your students, **pause the video at the 2:30** point to ask students the following questions:

1. What is alcohol? (0:39)

Answer: Alcohol is made from different foods, and creates an effect on the brain and on your body that can seem pleasant at the beginning, but after a few drinks, it affects how they think and act.

2. Can you drive if you had 3 beers? (1:34)

Answer: No, you cannot drive after just 2 beers. Alcohol affects your sight, you can't judge distance as well, and your reaction's slow too, making it dangerous for yourself and others.



- 3. Can you buy alcohol if you are under 21 years old in the U.S.?
(2:18)**

Answer: Alcohol can be a dangerous poison for children. Remember, as a child your body is not fully formed so you will need way less alcohol to have the same effects as an adult.

After discussing these questions with your students, resume the video. When the video ends, have students answer the following questions:

- 4. Is it a problem if you drink alcohol too much or too often?
(2:57)**

Answer: It's when alcohol is abused, by drinking too much too often, that it becomes a problem and can be dangerous. So, remember, it is a big NO for children and teens.

- 5. Can adults drink alcohol in moderation? (4:20)**

Answer: Yes, as long as it's in moderation and they aren't abusing alcohol.

- 6. Is alcohol a drug? (4:37)**

Answer: Yes, alcohol is a drug. People think it's not because it's accepted in society, but it's one of the most abused drugs in the world.

Once your students have answered questions 1-6, proceed to a large group discussion using the thematic questions below. Depending on the grade level or age group of your students, you can expect this entire activity including the video take between 20-30 minutes.

Discussion questions

Note: the sample answers below represent potential correct answers and can be used to facilitate deeper discussion with your students.



7. What is the narrator trying to tell us about alcohol?

Answers will vary but could include: that alcohol is a dangerous drug that affects the mind and body, and kids should never drink it.

8. How does the video explain the difference between kids and adults drinking alcohol?

Answers will vary but could include: as long as adults are drinking in moderation, they are ok to drink alcohol. However, kids should never, under any circumstances, drink alcohol.

9. What emotions did you feel while watching this video? Explain your answer.

Answers will vary but could include: sadness, pride, confidence, hope, uncertainty, clarity, and/or excitement.

10. What lessons can we learn about alcohol from this video? Explain your answer.

Answers will vary but could include: that alcohol can affect the way people think, it messes with your judgement, and that it also can hurt your body and mind in short and long-term ways.

11. How has this video informed and/or changed your opinion about alcohol? Explain your answer.

Answers will vary but could include: This video helped me understand the different kinds of alcohol drinks there are, how it can hurt kids bodies, and how we need be smart and not drink alcohol as kids. It also told me how dangerous it is for anyone to consume alcohol and drive since it affects our vision and judgement.

Note: Teachers, please have your students share their feedback with us using the form linked at the end of this curriculum's web page, we want to continue to make our message stronger and more effective. Thanks!