

Lesson Plan Ideas for Fetal Alcohol Syndrome

- Objective 1. To introduce the consequence of alcohol abuse, fetal alcohol syndrome.
Objective 2. Students will investigate the advertisement of alcohol to determine the impact advertisements may have on youth.
Objective 3. Students will discuss options and provide strategies to help prevent FAS.

Activities:

1. Fetal Alcohol Quiz followed by presentation on what FAS is.
2. Worksheet
3. Using magazines, TV, or web, have students find an alcohol advertisement to share. Discuss who the ad is marketed for and their thoughts on the ad.
4. Encourage students to work in groups to begin making Public Service announcements and advertisements about FAS and prevention.
5. Choose an activity to promote prevention:
 - Posters in community
 - Advertisement for school
 - Public Service
 - Health Fair booths

Education Standards:

Life Science

The cell
Molecular basis of heredity
Behavior of organisms

Personal and Social

Community Health
Natural and human based hazards
Global challenges

Fetal Alcohol Worksheet Questions:

A. List some of the physical characteristics of FAS:

Some answers may be: Small head, small eyes, folds on ears, small for age, flat midface, thin upper lip, short nose, etc.

B. Compare the sizes of the brain with the FAS and the brain without FAS. What areas are most affected?

Some answers may be: FAS brain much smaller, has fewer folds and incomplete separation. Frontal Lobes effected. Left and Right side functions inhibited.

C. What is the prevalence of FAS in the US?

1.5-3 per 1000 birth in the United States, approximately 1200 births a year

D. How can FAS be Prevented?

It is 100% preventable when women do not consume alcohol during pregnancy.