

How Much is too Much?

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Descriptive Information

Skill Emphasis (NHES): Decision Making (DM)

Grade Level: 11th

Content Area: Alcohol and Other Drugs

Content Descriptor & Sub-Descriptor(s):

Short-term and long term effects of AOD use

- ◆ 2.2- Physical, social and emotional effects of AOD use
- ◆ 2.3- Effects of binge drinking

Title of Lesson: How Much is Too Much?

PA Standard (Health & PE):

10.2.D- Examine and Apply a decision-making process to the development of short and long-term health goals

Curricular Connections: English, public speaking, sciences

Adolescent Risk Behavior (if applicable): Alcohol and other Drug use

Teaching With The End in Mind

By the end of the class period, the students will be able to measure the predetermined size of a serving of alcohol of hard liquor, wine and beer. Also, students will become more aware of the possible and probable consequences of binge drinking. They will learn how to safely escape a potentially dangerous situation and how to deal with a binge drinker if they come across this situation.

Key Concept(s) to be Covered in Today's Lesson

- ◆ Standard Drink Size
- ◆ Binge Drinking

Behavioral Objective(s)

- ◆ Students will become familiar with the correct serving size of each type of alcohol (hard liquor, wine, beer)
- ◆ Students will learn the definition of and dangers of binge drinking, and how to make decisions to safely avoid these situations

Introduction to the Lesson (Set Induction):

We all know that you have to be 21 years old to legally drink. It is a good idea to wait until you are that age so you can make responsible decisions about alcohol. However, we know that this rule is not always followed. Have you ever been put into an uncomfortable situation involving alcohol or have you ever been