

Alcohol Awareness Lesson Plan – Andrea Waldman

I. Activity: Alcohol Awareness “Fact or Myth” Quiz

1. Have students take an alcohol awareness quiz or ask class questions presented in the attached alcohol awareness quiz.
2. Once the students have completed the quiz begin the lecture/ information session discussed below.
3. After the lecture, orally ask the questions in the quiz again ensuring that the students understand the correct answers.

II. Lecture

A. Introduction

1. Alcohol is the most widely used drug on American college and university campuses.
2. It is important to understand the importance of alcohol safety because the overuse of alcohol causes alcohol poisoning and possible fatalities. It is important to not only understand the effects of alcohol on the individual, but also how to deal with someone who has consumed too much alcohol.

B. Stages of Alcohol Absorption and Elimination

1. Absorption: Once in the stomach, alcohol is absorbed directly into your blood stream through the tissue lining the stomach and small intestine.
2. Traveling to other parts of the body: Once alcohol is in your blood, it is carried to all the organs of your body. In most healthy individuals, blood circulates through the body in only 90 seconds! Thus alcohol is able to travel to all organs in 90 seconds.. The extent of the affects of alcohol on the body after alcohol has reached the brain and other organs will vary according to the individual; their sex, their body make-up, the amount and type of alcohol consumed the situation, and the presence of food in the stomach.
3. Elimination: The aver liver detoxifies, or breaks down, alcohol at a rate of one half an ounce per hour. However, some people cannot detoxify that much alcohol in an hour – it depends on individual factors. Nothing will speed this rate. When the rate of alcohol consumed exceeds the liver’s detoxification rate, the amount of alcohol in the bloodstream continues to increase, further impairing the brain, causing intoxication, coma, or possibly death.

C. Factors that Effect Alcohol Metabolism

1. The presence of food in the stomach decreases the rate of alcohol absorption. Fasting increases the rate of absorption. It is important to eat a healthy meal before