

# Binge Drinking Lesson Plan

## SSS Alignment:

### Responsible Health Behavior

**Standard 2:** The student analyzes the influence of culture, media, technology, and other factors on health.

### Advocate and Promote Healthy Living

**Standard 1:** The student knows how to use goal-setting and decision-making skills that enhance health.

## Learning Objectives:

After participating in class discussions and activities, and viewing the video Binge Drinking: The Facts, student will be able to:

- understand that alcohol is a poison and, like all poisons, it can kill
- identify the physiological and psychological effects of alcohol
- know the definition of binge drinking and realize why it is dangerous
- understand the serious health consequences of binge drinking, including alcohol poisoning, accidents, driving impairment, and acquaintance rape
- know how much alcohol causes alcohol poisoning for individuals of different body weights
- know the warning signs of alcohol poisoning
- know what to do to help someone who has been drinking excessively
- recognize the dangers of mixing alcohol and sex
- accept that the drinking is illegal for all those under the age of 21
- understand that, after the age of 21, people who drink alcohol should be responsible about their drinking
- appreciate the importance of staying in control
- understand that alcohol is not necessary in order to have fun with friends
- accept the need to be responsible for their actions

**Overarching Question:** What is Binge Drinking

## Procedure:

1. Introduction of Speaker
2. Use of CPS Clickers – 10 Question Survey with Follow up Discussion of facts
3. Video: *Binge Drinking: The Facts*, Human Relations Media
4. Review Video Discussion:
  - 4 Things you do if someone passes out from binge drinking
    - Call for help 9-1-1
    - Turn them on their side
    - Monitor breathing and pulse
    - Don't leave them alone
5. Activity A: Fatal Vision Goggles with puzzles or maze
6. Activity B: Info on Field sobriety tests Lateral Eye Gaze Nystagmus  
Walk the line with Fatal Vision Goggles
7. Post Review Survey with CPS Clickers
8. Review of 4 things you do when someone passes out from Binge Drinking