



[KidsHealth.org/classroom](http://KidsHealth.org/classroom)

## Teacher's Guide

This guide includes:

- Standards
- Related Links
- Discussion Questions
- Activities for Students
- Reproducible Materials

## Standards

This guide correlates with the following National Health Education Standards:

Students will:

- Comprehend concepts related to health promotion and disease prevention to enhance health.
- Analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.
- Demonstrate the ability to access valid information and products and services to enhance health.
- Demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.
- Demonstrate the ability to use decision-making skills to enhance health.
- Demonstrate the ability to use goal-setting skills to enhance health.
- Demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.
- Demonstrate the ability to advocate for personal, family, and community health.

National Health Education Standards:  
<http://www.cdc.gov/healthyschools/ser/standards/index.htm>

These activities will help your students understand the dangers of drinking alcohol.

## Related KidsHealth Links

### Articles for Kids:

#### Alcohol

[KidsHealth.org/en/kids/alcohol.html](http://KidsHealth.org/en/kids/alcohol.html)

#### What Kids Say About: Drinking Alcohol

[KidsHealth.org/en/kids/poll-alcohol.html](http://KidsHealth.org/en/kids/poll-alcohol.html)

#### Dealing With Peer Pressure

[KidsHealth.org/en/kids/peer-pressure.html](http://KidsHealth.org/en/kids/peer-pressure.html)

#### School Counselors

[KidsHealth.org/en/kids/school-counselors.html](http://KidsHealth.org/en/kids/school-counselors.html)

### Articles for Teens:

#### Alcohol

[TeensHealth.org/en/teens/alcohol.html](http://TeensHealth.org/en/teens/alcohol.html)

#### Binge Drinking

[TeensHealth.org/en/teens/binge-drink.html](http://TeensHealth.org/en/teens/binge-drink.html)

#### I Think I May Have a Drinking/Drug Problem. What Should I Do?

[TeensHealth.org/en/teens/drinking-drug-problem.html](http://TeensHealth.org/en/teens/drinking-drug-problem.html)

#### Dealing With Addiction

[TeensHealth.org/en/teens/addictions.html](http://TeensHealth.org/en/teens/addictions.html)

#### Peer Pressure

[TeensHealth.org/en/teens/peer-pressure.html](http://TeensHealth.org/en/teens/peer-pressure.html)

#### Coping With an Alcoholic Parent

[TeensHealth.org/en/teens/coping-alcoholic.html](http://TeensHealth.org/en/teens/coping-alcoholic.html)

#### School Counselors

[TeensHealth.org/en/teens/school-counselors.html](http://TeensHealth.org/en/teens/school-counselors.html)

## Discussion Questions

*Note: The following questions are written in language appropriate for sharing with your students.*

1. Describe any alcohol ads you've seen. How do the people in the ads appear? Discuss how this portrayal might affect people who see the ads. What information about alcohol is missing from these depictions?
2. You walk into a friend's basement, and someone offers you a drink. What do you do? What issues do you weigh? What factors are important to you?
3. Kids and teens who have strong self-esteem are less likely to drink alcohol than those with low self-esteem are. Why do you think this is?





## TruthTeller's Latest Hit

### Objectives:

Students will:

- Explore the influence of peer pressure on drinking behavior
- Develop strategies for dealing with peer pressure

### Materials:

- Computer with Internet access, video equipment or smartphone video
- "TruthTeller's Music Video" handout or plain paper
- Optional: musical instruments

### Class Time:

3 hours

### Activity:

We're going to make a music video by a fictional artist called TruthTeller. The video will realistically show how kids and teens face peer pressure to drink alcohol. Use the KidsHealth.org articles to explore the issues of peer pressure and alcohol. Then write the lyrics for TruthTeller's song "Pressure to Drink." The song can be just voices, or voices and music, too. First, we'll get into small groups and write some verses, making sure to include details about peer pressure and alcohol use. Then we'll develop a video that shows:

- Ways that kids and teens are pressured to drink alcohol
- Reasons why kids and teens give in to peer pressure
- Strategies for walking away from peer pressure

Remember, we want the video to appeal to kids and teens, as well as offer realistic and accurate information about drinking alcohol and dealing with peer pressure.

## Reproducible Materials

**Handout: TruthTeller's Latest Hit**

*[KidsHealth.org/classroom/6to8/problems/drugs/alcohol\\_handout1.pdf](http://KidsHealth.org/classroom/6to8/problems/drugs/alcohol_handout1.pdf)*



Names: \_\_\_\_\_

Date: \_\_\_\_\_

## TruthTeller's Latest Hit

Instructions: Plan out TruthTeller's music video by filling out this sheet.

### Characters

Blank space for writing characters.

### Setting

Blank space for writing setting.

### Events

Blank space for writing events.

### Strategies for saying no

Blank space for writing strategies for saying no.

### How kids and teens will be pressured to drink

Blank space for writing how kids and teens will be pressured to drink.

### Reasons why some kids and teens may give in

Blank space for writing reasons why some kids and teens may give in.