



Alcohol's Path

Objectives:

Students will:

- Research how alcohol moves through the body and how various organs are affected
- Complete a flowchart that shows how alcohol moves through the body

Materials:

- Alcohol Flowchart handout (available at: KidsHealth.org/classroom/3to5/problems/drugs/alcohol_handout3.pdf)
- Pen or pencil

Class Time:

45 minutes

Activity:

Alcohol's first pit stop may be the stomach, but it sure doesn't stay there! Alcohol moves through the body, entering various organs and affecting how they function. Once alcohol enters a person's brain, it can cause changes in both mood and behavior. First, do some research to find out about the path that alcohol takes once it enters the body.

Next, complete the Alcohol Flowchart to show that route. On the back of your flowchart, write down five negative and dangerous things that might happen if someone consumes too much alcohol.

Extension:

1. Although you may never have a problem with alcohol, it is possible that a friend or family member may be struggling with this issue. There are many people and organizations that provide further information and assistance for people with alcohol problems, and for folks who are trying to help someone who has a problem. Create a list that has the names of both people and organizations that could help either you or a loved one get information or help. Explain why these particular people and/or organizations are on your list.

Reproducible Materials

Handout: Under the Influence

KidsHealth.org/classroom/3to5/problems/drugs/alcohol_handout1.pdf

Handout: What Would You Do?

KidsHealth.org/classroom/3to5/problems/drugs/alcohol_handout2pdf

Handout: Alcohol Flowchart

KidsHealth.org/classroom/3to5/problems/drugs/alcohol_handout3.pdf



Under the Influence

Instructions: List 5 people who influence you and 5 people you influence. Then, how much do these people influence you and how much do you influence them? Rate the influence on a scale from 1 to 3 (1 = rarely, 2 = sometimes, and 3 = always). Finally, write P, N, or PN to describe whether the influence is positive, negative, or both. Remember, this list is only for you. No one else will see it.

Who influences me?

How much?

Positive or
negative?

- | | | | |
|----|-------|-------|-------|
| 1. | _____ | _____ | _____ |
| 2. | _____ | _____ | _____ |
| 3. | _____ | _____ | _____ |
| 4. | _____ | _____ | _____ |
| 5. | _____ | _____ | _____ |

Who do I influence?

How much?

Positive or
negative?

- | | | | |
|----|-------|-------|-------|
| 1. | _____ | _____ | _____ |
| 2. | _____ | _____ | _____ |
| 3. | _____ | _____ | _____ |
| 4. | _____ | _____ | _____ |
| 5. | _____ | _____ | _____ |



What Would You Do?

Instructions: One of the best ways to deal with peer pressure is to practice what you would do before you ever find yourself in a sticky situation. Read these three scenarios and describe how you would handle each one. Explain how you came to this decision and tell specifically what you might say or do in each scenario.

Your good friend John asked you to come over to his house after school to work on a science project. John is a straight-A student who has helped you with school projects before. When you get there you see that there are no adults or other kids there. John goes to refrigerator, gets a bottle of his father's beer, opens it, and takes a sip. He then hands you the bottle and says, "Here, have some. I do it all the time. I never get caught." What would you do?



Name: _____

Date: _____

Alcohol Flowchart

Instructions: Create a flowchart to show the path that alcohol takes in the body. On the back of the sheet, write down five negative and dangerous things that might happen if someone consumes too much alcohol.

