

### Sample Lesson Plan on Underage Drinking

<b>Lesson Topic:</b> Underage Drinking	
<b>Regulations and principles addressed in this lesson:</b> Pennsylvania Crimes Code, Title 18 Social Identity Theory (peer pressure)	
<b>Learning Goals/Target for this Lesson</b>	
Students will know:  1. Underage alcohol use facts 2. General underage drinking penalties	Students will be able to:  1. Use knowledge of underage drinking penalties to determine alternative activities to drinking 2. Use knowledge of underage drinking penalties to refuse alcohol from peers
<b>Lesson Essential Question:</b> Why should people under 21 NOT consume alcohol?	
<b>Activating Strategy:</b> Notifying the students that we will create artwork with positive messages about avoiding/refusing alcohol while under the age of 21.	
<b>Key vocabulary:</b> Alcohol, underage drinking, minor, illegal, alcohol poisoning, peer pressure	
<b>Lesson Instruction</b>	
Learning Activity 1: Alcohol and how it affects me  1. Students complete Alcohol Factsheet. 2. Class reviews completed alcohol factsheet.  Assessment Prompt for LA 1: Results of written Alcohol Factsheet	Additional Learning Activity: Scenarios  1. Students act out scenarios in which there may be peer pressure to drink underage; students play the role of the one applying the peer pressure and the one refusing. 2. Students in the audience assess the refusal and provide critiques/suggestions for improvement.
Learning Activity 2: Penalties for drinking underage  1. Instructor asks True-or-False questions about underage drinking penalties. 2. Working together as a group to foster cooperation and positive environment.  Assessment Prompt for LA 2: Direct observation from activity	
Learning Activity 3: Refusal Skills  1. Students supply ways to say "No" to alcohol from the "What Would You Do" worksheet. 2. Working together as a group to foster cooperation and positive environment.  Assessment Prompt for LA 3: Direct observation from activity	
Learning Activity 4: Creation of positive messaging artwork  1. Students create positive messaging artwork using knowledge gained from previous 3 activities.  Assessment Prompt for LA 4: Direct observation and creation of artwork from activity	



## Alcohol Factsheet

1. \_\_\_\_\_ can be made from the souring of grains and fruits, as well as honey.
2. Alcohol is not for kids, it is for \_\_\_\_\_.
3. A person must be at least \_\_\_\_ years old to legally consume alcohol.
4. A person who is not of legal age to drink alcohol is underage and sometimes called a \_\_\_\_\_ (opposite of major).
5. Alcohol is responsible for more than \_\_\_\_\_ (number) deaths of minors a year.
6. Underage drinking increases the risk of changes in \_\_\_\_\_ (inside the head) growth.
7. The human brain is not full-grown until age \_\_\_\_.
8. Alcohol is linked to \_\_\_\_\_ (number) emergency rooms visits by minors for injuries and other conditions.
9. Alcohol is a depressant, meaning it makes the body function \_\_\_\_\_ (opposite of faster).
10. Drinking alcohol changes the way a person's body performs normal activities like \_\_\_\_\_.
11. Someone who has had too much to drink could have alcohol \_\_\_\_\_ (it's toxic).
12. Kids who start drinking before age \_\_\_\_ are six times more likely to develop alcohol problems later in life than those who start drinking when they are of legal age.
13. Some kids think that drinking alcohol makes them look \_\_\_\_\_. This is not true.
14. When someone, like a friend, tries to make you do something, it's called peer \_\_\_\_\_.



**Alcohol Factsheet  
Answer Key**

1. Alcohol can be made from the souring of grains and fruits, as well as honey.
2. Alcohol is not for kids, it is for adults/grown-ups.
3. A person must be at least 21 years old to legally consume alcohol.
4. A person who is not of legal age to drink alcohol is underage and sometimes called a minor (opposite of major).
5. Alcohol is responsible for more than 4,300 (number) deaths of minors a year.
6. Underage drinking increases the risk of changes in brain (inside the head) growth.
7. The human brain is not full-grown until age 25.
8. Alcohol is linked to 189,000 (number) emergency rooms visits by minors for injuries and other conditions.
9. Alcohol is a depressant, meaning it makes the body function slower (opposite of faster).
10. Drinking alcohol changes the way a person's body performs normal activities like any activity fits here.
11. Someone who has had too much to drink could have alcohol poisoning (it's toxic).
12. Kids who start drinking before age 15 are six times more likely to develop alcohol problems later in life than those who start drinking when they are of legal age.
13. Some kids think that drinking alcohol makes them look cool/older. This is not true.
14. When someone, like a friend, tries to make you do something, it's called peer pressure.



## **Penalties for Underage Drinking True or False**

1. A person under 21 can drink alcohol if the alcohol has been given to him/her by his/her parent or other family members.

**FALSE – it is illegal to provide alcohol to minors, even if the person providing the alcohol is a family member.**

2. A person under 21 could lose his/her license for drinking underage, even if he/she was not drinking and driving when he/she was caught.

**TRUE**

3. Parents can be charged with serving a minor alcohol even if the minor happened to be their child and in their own home.

**TRUE – it is illegal to provide alcohol to minors, even if the person providing the alcohol is the minor's parent in his/her own home.**

4. A sip of alcohol does not count as drinking underage.

**FALSE – a sip is consumption.**

5. If caught drinking underage, a person may have to wait longer to get his/her license.

**TRUE – If an offender is under 16 years of age, license suspension will begin on the offender's 16th birthday.**

6. It is OK for a person to have a fake ID.

**FALSE – it is illegal to purchase, make, possess, and distribute fake or false IDs.**

7. It is illegal for a person under the age of 21 to transport alcohol.

**TRUE – It is illegal for anyone under 21 to possess, purchase, attempt to purchase, consume, or knowingly and intentionally transport any liquor, malt, or brewed beverages.**

8. Minors convicted of possessing alcohol could face fines up to \$500.

**TRUE – Minors convicted of possessing, purchasing, attempting to purchase, consuming, or transporting any alcohol above face fines up to \$500.**

9. If a person under 21 is caught driving with an alcohol concentration of 0.02% or higher, he/she may be arrested for driving under the influence (DUI). However, please note that a person may be arrested for DUI without a blood or breath test, provided that the person is operating or in actual physical control of the vehicle and is incapable of safe driving. 75 Pa.C.S.A. §3802(a)(1).

**TRUE**

10. If you are under 21 and convicted of your first DUI, you may face up to 12 hours in jail.

**FALSE – If you are under 21 and convicted of your first DUI, you could face, at minimum, 48 hours to six months in jail for a first offense.**



## Refusal Skills

### Narrative:

Even though alcohol use under age 21 is illegal, people may still try to pressure you into drinking. Saying “no” to your friends and peers can be difficult. It is not always easy to face pressure from people you see every day.

Have your students work together to create a list of creative refusals.

Here are some ways to turn down a drink:

- No, I’m not 21.
- No thanks, I don’t drink.
- Drinking isn’t for me.
- No thanks, I don’t want to break the law.
- No, I don’t like alcohol.
- I can’t drink. I have bad reaction to alcohol.
- No way! If my parents found out, I’d be in a lot of trouble.
- Thanks, but it’s not worth the trouble.
- I can’t drink because I’m on medication that could cause a bad reaction.
- No thanks, I don’t like the way alcohol makes me feel.
- No, maybe some other time.
- No, I’m driving tonight.
- I promised my parents that I would not drink.



## **Alcohol Education Poster Contest**

See the [Alcohol Education Poster Contest Guidelines and Entry Form for details](#).