

Avoiding Drugs and Alcohol - Health Impact of Alcohol (part 1)

Self-Management & Self-Care,
Module 2

AGENDA



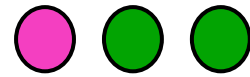
1. Brainstorm: In a group using the jam board answer the question: Why is it important to not consume alcohol underage? What are the 5 aspects of the body budget?



2. Activity: Students will look into how consuming alcohol could negatively affect an aspect of their body budget.



3. Reflect: How would you feel about yourself and your actions if you began to consume drugs or alcohol? How does this connect to your core values?



BRAINSTORM



Why is it important to not consume alcohol underage? How do you think alcohol affects a growing brain?





DISCUSS



How Alcohol Affects the Developing Brain

During your teenage years, your brain changes and develops in many ways. Consuming drugs and alcohol can inhibit that growth.

01

Pruning



The developing teenage brain does a number of functions to promote its growth such as refining the neural pathways that are not being used (this is called pruning) and increasing the volume of white matter in the brain (white matter aids in sending signals up and down the spinal cord to your brain) this is just the beginning of all of the amazing things that our brains do for us to prepare for our adult years.

02

Plasticity



From these preparations our brains are able to function more effectively, handle more complex thinking patterns, and increase our plasticity.

Plasticity is the ability to learn new skills, develop those interests, adapt to new situations, and learn from previous stimuli more effectively.

03

HOW DOES ALCOHOL AFFECT THE TEENAGE BRAIN?

Low White Matter

It has been shown that teens who consume alcohol regularly have markedly smaller brain volumes and lower density (less white matter) in certain areas such as the hippocampus and prefrontal cortex.



Brain Degeneracy

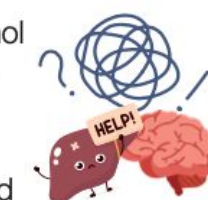
A person who consumes alcohol regularly and abuses it runs the risk of brain degeneracy. Brain degeneracy, otherwise known as permanent brain damage, where areas of the brain become smaller and nerve cells die off. This results in learning and developmental difficulties.

04

EXTREME CASES

Liver Damage

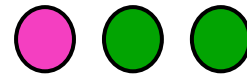
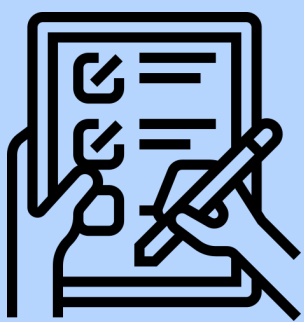
When consuming high levels of alcohol regularly, one runs the high risk of having liver damage. Your liver is where alcohol gets broken down and cleaned out of your body. The constant work of your liver to filter out the alcohol puts a lot of strain on it.



Wernicke-Korsakoff Syndrome

WKS is characterized by the onset of Wernicke's Encephalopathy and a debilitating condition called Korsakoff's psychosis. Symptoms of Wernicke's Encephalopathy include mental foginess, paralysis of eye nerves, and decreased muscle coordination.





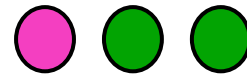
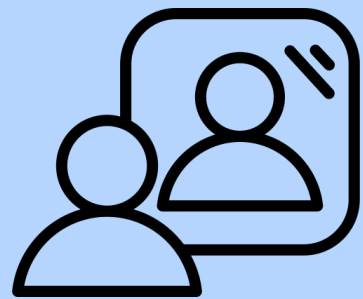
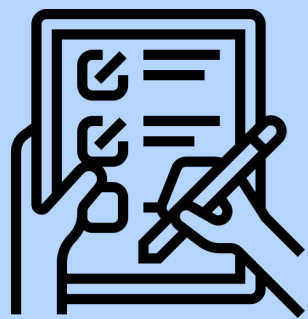
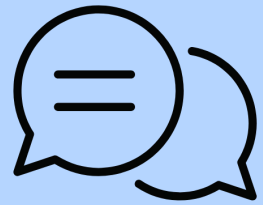
DIVE IN



What is Alcohol?

- Alcohol is classified as a depressant substance. Alcohol is made from the distillation and fermentation of fruits, grains, or even vegetables. Alcohol when consumed can alter one's perception, thoughts, feelings, judgment, and body functions.
- There are many side effects to consuming alcohol as it is a depressant substance. Some of those being: loss of consciousness, impaired speech, dizziness, and lack of coordination.



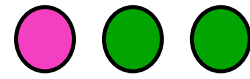
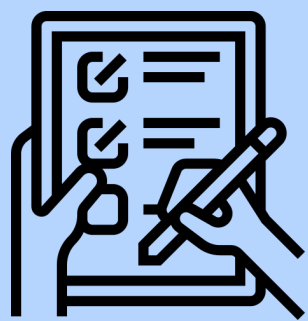
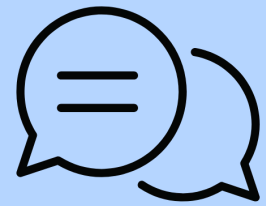


DIVE IN



What is binge drinking?

- Binge drinking, defined as consuming 4 or more drinks on an occasion for a woman or 5 or more drinks on an occasion for a man. If this consumption of numerous drinks occurs on 10 or more occasions in a year, then that is viewed as continuous/frequent binge drinking. It can be difficult to know how much alcohol is in a given drink as well. When you have consumed multiple drinks it is additionally difficult to know how many drinks you have consumed on top of that. Binge drinking wreaks havoc on our body's functions and can lead to people making dangerous or rash choices that they would not have made sober.
- It is important to remember that the best person to be concerned with your safety is YOU! But if you consume alcohol your judgment is impaired that can in some cases cost you your safety and wellbeing.



DIVE IN



How does consuming drugs or alcohol affect our body budget?



Nutrition



Hydration



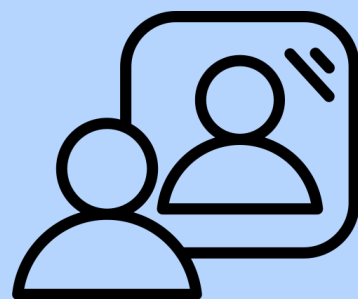
Movement



Rest



Socialization



ACTIVITY



Individually, complete the worksheet.



Avoiding Drugs and Alcohol - Health Impact of Alcohol (part 1)

Name: _____

Body Budget Overview:

Some ways to impact body budget:

1. Nutrition- providing your body with nutrient-dense foods.
2. Hydration- Keeping your body well hydrated.
3. Movement- moving your body for at least 30 minutes daily.
4. Rest- Getting adequate sleep, around 8 hours per day.
5. Socialization- We are social beings! It is important to interact with others to strengthen one's sense of community and belonging.

Examples of how consuming alcohol might affect one's body budget:

- Sleep: if you are staying up drinking, you are likely not getting the best sleep; alcohol also can have negative effects on the quality of one's sleep. If you are not well rested, you will be less likely to perform at your best for school and extracurricular activities because you may feel tired, irritable, and lack concentration.
- Hydration: Alcohol dehydrates you. If you are consuming alcohol, especially in large quantities, this can leave you feeling dehydrated which can have many negative effects on the body such as lack of energy, lack of awareness, and lessened cognitive function.

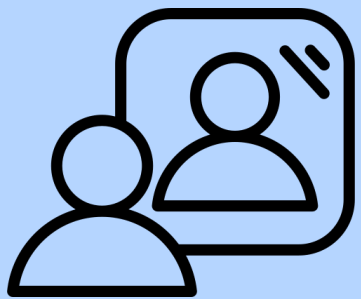
Questions to consider before answering:

- Do you do any extracurriculars? How could alcohol or drug consumption affect your performance?
- Does drinking go against your character? How would you feel if you gave into peer pressure and drank?
- Considering what you know about the negative impacts of alcohol, what aspects of one's life can be disrupted by drinking alcohol?

In the space below, please choose an aspect of your body budget and discuss how consuming alcohol could harm that chosen aspect.

Response here:

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REFLECT



Reflect: How would you feel about yourself and your actions if you began to consume drugs or alcohol? How does this connect to your core values?

Home Connection



Home Connection

Avoiding drugs and alcohol

Dear _____,

I wanted to share with you what your student has been learning about the important topics of drugs and alcohol. We discussed what alcohol is, how to avoid peer pressure, and how alcohol impacts the brain and overall health. Students learned that alcohol, a depressant, can alter perception, thoughts, and bodily functions. We also explored how underage drinking negatively affects brain development and how substance use disrupts essential aspects of health like sleep, hydration, and nutrition. We discussed the four main classifications of drugs: stimulants, opiates, depressants, and hallucinogens, and their various impacts. For example, students learned how stimulants like caffeine can make you feel more alert, while depressants like alcohol can slow down the central nervous system, creating a sense of relaxation but also posing significant risks.

In groups, students brainstormed effective ways to say "no" in peer-pressure situations and practiced using these strategies. They also learned about the dangers of binge drinking and how it can impair judgment and lead to risky behavior.

To continue this important conversation at home, please ask your student: "What are some healthy strategies to avoid peer pressure and make safe choices regarding alcohol?" This can be a great opportunity for a meaningful discussion about the importance of making informed decisions and staying healthy.

Please do not hesitate to reach out with any questions or concerns.

Best,

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Lesson Complete!

