

Grade 5

Health Objective 5.01

Identify short and long-term effects of alcohol use.

Health Objective 5.02

Explain reasons why individuals choose not to use alcohol.

Language Arts: 4.03

Make oral and written presentations to inform or persuade selecting vocabulary for impact.

Materials Needed:

Butcher paper
Markers

Focus:

Have a few students volunteer to catch the ball as you throw it to them. Play catch with the students for a minute or two. Now ask the students to spin around 10 times fast, then squint their eyes. As the students finish spinning begin throwing the balls to the students and ask them to throw the balls accurately back to you. (It is usually quite difficult for them to accurately throw the ball at this point.) Ask selected students to write a sentence on the board. After spinning around ten times, ask students to write the same sentence again.

Explain that blurred vision is one of the short-term effects of alcohol use and that over the course of this lesson we will talk about short and long term effects of alcohol use.

Teacher Input:

Explain to students the following information:

- Alcohol use is the number one drug problem among young people.
- Alcohol is a depressant.
- Eight young people a day die in alcohol-related crashes.
- Students spend \$5.5 billion in alcohol each year.
- Poor grades are correlated with alcohol use.
- The effects of alcohol may appear within 10 minutes.
- 2.6 million teenagers don't know that a person can die from alcohol overdose.

After this introduction ask the students what they think are some things that might happen to your body when you consume alcohol. List their responses on the board, overhead, etc. Add the following if they are not mentioned by the students:

bad breath staggering distorted hearing and/or vision dizziness slurred speech double vision	unconsciousness hangover (headache, nausea, shakiness, vomiting) blood vessels are dilated increased heart rate increased blood pressure
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Next ask the students what they think the long term effects of alcohol use may have on the organs of the body. Possibilities include:

1. Brain: alcohol gets to the brain in a matter of minutes, it slows down the brain's ability to control the body's nervous system
 - it impairs memory, damages cells
 - there is a loss of fine motor coordination (slower reaction times)
 - alcohol blocks messages going to the brain and alters perceptions, emotions, vision, hearing and coordination
 - may also cause nervous system diseases
2. esophagus: alcohol can cause cancer of the esophagus
 - The blood vessels in the esophagus can rupture and bleed
3. Stomach: alcohol may cause inflammation and irritation affects motor functions of the stomach, causes heartburn, and gastritis may lead to malnutrition, bleeding, and tearing of the stomach lining
4. Intestines: alcohol causes poor absorption of nutrients can cause diarrhea, cause nutritional deficiencies such as vitamins A and C can cause cancer of digestive tracts
5. Liver: alcohol can cause an excess of fats in the liver
 - damage to the liver - kills cells
 - cirrhosis of the liver-hardening
 - alcohol hepatitis- inflammation of the liver
 - cancer of the liver
 - enlargement of the liver
6. Heart and Circulatory System:
 - weakening of the heart muscle (cardiomyopathy)
 - chest pains, fatigue, high blood pressure
 - strokes, increased cholesterol, and increased workload on the heart
7. Mouth and tongue:
 - cancer of the mouth and throat
 - inflammation of the tongue
8. Pancreas: inflammation of the pancreas; can lead to diabetes
9. Skin: reddening of the skin, heat loss, capillaries may be broken
10. Lungs:
 - infections, pneumonia
 - may suffocate if vomits in his/her sleep
 - aggravates other lung diseases
11. Bones:
 - thinning, weakening of the bones
 - inflammation of joints
12. Kidneys: inflammation, retention of fluids causing swelling of other body parts may lead to kidney failure
13. Bladder: infections
14. Eyes: may produce problems in the optic nerve and in rare cases progress to blindness

Practice & Assessment:

After the long term and short term effects have been discussed divide the class into cooperative groups. Provide each group with a large sheet of butcher paper, copies of the

short and long term effects, markers, rulers, and a book with the organs of the human body (Health book, Science book, encyclopedia). The students will trace the shape of a body (one of the other students) on the butcher paper. Using the facts presented in class, the students will locate the various organs affected by alcohol and draw them on the butcher paper. In addition they will also draw lines and label effects of alcohol on those organs. Each group will then present their poster to the class and the facts that they labeled. (this may take more than one class)

After students have completed their pictures each student will write a letter to a friend explaining the short and long term effects of alcohol use as encouragement not to begin using alcohol.