

# Ask, Listen, Learn:

# Kids and Alcohol

# Don't Mix

## Resource Guide

### Inside You'll Find:

- Student Magazines (30)
- Family Activities
- Online Resources
- Learning Standards: Goals and Objectives

More **FREE**  
Materials!

Visit  
[asklistenlearn.org](http://asklistenlearn.org)  
for superstar webcasts,  
lessons, worksheets,  
and more!

**Taylor Ritzel**  
World Champion and Olympic  
Gold Medalist, Rowing



FOUNDATION FOR  
ADVANCING ALCOHOL  
RESPONSIBILITY

**CLASSROOM  
CHAMPIONS**  
Because Kids Have What It Takes

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## Dear Families,

Welcome to *Ask, Listen, Learn: Kids and Alcohol Don't Mix*, an engaging program from the Foundation for Advancing Alcohol Responsibility (Responsibility.org) and Classroom Champions. Throughout this program, your children have been learning about perseverance, community, and health. In particular, they have explored how underage drinking can affect their bodies as well as their daily lives and long-term goals.



Surveys indicate that parents are the most important influence on children's decisions to avoid alcohol.

Having a conversation with your child about alcohol is a crucial step in putting him or her on the right path. But getting that conversation started might be a bit awkward. See these pages for a few good ideas on breaking the ice.

Children are confronted with countless messages every day. Not all of them will be beneficial. Together we can ensure that they encounter useful information and messages of inspiration, reassurance, and caring.

Sincerely,

Ralph S. Blackman  
(CEO of Responsibility.org)  
and Steve Mesler (CEO of  
Classroom Champions)

# Help Your Community as a Family!

Every community could use a helping hand. Community involvement can be a protective factor and help prevent your child from underage drinking. There are few better ways to help your community than as a family!

### Step 1: Brainstorm

Think about different things you could do as a family to help your community. List a few of your ideas below:

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### Step 2: Choose an idea and clearly state your goal

Be specific about what you want to accomplish.

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### Step 4: Track your progress

In the space below, record the steps taken to accomplish your goal.

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### Step 3: Plan your steps

Write the specific steps you will take as a family to accomplish your goal.

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### Step 5: Declare success

Once you have met your goal, describe what you accomplished.

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### Step 6: Celebrate!

Contributing to your community is one of the best things you can do with your time. As you celebrate, perhaps you can brainstorm your next project!

# Hot Topic—The Game

Play this game with your children and anyone else who is around!

**MATERIALS:** scissors, a hat

**PREP:** Cut the paper below along the lines to separate the 12 scenarios. Fold the scenarios in half and toss them in the hat.

**PLAY:** Sit in a circle. Each player draws a scenario from the hat and reads it aloud. Next, the player answers the question “**What would you do?**”



## SCENARIOS

Your school starts a glee club and invites all to join.

You want to ride your bicycle across town, but your helmet is missing.

The local senior center posts a call for volunteers.

Your friends suggest you walk across a newly frozen pond.

Your friends find a bottle of alcohol in a cabinet and suggest drinking it.

A popular kid dares you to drink alcohol in front of other kids.

You see the need for a math study group at school, but there isn't one.

Your homework is piling up, but the World Series is on TV.

You want a pack of gum at the store and your friend pushes you to pocket it.

At a party, you are offered an alcoholic drink.

You and a friend find a bag of fireworks and a pack of matches.

You want a snack and have two options: carrots or cookies. Be honest!



## Take the Pledge

Encourage your students to take the **Ask, Listen, Learn pledge** to say “YES” to a healthy lifestyle and “NO” to underage drinking. Reproduce this pledge and create a display for their worksheets. Photos of their skits from Lesson 2 can also be included.

### ASK, LISTEN, LEARN PLEDGE

- I pledge to say “YES” to a healthy lifestyle and “NO” to underage drinking.
- I pledge to stay active by committing to 60 minutes a day of a healthy activity of my choice.
- I have read and understand the **Ask, Listen, Learn pledge**.

Visit [asklistenlearn.org](http://asklistenlearn.org) and [classroomchampions.org](http://classroomchampions.org) for more superstars, educational games, free webcasts, and additional resources.

## Learning Standards: Goals and Objectives

Goal	Objective	Lesson 1	Lesson 2	Lesson 3	Family Activities
Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.	Apply effective verbal and nonverbal communication skills to enhance health.	•	•		•
	Demonstrate effective conflict management or resolution strategies.		•		•
Students will demonstrate the ability to use decision-making skills to enhance health.	Identify circumstances that can help or hinder healthy decision making.		•	•	•
	Predict the potential short-term impact of each alternative on self and others.			•	•
Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.	Explain the importance of assuming responsibility for personal health behaviors.	•	•	•	•
	Demonstrate behaviors to avoid or reduce health risks to self and others.	•	•		•

Source: [www.cdc.gov/Healthyyouth/SHER/standards/index.htm](http://www.cdc.gov/Healthyyouth/SHER/standards/index.htm)