



**M
E
N
T
A
L

H
E
A
L
T
H**

Let's Talk About Alcohol

Every night after work, Mateo and his friends have drinks together. Sometimes his friends want him to drink more than he would like to drink. Mateo drinks because he wants to fit in. He knows that drinking a lot is causing problems at work. He is not able to work as hard as he used to. He is worried that he might lose his job. Mateo wants to drink less but he is not sure how.

F.Y.I.

Vocabulary

- Alcohol
- Alcohol abuse
- Drinking in moderation

What is ONE drink?

Think about a can of beer and a shot of tequila. These drinks are different sizes. You may think that you are drinking more *alcohol* when you have a beer than when you have a shot of tequila. Both of them have the same amount of alcohol. They both count as one drink. Each drawing below is ONE drink.



1 beer
12 ounces



1 glass of wine
5 ounces



1 shot of whiskey,
rum, or tequila
1.5 ounces

How do I know if I am drinking too much?

It is important to recognize if you are drinking too much alcohol to avoid any problems it can cause. Here is a table that shows what "drinking too much" is.

This is what "drinking too much" in ONE occasion is:



For men, 5 or more drinks within 2-3 hours



For women, 4 or more drinks within 2-3 hours

This is what "drinking too much" in ONE Week is:



For men, 15 or more drinks per week

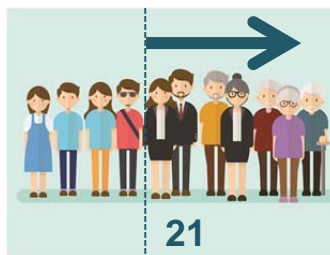


For women, 8 or more drinks per week

You should NOT drink alcohol...



If you are a pregnant woman



If you are under 21 years of age

How can drinking too much affect you?

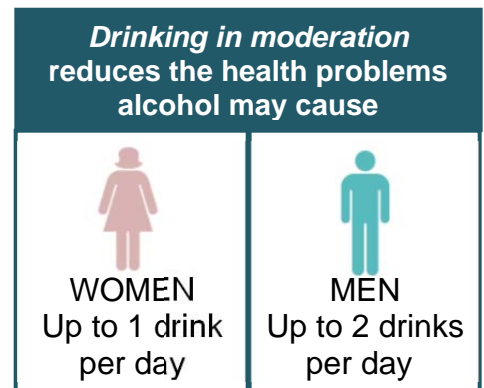
Alcohol abuse is when drinking too much alcohol becomes a habit. It can cause:

- problems at home, work, or school
- health problems such as liver disease, heart disease, depression, stroke, cancer, and birth defects
- injuries such as car accidents, drownings, burns and falls

How do I know if I have a drinking problem?

You may have a drinking problem if you:

- drink more or longer than you want
- try to cut down or stop drinking but you cannot
- keep drinking even if it causes problems at work, school or in your relationships
- drink when driving or using machines
- drink even if you have health, family, or legal problems
- have trouble sleeping, feel nauseous, or sweat when the effect of the alcohol goes away



If you have any of these symptoms, see your doctor right away. Make a plan so you can drink less (*drinking in moderation*) or stop drinking.

What can I do to drink less?

- **Make a plan.** Decide which days you will drink and how many drinks you will have.
- **Do not drink every day.**
- **Ask others to help you.** Your family, friends or coworkers can give you support.
- **Don't keep alcohol around the house.** Spend time in places where there is no alcohol.
- **Do other activities in your free time that you enjoy** instead of drinking.
- **Learn to say NO** when you do not want to drink.

National Drug and Alcohol Treatment Referral Routing Service
1-888-662-HELP

Vocabulary & Definitions

Alcohol	Alcohol is in beer, wine, and liquor. When you drink too much it can change the way you think and act.
Alcohol abuse	When a person regularly drinks too much and continues to drink even when it causes problems. A person may lose his or her job and keep drinking. Some people go to jail because they drive while drinking.
Drinking in moderation	It refers to the limited amount of alcohol a person can have to reduce the health and safety problems that alcohol can cause.

Let's Talk About Alcohol

Lesson Plan

Materials needed	Handouts	Estimated time
<ul style="list-style-type: none"> • Dry erase board and markers • Pencils 	<ul style="list-style-type: none"> • “Let’s Talk About Alcohol” lesson • “Listening Activity” handout • Skills Practice Worksheet • Pre-Assessment • Post-Assessment 	<ul style="list-style-type: none"> • 1 hour

NOTE TO INSTRUCTOR: To accommodate the literacy levels and educational experiences of the participants, oral and/or group activities may be substituted for reading, writing, skills practice, and survey activities.

Elements	Activities	Notes
Preparation	<ul style="list-style-type: none"> • Introduce the topic. (5 minutes) • Conduct the Pre-Assessment. (5 minutes) • Introduce the new vocabulary. (5 minutes) 	<p>Questions:</p> <ol style="list-style-type: none"> 1. How do you know if someone has a drinking problem? 2. What can happen when someone drinks too much alcohol regularly? <ul style="list-style-type: none"> • Distribute Pre-Assessment, and ask students to turn it in when it is complete. • Write the vocabulary words on the board and ask the students to read them aloud. Ask the students if they know what they mean. Provide students with the definitions from the lesson.
Instructions	<ul style="list-style-type: none"> • Read the lesson “Let’s Talk About Alcohol”. (10 minutes) • Identify the vocabulary words in the lesson. (5 minutes) • Distribute and review the Skills Practice Worksheet with the students and ask them to complete it. Use the Answer Key sheet to verify the correct answers. (25 minutes) 	<ul style="list-style-type: none"> • Instructor leads guided reading of topic. • Students identify the vocabulary words by circling them in the lesson. • Activity 1: Students have 10 minutes to complete this activity. • Activity 2: Students have 10 minutes to complete this activity. • Activity 3: Students have 5 minutes to complete this activity.
Concept Check	<ul style="list-style-type: none"> • Conduct Post-Assessment. (5 minutes) 	<ul style="list-style-type: none"> • Students complete Post-Assessment.

Let's Talk About Alcohol

Listening Activity

Listening Activity

Purpose: To practice listening comprehension

Time: 5 minutes

1. Tell your students that in this activity they will practice their listening comprehension skills.
2. State that you are going to read five different sentences twice.
3. Let them know that after you finish reading the sentence for the second time, they will need to fill in the blank.
4. At the end, check the students' answers to make sure they are correct. If some students do not have the right answer, invite other students to participate in the discussion until the information is clear.

Listen and Fill in the Blank

Sentence	Answer
1. When you drink too much, you may have _____ in your relationships, with your health, and at work or school.	problems
2. _____ is the ingredient in tequila that can make you feel drunk when you drink too much of it.	Alcohol
3. Drinking too much can put you at risk for _____ like car accidents or falls.	injuries or problems
4. To drink less, you should spend your time doing things you _____ that do not include alcohol.	enjoy or like
5. _____ or not drinking at all reduces the health problems that alcohol can cause.	Drinking in moderation



Let's Talk About Alcohol
Skills Practice Worksheet

Name: _____

Date: _____

Activity 1: How many drinks?

After work on a Friday night, Patricia and her friends bought some beer. Patricia drank one **12 ounce bottle** of beer while she was cooking. At dinner, she drank one more beer. After dinner, some other friends arrived. They brought a bottle of tequila. Patricia had **1 shot** and another **beer**.

1. How many drinks did Paula have? _____
2. Does the alcohol in one shot of tequila equal one bottle of beer? _____
3. Did Patricia drink in moderation? _____

Activity 2: Fill in the blank.

1. A woman drinks in moderation when she has _____ drink (s) in a day.
2. A man drinks in moderation when he has _____ drink (s) in a day.
3. If a woman drinks more than _____ drinks in a week, she is drinking too much.

Activity 3: Listen and fill in the blanks.

Listen carefully to your teacher's instructions.

Statement	Answer
1	
2	
3	
4	
5	

Let's Talk About Alcohol

Answer Key

Activity 1: How many drinks?

After work on a Friday night, Patricia and her friends bought some beer. Patricia drank one **12 ounce bottle** of beer while she was cooking. At dinner, she drank one more beer. After dinner, some other friends arrived. They brought a bottle of tequila. Patricia had **1 shot** and another **beer**.

1. How many drinks did Paula have? 4
2. Does the alcohol in one shot of tequila equal one bottle of beer? Yes
3. Did Patricia drink in moderation? No

Activity 2: Fill in the blank.

1. A woman drinks in moderation when she has one drink (s) in a day.
2. A man drinks in moderation when he has two drink (s) in a day.
3. If a woman drinks more than eight drinks in a week, she is drinking too much.

Activity 3: Listen and fill in the blanks. Listen carefully to your teacher's instructions.

Sentence	Answer
1. When you drink too much, you may have problems in your relationships, with your health, and at work or school.	problems
2. Alcohol is the ingredient in tequila that can make you feel drunk when you drink too much of it.	Alcohol
3. Drinking too much can put you at risk for injuries or problems like car accidents or falls.	injuries or problems
4. To drink less, you should spend your time doing things you enjoy or like that do not include alcohol.	enjoy or like
5. Drinking in moderation or not drinking at all reduces the health problems that alcohol can cause.	Drinking in moderation



Let's Talk About Alcohol
Pre-Assessment

Date: _____

Name: _____

1. One drink is equal to:

- Circle the correct answer.
- a. 12 ounces of beer
 - b. 5 ounces of wine
 - c. 1.5 ounces of tequila
 - d. All of the above

2. Drinking in moderation is equal to drinking two drinks a day for men.

True False

3. If you regularly drink too much alcohol you may:

- a. Have problems in your relationship with family members and friends
- b. Not work or study as well as before
- c. Develop health problems such as heart disease and liver disease
- d. All of the above

4. Not having alcohol in your home can help you drink less or quit drinking.

True False

5. You may have a drinking problem if you drink when driving or using machines.

True False

Total Correct: _____



Let's Talk About Alcohol
Post-Assessment

Date: _____

Name: _____

1. One drink is equal to:

- a. 12 ounces of beer
- b. 5 ounces of wine
- c. 1.5 ounces of tequila
- d. All of the above

2. Drinking in moderation is equal to drinking two drinks a day for men.

True False

3. If you regularly drink too much alcohol you may:

- a. Have problems in your relationship with family members and friends
- b. Not work or study as well as before
- c. Develop health problems such as heart disease and liver disease
- d. All of the above

4. Not having alcohol in your home can help you drink less or quit drinking.

True False

5. You may have a drinking problem if you drink when driving or using machines.

True False

Total Correct: _____

List some things you can do to drink less or to quit drinking. (not scored)
