

LESSON 5

Chain of Life



OBJECTIVE: Students understand how alcohol can harm their brain development.

GRADE LEVEL: 6-12

TOPIC: The Brain

TIME: 30-45 minutes

VOCABULARY: SADD, Alcohol

MATERIALS NEEDED: Construction paper

STARTER:

- Review that SADD is an acronym for Students Against Destructive Decisions.
- Ask the students if they remember how old you are when your brain is fully developed. Answer: 25
- Remind the students that this does not mean they are done learning by 25. It just means their brain is done developing and growing.

ACTIVITY:

- The students will create the chain of life.
- Put the students in small groups.
- Let the students discuss the reasons why people may feel the need to drink.
- After giving the students a few minutes, call on each group to name at least one thing they wrote down.
- A few examples: peer pressure, stress, it looks cool, etc.
- Next, the students will need to work individually.
- Ask the students to take one of the construction paper strips to write down a reason why they would NOT drink alcohol. Don't give too many examples. One you could name is: their brain is still developing.
- After you give the students time to write down their why, ask if any of them would share. If not, give them a few more reasons. Examples: to stay safe, to reach my goals, to make my parents proud, etc. (see picture below for an example of how to link them)
- Next, either you link them all together or have the students link them together and display them as a reminder for the students.

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WRAP UP:

- There are many reasons why people make drink alcohol, but it causes many problems.
- We have to remember that alcohol can be very dangerous. It can be addictive and may cause people to do things they might not normally do.
- Your brain is not fully developed until you are 25. If you drink alcohol, it can cause damage to your brain.

