

Ask, Listen, Learn

Help kids say “YES” to a healthy lifestyle and “NO” to underage drinking

Meets national
health education
standards

Dear Teachers,

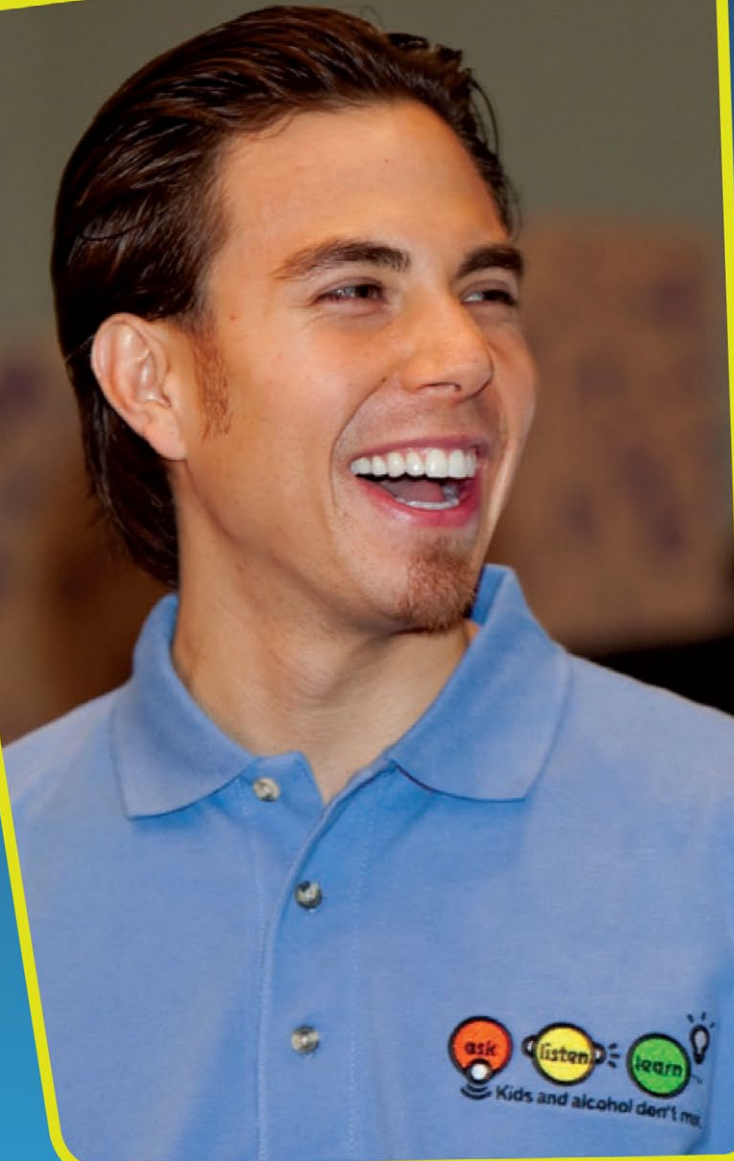
Welcome to *Ask, Listen, Learn*. Inside you’ll find a **classroom poster**, exciting **health lessons**, **resources for families**, and a class set of **student magazines**. Every part of this program encourages students to live healthier, more balanced lives—from eating right and exercising more to participating in community service and saying no to alcohol.

Packed with tools for you to share with students and their families, please use these materials to help your students say “YES” to a healthy lifestyle and “NO” to underage drinking. The materials are great to use year-round and will be especially useful to highlight in April during Alcohol Awareness Month.

Sincerely,



Apolo Anton Ohno



Join the Ask, Listen, Learn Team!
Visit asklistenlearn.com for exciting
games, activities, and resources.



THE
CENTURY COUNCIL
FIGHTING DRUNK DRIVING & UNDERAGE DRINKING

Teacher Instructions

Use these teacher instructions in conjunction with the enclosed student worksheets, student magazines, and family resources. Start each lesson by sharing the goal with students.

Lesson 1: Living a Healthy Life

Goal: Explore the factors that affect health and wellness

Time required: 40 minutes

Materials required: *Ask, Listen, Learn* student magazine (found in Part 2 of 2), pen or pencil, paper, Family Worksheet 1 and Family Worksheet 2 (found in Part 2 of 2)

Getting Started:

1. Ask: *What does it mean to be healthy?*

As a class, define and discuss the links between emotional health, academic health, physical health, and social health.

2. Discuss what factors contribute to a healthy life (e.g., exercise, balanced diet, avoiding alcohol). Explain how nonphysical traits (e.g., academics, happiness, friendships, community involvement) are also important to wellness.

3. Explain that alcohol is particularly dangerous for young people. Together make a list of how drinking affects young people on both a short-term basis (e.g., alcohol messes with the parts of the brain that control emotions, judgment, and problem solving) and a long-term basis (e.g., teens who drink are more likely to have high blood pressure and to be overweight when they're older, and alcohol damages organs such as the liver, heart, and brain).

Using the Student Magazine:

4. Distribute copies of the *Ask, Listen, Learn* student magazine to each student. Read the articles, pinpointing why kids and alcohol don't mix and how people make healthy life choices.

Wrap-up:

5. Distribute copies of the family worksheets *Ask, Listen, Learn* and *Make Health a Habit* to each student. Encourage them to talk to their families about saying "YES" to a healthy lifestyle and "NO" to underage drinking.

Lesson 2: Be Your Best

Goal: Explore how factors in students' daily lives affect their ability to make healthy choices

Time required: 40 minutes

Materials required: *Be Your Best* Student Worksheet A, pen or pencil, paper

Getting Started:

1. Discuss as a class the role that peer pressure plays in making important decisions. **Ask:** *What kinds of decisions do you make each day? Which decisions are easy? Which are hard? Who or what influences the way you make those decisions? What role does self-esteem play in making healthy choices?*

Explain how feeling good about yourself inspires healthy decisions.

2. Have students make a private "brag" list of things they're proud of. Encourage students to reread their lists whenever they need a confidence boost.

Using the Student Worksheet:

3. Distribute *Be Your Best* Student Worksheet A and read the article together.

4. Reread the article *You are what you drink...* in the student magazine. Discuss the dangers of underage drinking. Explain that alcohol impairs judgment, leads to risky decisions, and can be harmful to the brain, heart, liver, and other organs.

5. Brainstorm ways to say "NO" to underage drinking. Encourage students to practice various ways to refuse alcohol when faced with pressure to drink.

Wrap-up:

6. Give students time to take the quiz to determine their "Health IQ." Then discuss healthy choices students can make to improve their scores.

Lesson 3: Healthy Mind and Body

Goal: Develop a plan to live a healthier, more balanced life

Time required: 60 minutes

Materials required: *Healthy Mind and Body* Student Worksheet B, pen or pencil, paper, art supplies, photos, old magazines

Getting Started:

1. Ask: *What's the healthiest thing you've done today? What's the least healthy thing you've done today?*

Make a list on the board of common unhealthy choices (such as eating too much fast food or not getting enough sleep) and the effects these choices have on well-being.

2. Remind students that exercise doesn't have to be boring or a chore. Ask students to brainstorm fun ways to stay active. List their examples on the board.

Using the Student Worksheet:

3. Distribute *Healthy Mind and Body* Student Worksheet B. Read both articles and discuss how alcohol affects kids—mind, body, and spirit.

4. Assist students as they create a personalized plan for better health.

Wrap-up:

5. Students will use the charts they created to make posters that inspire a healthy lifestyle. Ask students to bring in photos of friends and family, as well as old magazines to cut up. Encourage them to be creative as they make a collage poster featuring images (such as family members, athletes, healthy foods, inspiring landscapes) that will motivate them to make healthy choices.

6. Encourage students to visit asklistenlearn.com to become an *Ask, Listen, Learn* Team Member and take the Pledge to say "YES" to a healthy lifestyle and "NO" to underage drinking.

Visit asklistenlearn.com

The *Ask, Listen, Learn* website is packed with games, resources, and information to help families start the conversation to better understand why underage drinking is such a big risk. Check it out!

Be Your Best

What should I wear? What's for breakfast? From the moment you wake up in the morning, you're making decisions. Some (like what socks to wear) are no big deal. Others are more important.

Lots of things influence your choices. Sometimes pressure from others is helpful—you can thank the friend who pushes you to study for the math test. Other times, peer pressure might drive you to make an unhealthy decision, like drinking alcohol. But you have the power to make smart choices.

Start by thinking about what's important to you. Do you care about your health? Sports? Grades? Family? Set future goals and take steps to accomplish them. Remember to think ahead to avoid bumps along the way. What will you say when a friend urges you to drink alcohol? Plan your response ahead of time so you aren't caught off-guard. When you feel good about yourself and know what you want, it's easy to be your best.



Know Your Health IQ

- 1. Have you talked with your family about why you should say "NO" to underage drinking?**
 - a. No, we've never discussed it.
 - b. Maybe we've mentioned it in passing.
 - c. Yes, we've had discussions about it.
- 2. How much time do you spend exercising or doing healthy physical activities?**
 - a. none at all
 - b. 30 minutes, three times a week
 - c. 30–60 minutes every day
- 3. What would you choose for an after-school snack?**
 - a. a large order of french fries
 - b. a granola bar
 - c. an apple
- 4. What would you do if a friend urged you to try alcohol?**
 - a. I'd drink to fit in.
 - b. I'm not sure what I'd do in that situation.
 - c. I'd use a line I practiced ahead of time to say "No, thanks!"

Results Room for Improvement. Some of your choices aren't as good as they could be. Make a plan to live a healthier life!
Mostly Bs: Moving Forward. You make some good choices, but you can work toward an even healthier lifestyle.
Mostly Cs: Health Superstar. You make some great choices for your well-being. Keep up the good work!

Healthy Mind and Body

French fries and ice cream are tasty snacks—every once in a while. But to keep your brain and body working well, you need a variety of fruits, vegetables, whole grains, and healthy protein. Exercise is ultra-important, too, and not just for staying slim. Being active reduces stress and helps the heart, bones, and other organs stay strong and healthy. Aim for an hour of physical activity every day.

Having a healthy mind is also key. How do you nurture a happy brain? Reading novels, playing piano, volunteering at an animal shelter, going to the movies, taking outdoor hikes, joining a theater group...find what makes you happy, then do it!

What are you waiting for? There's no better time to get fit. Use this chart to create your own healthy-living plan. Refer to it every day as a reminder that you can choose to live your best life. Say "YES" to a healthy lifestyle and "NO" to underage drinking!



Unhealthy Behaviors I Want to Change

My Favorite Physical Activities

My Favorite Healthy Foods

My Favorite Healthy Ways to Have Fun

Say It Out Loud

When it comes to underage drinking, peer pressure is alive and well. But practice makes perfect. With a parent or a friend, take turns playing the role of the pressure-giver and the pressure-receiver. Together come up with responses to these statements to help you stay strong in the face of peer pressure.

1. *Drinking is so much fun! You don't know what you're missing.*
2. *Are you scared of something?*
3. *Your parents won't find out. You won't get in trouble, I promise!*
4. *If you don't want to party with us, maybe you should leave.*

Need some help?
Go to asklistenlearn.com
for great responses in
situations like the ones above.