

Content Outline

Alcohol Education: Safe and Smart™

Making Smart Choices

Description	Introduce alcohol basics, standard drink sizes, and informed decision-making.
Topics	<ul style="list-style-type: none">• Pressures teens face.• Think Before You Drink: Alcohol basics and risks.• Understanding Drinks:• Drink Size Can Be Misleading: Size vs. alcohol content.• Why It Matters: Health, mental well-being, school, future.• Reality Check: How common is teen drinking?• Set Your Goals: Goal-setting tips and reflection.
Learning Objectives	<ul style="list-style-type: none">• Explain how alcohol affects the brain and body.• Analyze risks of underage drinking related to health, legal, and academic outcomes.• Distinguish standard drink sizes and evaluate why serving size matters.• Debunk common myths using evidence-based information.• Develop personal goals that support safe and healthy choices.

Know Your Influences

Description	Build media literacy and refusal skills.
Topics	<ul style="list-style-type: none">• Message Behind the Scenes: Analyze implied messages in media.• Reality Check: Media glamorizes drinking; most teens don't drink.• Reasons Not to Drink: Real teen perspectives.• Effects of Alcohol: Impact on stress, sleep, decision-making.• Why Media Avoids Showing Drinking: Advertising strategies.• What's Missing from Alcohol Ads: Risks hidden in ads.• How Media Shapes Beliefs: Spot unrealistic portrayals.• Say No with Confidence: Refusal skills.• Speak Clearly: Social responses and supporting friends.
Learning Objectives	<ul style="list-style-type: none">• Evaluate how media and advertising influence beliefs about alcohol.• Identify personal and social reasons for choosing not to drink.• Demonstrate refusal and negotiation skills in peer scenarios.• Analyze strategies for resisting peer pressure and maintaining boundaries.

Understanding Alcohol's Impact

Description	Explain biological effects, BAC, risk factors, and emergency response.
Topics	<ul style="list-style-type: none">• What's in Your Drink? Risks of unlabeled or mixed drinks.• Personal Effects of Alcohol: Factors increasing risk.• How Risk Factors Work: Why age, body size, family history matter.• How Do We Know? BAC explained.• What Affects BAC? Factors that change BAC vs. myths.• Reflection: True statements about BAC.• The Biphasic Effect: Low vs. high BAC effects.• Alcohol Poisoning: Signs and emergency steps.
Learning Objectives	<ul style="list-style-type: none">• Understand how alcohol moves through the body.• Explain BAC and biphasic effect.• Identify personal risk factors.• Recognize signs of alcohol poisoning and respond safely.

Smart Decisions

Description	Strengthen decision-making and refusal skills; address impaired driving.
Topics	<ul style="list-style-type: none">• Influences on Choices: Internal vs. external factors.• Refusal Skills: Key phrases and nonverbal strategies.• Driving Safety: Plan ahead and speak up.• Safe or Risky: Evaluate choices.• Your Safe Ride Plan: Build a personal plan.
Learning Objectives	<ul style="list-style-type: none">• Identify internal and external influences.• Practice verbal and nonverbal refusal skills.• Plan for safe transportation.• Support friends in risky situations.

Brining It All Together

Description	Apply learning in real-life scenarios; reinforce communication and planning.
Topics	<ul style="list-style-type: none">• Knowledge Review: Alcohol facts recap.• Real-Life Scenarios: Making smart choices.• Communication Skills: Asking for help and setting boundaries.• Media Literacy: Identify persuasive techniques.• My Safe Plan: Strategies for planning.
Learning Objectives	<ul style="list-style-type: none">• Review alcohol facts and media influence.• Apply decision-making and communication strategies.• Practice setting boundaries and reaching out for support.• Create a personal safety plan.

Teacher Tips

- Use NHES alignment to connect activities to standards.
- Encourage discussion after interactive activities (e.g., refusal skills, safe ride planning).
- Highlight reflection prompts for journaling or group conversation.
- Reinforce media literacy by asking students to share examples from their own social feeds.
- Suggest role-play scenarios for refusal skills and boundary-setting.