**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.

**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.

<table>
<thead>
<tr>
<th>1 beer</th>
<th>1 glass of wine</th>
<th>1 shot of whiskey, rum, or tequila</th>
</tr>
</thead>
<tbody>
<tr>
<td>12 ounces</td>
<td>5 ounces</td>
<td>1.5 ounces</td>
</tr>
</tbody>
</table>

**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.

<table>
<thead>
<tr>
<th><strong>This is what “drinking too much” in ONE occasion is:</strong></th>
<th><strong>This is what “drinking too much” in ONE Week is:</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>For men, 5 or more drinks within 2-3 hours</td>
<td>For men, 15 or more drinks per week</td>
</tr>
<tr>
<td>For women, 4 or more drinks within 2-3 hours</td>
<td>For women, 8 or more drinks per week</td>
</tr>
</tbody>
</table>

**You should NOT drink alcohol…**

- If you are a pregnant woman
- If you are under 21 years of age

Vocabulary
- Alcohol
- Alcohol abuse
- Drinking in moderation

Developed by the National Center for Farmworker Health, Inc. and the Geneseo Migrant Center, with funding from the Graduation and Outcomes for Success for Out of School Youth (GOSOSY) Migrant Education Program Consortium Incentive Grant. (2016)
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.

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**Vocabulary & Definitions**

<table>
<thead>
<tr>
<th>Term</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Alcohol</td>
<td>Alcohol is in beer, wine, and liquor. When you drink too much it can change the way you think and act.</td>
</tr>
<tr>
<td>Alcohol abuse</td>
<td>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.</td>
</tr>
<tr>
<td>Drinking in moderation</td>
<td>It refers to the limited amount of alcohol a person can have to reduce the health and safety problems that alcohol can cause.</td>
</tr>
</tbody>
</table>
Let’s Talk About Alcohol
Lesson Plan

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.

<table>
<thead>
<tr>
<th>Elements</th>
<th>Activities</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Preparation</td>
<td>• Introduce the topic.</td>
<td>Questions:</td>
</tr>
<tr>
<td></td>
<td>(5 minutes)</td>
<td>1. How do you know if someone has a drinking problem?</td>
</tr>
<tr>
<td></td>
<td>• Conduct the Pre-Assessment.</td>
<td>2. What can happen when someone drinks too much alcohol regularly?</td>
</tr>
<tr>
<td></td>
<td>(5 minutes)</td>
<td>• Distribute Pre-Assessment, and ask students to turn it in when it</td>
</tr>
<tr>
<td></td>
<td>• Introduce the new vocabulary.</td>
<td>is complete.</td>
</tr>
<tr>
<td></td>
<td>(5 minutes)</td>
<td>• Write the vocabulary words on the board and ask the students to</td>
</tr>
<tr>
<td></td>
<td></td>
<td>read them aloud. Ask the students if they know what they mean.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Provide students with the definitions from the lesson.</td>
</tr>
<tr>
<td>Instructions</td>
<td>• Read the lesson “Let’s Talk About Alcohol”.</td>
<td>• Instructor leads guided reading of topic.</td>
</tr>
<tr>
<td></td>
<td>(10 minutes)</td>
<td>• Students identify the vocabulary words by circling them in the</td>
</tr>
<tr>
<td></td>
<td>• Identify the vocabulary words in the lesson.</td>
<td>lesson.</td>
</tr>
<tr>
<td></td>
<td>(5 minutes)</td>
<td>• Activity 1: Students have 10 minutes to complete this activity.</td>
</tr>
<tr>
<td></td>
<td>• Distribute and review the Skills Practice</td>
<td>• Activity 2: Students have 10 minutes to complete this activity.</td>
</tr>
<tr>
<td></td>
<td>Worksheet with the students and ask them to</td>
<td>• Activity 3: Students have 5 minutes to complete this activity.</td>
</tr>
<tr>
<td></td>
<td>complete it.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Use the Answer Key sheet to verify the correct</td>
<td></td>
</tr>
<tr>
<td></td>
<td>answers.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>(25 minutes)</td>
<td></td>
</tr>
<tr>
<td>Concept Check</td>
<td>• Conduct Post-Assessment.</td>
<td>• Students complete Post-Assessment.</td>
</tr>
<tr>
<td></td>
<td>(5 minutes)</td>
<td></td>
</tr>
</tbody>
</table>

Materials needed

• Dry erase board and markers
• Pencils

Handouts

• “Let’s Talk About Alcohol” lesson
• “Listening Activity” handout
• Skills Practice Worksheet
• Pre-Assessment
• Post-Assessment

Estimated time

• 1 hour

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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

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

<table>
<thead>
<tr>
<th>Statement</th>
<th>Answer</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td></td>
</tr>
<tr>
<td>2</td>
<td></td>
</tr>
<tr>
<td>3</td>
<td></td>
</tr>
<tr>
<td>4</td>
<td></td>
</tr>
<tr>
<td>5</td>
<td></td>
</tr>
</tbody>
</table>
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.

<table>
<thead>
<tr>
<th>Sentence</th>
<th>Answer</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. When you drink too much, you may have <strong>problems</strong> in your relationships, with your health, and at work or school.</td>
<td>problems</td>
</tr>
<tr>
<td>2. <strong>Alcohol</strong> is the ingredient in tequila that can make you feel drunk when you drink too much of it.</td>
<td>Alcohol</td>
</tr>
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<td>3. Drinking too much can put you at risk for <strong>injuries</strong> or <strong>problems</strong> like car accidents or falls.</td>
<td>injuries or problems</td>
</tr>
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<td>4. To drink less, you should spend your time doing things you <strong>enjoy</strong> or <strong>like</strong> that do not include alcohol.</td>
<td>enjoy or like</td>
</tr>
<tr>
<td>5. <strong>Drinking in moderation</strong> or not drinking at all reduces the health problems that alcohol can cause.</td>
<td>Drinking in moderation</td>
</tr>
</tbody>
</table>
Let’s Talk About Alcohol
Pre-Assessment

Date: ____________________________
Name: ____________________________

Circle the correct answer.

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:_______
Let's Talk About Alcohol  
Post-Assessment

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Date: ____________________________  
Name: ____________________________

Circle the correct answer.

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)

________________________________________________________________

____________________________________________________________