

# **UNIT 3**

*Alcohol*

# DreamMakers – DreamBreakers

The organizational plan for this unit is similar to that of the “Drugs” unit. In the first lesson, students are asked to examine what they know and believe about alcohol and alcohol abuse and then asked to compare and contrast it with the facts of alcohol abuse. In so doing, students learn about the problems of alcohol abuse and to recognize these problems when they encounter them wherever they occur. The effect of alcohol on the body is the next topic covered. Secondary effects of alcohol abuse such as increased rates of cancer, inflammation of organs, malnutrition, vitamin deficiencies, weight gain, and increased susceptibility to infection are discussed.

One of the grandmothers shares her story of the pain inflicted upon her and her family by her husband’s struggle with alcoholism, thus introducing the delicate subject of how alcoholism affects not only the alcoholic, but also those associated with him or her. Students are also exposed to risk factors and vulnerability to alcoholism in peer and family settings. They are shown how to resist the temptation to begin drinking and how to stop drinking if they have already experimented with alcohol. Students are given an opportunity similar to that of the last unit to assert their independence from alcohol abuse and to choose friends or relatives, or both, to help them.

GOING DEEPER uses games, skits, and an old folk tale as vehicles for learning about alcohol abuse and resisting the temptation to indulge in it. These sessions illustrate the dismal situation of those caught in the cycle of alcohol abuse and encourage students to personalize the wisdom they gain in these sections. Once again, parents are encouraged to extend classroom knowledge by following up with their adolescents at home.