Station 1:

Knowing the risks.

The choices that you make as a teen will have an impact on the rest of your life. Positive choices bring positive results, and negative actions can some times lead to big trouble. In this station, you’ll see just how big.

Part One: College Life

1. Link to the following list of high-risk college drinking consequences. <http://www.collegedrinkingprevention.gov/StatsSummaries/snapshot.aspx>
2. What percentage of American college students suffers academic problems due to drinking? \_\_\_\_\_\_\_\_\_\_
3. Does this number surprise you? Explain…

Part Two: Consequences in Shanghai

Use the middle school handbook link to find out what some of the consequences are of getting caught for underage drinking here at SAS and online for consequences outside of school in Shanghai?

[Middle School Handbook Link](http://iwebpx.saschina.org/theronmott/FRC/FRC_files/PXMS_Student_Handook_2014-15.pdf)

Inside School:

Outside of School (police, parents, etc):

Part Three: Binge Drinking

Binge drinking carries with it physical, mental, emotional and social risks. First, define what binge drinking is and then find 4 facts on the Internet about binge drinking from different sources (yes, you will need to site the source!).

1. What does it mean to “binge drink”? Please define below.

2. Binge Drinking Facts

* Fact 1:

 Source:

* Fact 2:

Source:

* Fact 3:

Source:

* Fact 4:

Source:

Part Four:

Despite all the risks, some teenagers still decide to drink. Create a story about a situation you could be in where alcohol is involved and what you would do. This could be a story you have heard happen or a fictional story you make up.

Make sure you write about something that could actually happen. Your story should be at least four sentences long and includes specific details about the situation.

Station 2:

 Alcohol & The Brain

Part One: Listen to the news story about alcohol and the teenage brain on National Public Radio and answer the following questions:

<http://www.npr.org/templates/story/story.php?storyId=122765890>

1. What was your initial reaction to the story?
2. List at least four facts that really shocked or surprised you.
3. According to the story, how often does a teenager need to binge drink to experience the negative effects on their brain?
4. Do you think that this new information will help put a stop to underage drinking? Why or why not? Back up your opinion with specific facts from the story.

Station 3:

 Alcohol Dependency & Alcoholism

Part One: Go to this website and find the information to answer the following questions: <http://www.mayoclinic.com/health/alcoholism/DS00340>

1. What is alcoholism?
2. Who is the most susceptible to developing alcohol problems?
3. What are some of the symptoms of alcoholism?
4. What are some of the ways alcoholism can negatively impact someone’s health?
5. Socially:
6. Mentally/ Emotionally:
7. Physically:

Part Two: Find 3 helpful websites online that would help someone who is having issues with alcohol.

1.

2.

3.



Station 4:

What is Marijuana?

Part One: Go to the [Above the Influence Website](http://abovetheinfluence.com/drugs/marijuana/#facts) and find the information to answer the following questions:

1. How is marijuana used?

2. Why do young people use marijuana?

3. What are some of the street names for marijuana?

Part 2: Marijuana Use and Adolescents

Read the recent article written in the [NY Times about adolescents and marijuana](http://www.nytimes.com/2014/11/02/education/edlife/this-is-your-brain-on-drugs-marijuana-adults-teens.html) and/or the article from this month’s issue of Choices. Then answer the following questions.

1. Why do you think adolescents today think marijuana is not harmful?
2. Why do you think the percentage of adolescents who smoke cigarettes has decreased and the percentage of adolescents who smoke marijuana has increased?
3. What are some risks involved in smoking marijuana (use both articles)?

Station 5: Public Services Announcements

Watch two of the Public Service Announcements in our teacher inbox.

Do you think that these PSA’s are an effective method for getting through to teenagers about marijuana? Write a brief review of two of the PSA’s, including some ideas of what you thought worked, or what you might have done differently.

1. PSA selected:

Review:

1. PSA selected:

Review:

Station 6: Healthy Choices

Read the recent article from CBS news entitled [*New Stats on Drug, Alcohol and Tobacco*](http://www.cbsnews.com/news/drug-alcohol-and-tobacco-use-by-teens/)*.* Write down three new facts or points that you found interesting from the article.

1.

2.

3.

Why do you think the rates of teens using these substances have declined? Explain your thinking.

Go to the website [Natural High](http://naturalhigh.org/). Watch a few videos, check out the site and figure out what YOUR natural high is! Write a little bit about it here.