

April is Alcohol Awareness Month

2019

Alcohol Awareness Month



Civic education and your newspaper

By Jodi Pushkin, *President Florida Press Educational Services (FPES)*

According to the Louis Frey Institute, research shows when students engage in simulated civic actions, they are prone to develop a positive political efficacy that contributes to lifelong engagement.

The local newspaper is a great teaching tool to engage your students in civics education. Did you know that more than 60 percent of people with high exposure to newspapers in childhood are regular readers of newspapers as adults, according to a study conducted for the News Media Alliance, former Newspaper Association of America Foundation? That percentage is significant because statistically people who read the newspaper daily are more engaged citizens. Engaged citizens participate in their communities by voting and practicing good citizenship.

The goal of NIE programs is to create a generation of critical readers, engaged citizens and consumers. John F. Kennedy said, “Our progress as a nation can be no swifter than our progress in education. The human mind is our fundamental resource.” The goal of NIE is to engage and develop that resource.

The newspaper is both a primary and secondary source for informational text. According to Scholastic magazine, “Informational text is a type of nonfiction — a very important type. Nonfiction includes any text that is factual. (Or, by some definitions, any type of literature that is factual, which would exclude texts such as menus and street signs.) Informational text differs from other types of nonfiction in purpose, features, and format.”

The newspaper meets these specific characteristics of informational text. It is a logical resource for information about the natural, social and political world. The newspaper conveys information about the natural or social world. The articles are written from someone who knows information to someone who doesn't. The newspaper has specialized features such as headings and technical vocabulary.

The 2017 Florida Legislature amended Section 1007.25, Florida Statutes, to require students initially entering a Florida College System institution or state university in 2018-19 and thereafter to demonstrate competency in civic literacy.

To learn more about Florida's NIE programs, visit the Florida Press Educational Services (FPES) Web site at www.fpesnie.org.

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Florida Standards

The Florida Department of Education defines that the Florida Standards provide a robust set of goals for every grade. Emphasizing analytical thinking rather than rote memorization, the Florida Standards will prepare our students for success in college, career and life. The Florida Standards will reflect the knowledge and skills that our young people need for success in college and careers.

Building on the foundation of success that has made Florida a national model, The Florida Standards provide a clear set of goals for every student, parent, and teacher.

For more information on Florida Standards, go to the CPALMS website. CPALMS is the State of Florida's official source for standards information and course descriptions: cpalms.org.

The activities in this packet applies to the following Florida Standards for grades six through twelve.

Health: HE.612.B.3.1; HE.612.B.3.3; HE.612.B.4.1; HE.612.B.4.2; HE.612.B.4.3; HE.612.B.5.2; HE.612.B.6.3; HE.612.C.1.8; HE.612.C.2.1; HE.612.C.2.2; HE.612.C.2.3; HE.612.C.2.4; HE.612.C.2.5; HE.612.C.2.7; HE.612.C.2.8; HE.612.P.8.1; HE.612.P.8.3; HE.612.P.8.4 **Language Arts:** LAFS.612.L.1.1; LAFS.612.L.1.2; LAFS.612.L.2.3; LAFS.612.L.3.4; LAFS.612.L.3.6; LAFS.612.RI.1.1; LAFS.612.RI.1.2; LAFS.612.RI.1.3; LAFS.612.RI.2.4; LAFS.612.RI.3.7; LAFS.612.SL.1.1; LAFS.612.SL.1.2; LAFS.612.SL.1.3; LAFS.612.SL.2.4; LAFS.612.SL.2.5; LAFS.612.SL.2.6; LAFS.612.W.1.1; LAFS.612.W.1.2; LAFS.612.W.1.3; LAFS.612.W.2.4; LAFS.612.W.2.5; LAFS.612.W.2.6; LAFS.612.W.3.7; LAFS.612.W.3.8; LAFS.612.W.3.9

Newspaper in Education

The Newspaper in Education (NIE) program is a cooperative effort between schools and local newspapers to promote the use of newspapers in print and electronic form as educational resources. Our educational resources fall into the category of informational text.

Informational text is a type of nonfiction text. The primary purpose of informational text is to convey information about the natural or social world. Florida NIE programs provide schools with class sets of informational text in the form of the daily newspaper and original curriculum. NIE teaching materials cover a variety of subjects and are consistent with Florida's education standards.

Florida Press Educational Services, Inc. (FPES) is a non-profit 501(c)(3) organization of newspaper professionals that promotes literacy, particularly for young people. FPES members consist of daily and weekly newspapers throughout the state of Florida. Through its member newspapers, FPES serves educators, students and families in all 67 Florida counties. For more information about FPES, visit fpesnie.org, or email ktower@flpress.com or jpushkin@tampabay.com. Follow us on Twitter at [Twitter.com/nie_fpes](https://twitter.com/nie_fpes).

Drugs by the Drop

- Read the two-page PDF “Drugs by the Drop,” published by the Tampa Bay Times Newspaper in Education program. Answer the following questions:
 1. What is binge drinking?
 2. Why is binge drinking so dangerous?
 3. Identify five consequences of binge drinking?
 4. What is BAC and how is it calculation?
 5. What are the laws in Florida regarding alcohol?
- After reading these pages and answering the questions, write a fully developed paragraph discussing your thoughts about what you have read, include the following points:
 - What information was new to you?
 - What was the most surprising thing you learned?
 - What information is missing from the information posted?
 - Is there information with which you disagree?
- Using your local newspaper, complete the Going beyond the text: Binge-drinking dangers activity.

Going beyond the text

Young brains and alcohol

When teens drink, alcohol affects their brains in the short term, but repeated drinking can also impact those brains down the road, especially as their brains grow and develop. So, the next time someone offers you a shot or beer, think about the risks before you accept.

- An intoxicated person has a harder time making good decisions.
- An intoxicated person is less aware that his or her behavior may be inappropriate or risky, including drinking and driving, sexual activity (like unprotected sex) and aggressive or violent behavior.
- Research shows that drinking during the teen years could interfere with normal brain development and change the brain in ways that have negative effects on information processing and learning.
- There is increased risk of developing an alcohol-use disorder later in life.

How can you spread this information to the rest of the students in your school? Using the strategies employed in your local newspapers, through advertisements, editorials and political cartoons, create a media campaign to publish for a week. Keep in mind that the largest circulation for newspapers is usually on the weekends. Share your daily plan with your classmates.

Source: National Institute on Drug Abuse for Teens

Going beyond the text

Controversy in the news

Alcohol use is a prevalent issue in today's society. From health concerns to financial troubles, to lawsuits, this controversy presents itself to us in the daily newspaper. Look in the newspaper for an article that discusses some form of controversy focused on or related to the use of alcohol. Analyze the elements of the controversy. What are the causes and effects? What is the outcome? Is there an economic impact? What could have been done to prevent or lessen the controversy? Write down your thoughts in a journal or blog. Share your thoughts and article with your classmates.

Interpreting ads

Advertisements can be misleading, especially advertisements for items that may be considered unhealthy, such as alcohol, tobacco, drugs, and unhealthy food choices. Split your class into small groups. Within the groups, have the students look for advertisements in the newspaper. Tell the students to find several advertisements for food and beverage items and then analyze the message the advertiser is promoting. Have the students write down the message of the ad, the images that are used to support that message and whether it is misleading. Have the students share the information with their classmates.

The art of persuasion

Have the students look specifically at the alcohol advertisements in the newspaper and examine them for persuasive techniques used in advertising. What claims are being made in the advertisements? Are the claims realistic? Are they persuasive? Can students find any questionable statements made about the product?

The teenage brain

Drugs and alcohol have more significant negative effects on a teenage brain than on an adult brain. The teenage brain is still growing and developing, and abuse of drugs or alcohol can interfere with these processes. One of the most significant things to be affected is the area of the brain that controls judgment. Impulse decisions, careful consideration of consequences and good long-term decision-making processes all suffer when drugs and alcohol enter a teen's brain. This can lead to impaired teens getting behind the wheel of a car or becoming involved in violent situations or other behaviors that could result in illness, injury or death.

Do you know anyone who has made a bad decision under the influence of alcohol or other drugs? What were the consequences of that decision? Look in the newspaper for examples of consequences that appear to be the result of poor judgement. Write about the actions and consequences in a fully developed paragraph. Analyze what could have been done differently to change the outcome.

DUI

Driving under the influence (DUI) of alcohol and other drugs is dangerous and against the law. Monitor the newspaper for a few weeks. How many people are involved in DUI accidents or arrests during this time period? Based on what you read and see in your community, write down your thoughts about why people drive under the influence. Research alternatives to this behavior. Write an argument essay discussing your ideas. Share your thoughts and what you have learned with your class.

Role models

Becoming a role model for another person is a great way to influence good behavior. Look in the newspaper and find a person who is a good role model. You might even find good examples on the comics pages. Make a list of reasons why this individual is a good role model. Next, pretend you are going to interview this person for your school newspaper. Write out six questions that you would ask this person about being a role model. Trade questions with a friend and answer them as you think the role model would. Share your thoughts about the characteristics of a good role model in the form of a Facebook, Instagram or blog post. Share what you have written with your class.

Critical thinking

It is time to use your critical thinking skills. Review the articles and ads in the newspaper for a one week. Save all articles that focus on health, fitness, drugs and alcohol. Write down the main points for each article. Be sure to comment on whether the article is focusing on positive or negative choices. Choose one of the points represented in one of the articles to write a research paper. You can focus your research and paper on any aspect of the article. After your paper is written, create an oral presentation for your class. Explain whether the information you found is positive, negative, helpful or harmful. Be sure to use specific examples from the article and your research in your paper and presentation.

Having fun, responsibly

Look through the newspaper for stories and photos about fun activities that do not involve drinking alcohol. Research and write a newspaper story about an event or activity that you have not participated in before. Remember to answer the questions who, what, when, where, why and how. If you can, do this activity or go to this event and write a review about the experience.

Creating a list

There are plenty of fun things to do in Florida that do not involve drinking alcohol. Look through your newspaper for activities a teenager might engage in instead of drinking alcohol. Make a list on a poster. As a class, list the positive effects of participating in each type of activity.

Staying safe

Read the newspaper for stories involving drinking and driving crashes. Discuss with your classmates the risks involved in drinking and driving. Make a list of suggestions for how to keep people who've been drinking from driving a car while intoxicated. Using the advertisements and advertorials in the newspaper as models, create an advertisement to encourage people not to drink and drive.

Peer pressure

Peer pressure can influence people at any age. Young people and adults often encounter peer pressure, in which they feel pressured to do things that may be harmful to them. Peer pressure can influence people to do things they would not normally do. Find an article in the newspaper in which peer pressure may have played a role. Write about the peer pressure you see, read and hear about in the newspaper, at your school and in your community. Explore why it is important for people to be prepared for situations where they may feel pressured to do something that may have negative effects on their lives. Write about this article, focusing on the article from the newspaper and your personal observations. Be sure to use specific examples from the article to support your ideas.

Activities written by Jodi Pushkin, Tampa Bay Times Newspaper in Education. For more information, contact ordernie@tampabay.com.

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DRUGS BY THE DROP

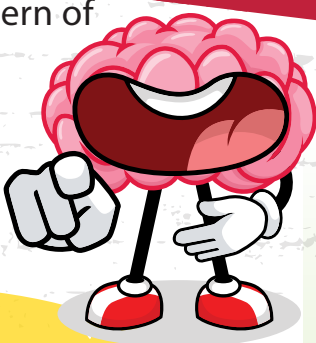


Alcohol is a drug. Even in small doses, it impairs your thinking and judgment. Alcohol is produced by the fermentation of yeast, sugars and starches. It is a central nervous system depressant that is rapidly absorbed from the stomach and small intestine into the bloodstream.

In all doses, alcohol affects the body's organs and can damage a developing fetus. Intoxication impairs brain function and motor skills. Frequent and long-term use can increase risk of certain cancers, stroke and liver disease.

Alcoholism or alcohol dependence is a disease characterized by a strong craving for alcohol and continued use despite harm being caused. Alcohol abuse is a pattern of drinking that results in harm to one's health, interpersonal relationships or ability to work, and can lead to alcoholism.

Source: National Institute on Drug Abuse



Think about it
Alcohol reduces alertness, interferes with judgment and impairs vision. It takes about one hour to cancel the effects of one drink, and the probability of an accident increases with each drink. Alcohol leaves the bloodstream at .015 percent per hour. The significance of .10 percent BAC in relation to driving impairment is that the probability of having an accident is 7.5 times greater than when sober — increasing to 25 times at .15 percent BAC.
Source: Hillsborough County Sheriff's Office

Alcohol poisoning

Alcohol poisoning is one of the most serious consequences of binge drinking. When excessive amounts of alcohol are consumed, the brain is deprived of oxygen. The struggle to deal with an overdose of alcohol and lack of oxygen eventually will cause the brain to shut down the involuntary functions that regulate breathing and heart rate.

Symptoms of alcohol poisoning include vomiting; being unconscious; having cold, clammy, pale or bluish skin; breathing slow or irregularly (fewer than eight breaths a minute or 10 or more seconds between breaths). An alcohol overdose can lead to permanent brain damage or even death.

If your friend or acquaintance has had too much to drink, don't be afraid to seek medical help. Call 9-1-1! Don't worry that your friend may become angry or embarrassed. Always be safe, not sorry.

Sources: U.S. Department of Health and Human Services; Substance Abuse and Mental Health Services Administration and National Institutes of Health: National Institute on Alcohol Abuse and Alcoholism

Watch Your BAC™

Blood alcohol concentration (BAC) is a formula that is used to determine how much alcohol is in the bloodstream. BAC is personalized and is based on four factors:

- **Gender**
- **Weight**
- **Number of standard drinks that have been consumed**
- **Number of hours (or length of time) in which you've been drinking**

Other influences on BAC include whether or not you are drinking on a full stomach versus an empty stomach; how hydrated your body is; and what other substances, such as medication or caffeine, are present in the body.

Tips for reducing your alcohol intake

Although all consumption of alcohol can be dangerous, the more alcohol you drink, the more side effects there will be. If you are drinking too much, you can improve your life and health by cutting down. Here are some helpful tips from the National Institute on Alcohol Abuse and Alcoholism:

- Write down your reasons for cutting back or stopping.
- Choose a limit for how much you will drink.
- Keep a diary or journal of your drinking.
- Drink slowly.
- Take a break from alcohol.
- Learn how to say no.
- Get support.
- Do not drink when you are angry or upset or have a bad day.
- Do not give up. Keep in mind that most people do not cut down or give up drinking all at once. Just like a diet, it is not easy to change. If you do not reach your goal the first time, keep trying.

Source: National Institutes of Health: National Institute on Alcohol Abuse and Alcoholism

Binge drinking = alcohol abuse

Binge drinking is a common pattern of alcohol abuse. The National Institute of Alcohol Abuse and Alcoholism defines binge drinking as a pattern of drinking that brings a person's blood alcohol concentration (BAC) to .08 percent or above.

This typically happens when men consume five or more drinks and when women consume four or more drinks in about two hours. Binge drinking is associated with many health and behavior problems, including:

- Unintentional injuries (car crashes, falls, burns, drowning)
- Intentional injuries (firearm injuries, sexual assault, domestic violence)
- Alcohol poisoning
- Sexually transmitted diseases
- Children born with fetal alcohol spectrum disorders
- High blood pressure, stroke and other cardiovascular diseases
- Liver disease
- Neurological damage and memory problems
- Sexual dysfunction
- Social problems, such as fighting and lack of participation in social activities
- Legal problems, such as arrest for driving or physically hurting someone while drunk
- Unwanted, unplanned and unprotected sexual activity
- Disruption of normal growth and sexual development
- Abuse of other drugs
- Changes in brain development that may have lifelong effects

Sources: Florida Department of Children and Families; Centers for Disease Control and Prevention; and the National Institute of Alcohol Abuse and Alcoholism

In Florida, it is illegal for anyone under age 21 to drive with any alcohol in his or her system; a blood alcohol concentration (BAC) of .02 percent or higher can lead to a six-month driver's license suspension.

Driving with a BAC of .08, or under the influence of any amount of alcohol and/or drugs, may result in a Driving Under the Influence (DUI) arrest.

It is illegal for a person under the age of 21 to purchase or possess alcoholic beverages and for anyone to purchase or provide alcohol for persons under the age of 21. Sale of alcoholic beverages to underage individuals is a second-degree misdemeanor.

Adults who allow underage drinking parties in their home can be arrested for violating the open house party statute.

Teens or young adults under the age of 21 using false identification (fake ID) can be charged with a felony.

The cost of impaired driving

Did you know almost 30 people in the United States die in motor vehicle crashes that involve an alcohol-impaired driver every day? This means that one person dies every 51 minutes as the result of an alcohol-related crash. Annually, the cost of alcohol-related crashes is more than \$59 billion, according to the U.S. Department of Transportation National Highway Traffic Safety Administration (NHTSA).

Binge drinking on college campuses

According to the National Institute on Alcohol Abuse and Alcoholism (NIAAA), "The consequences of excessive drinking by college students are more significant, more destructive and more costly than many parents realize. And these consequences affect students whether or not they drink." Many college alcohol problems are related to binge drinking. Each year, an estimated 1,825 student deaths, 599,000 injuries, 696,000 assaults and 97,000 cases of sexual assault or date rape are the result of college drinking. The fact is that binge drinking can lead to death, alcohol poisoning, permanent liver damage and heart failure.

Going beyond the text: Binge-drinking dangers

Many people choose to ignore binge drinking. It is dismissed as a game or a fun time. But every day, people die from the consequences of binge drinking: alcohol poisoning, car wrecks, drownings and so forth. Have you ever participated in parties or events where people binge drink? Do you know people who drink excessive amounts of alcohol on a daily or weekly basis? Did you know that drinking four or more drinks in a short period of time is considered binge drinking? Look in the *Tampa Bay Times* and *tbt** for bar and restaurant ads. Do any of these ads encourage binge drinking? Write down your thoughts and ideas in your journal, and then compile your thoughts into a letter to the editor.