

You Booze, You Cruise, You Lose

NHES Standard 7 Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce risks.

NHES Standard 8 Students will demonstrate the ability to advocate for personal, family, and community health.

Teaching Objectives

- Develop and support a list of reasons for avoiding drinking and driving.
- Use refusal skills to avoid unsafe situations involving alcohol.

Teaching Strategies

- Review the risks of alcohol use and drinking and driving. Also review refusal skills.
- Give each student 5 sheets of paper. Have students complete steps 1 through 3.
- Have students create and present a campaign advocating for sober driving prior to a school dance. Remind students to include refusal skills in their campaigns.

Assessment

Using a rubric, student work should provide comprehensive evidence of the following criteria to achieve the highest score.

- ✓ Uses refusal skills, reinforced with nonverbal communication, to avoid a dangerous or unhealthy situation
- ✓ Supports a position with relevant information
- ✓ Encourages others to make healthful choices

Hands-On **HEALTH**

Activity You Booze, You Cruise, You Lose

According to Students Against Destructive Decisions (SADD), more than 16,000 people die every year in alcohol- and drug-related car accidents. That's one person killed every 33 minutes and one person injured every two minutes. This activity encourages you to prevent driving under the influence of drugs and alcohol in your school and community.

What You'll Need

- five sheets of paper
- access to the Internet

What You'll Do

Step 1

Make a list of five reasons to avoid alcohol use and driving. Write each reason on each sheet of paper.

Step 2

On the sheets of paper create realistic scenarios in which a person would refuse a ride from an impaired driver.

Step 3

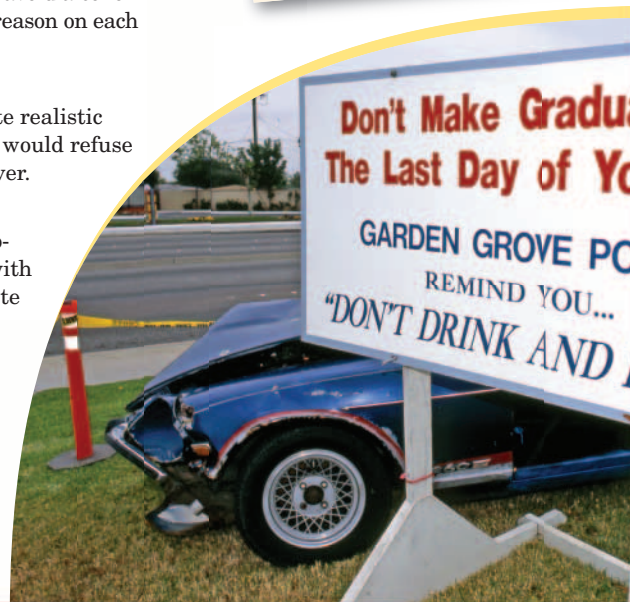
Role-play each scenario, supporting your refusal skills with the top five reasons you wrote earlier.

Apply and Conclude

Prior to a school activity, create a campaign to advocate for sober driving, using a variety of media such as newspaper ads, red ribbons on car antennas, or posters.

Checklist: Refusal Skills, Advocacy

- ✓ Say no, and explain why you are refusing
- ✓ Propose alternatives to the activity
- ✓ Use body language to back up your words
- ✓ Walk away from the situation if necessary
- ✓ Show support for the position with relevant information



More About...

Drinking and Driving Alcohol-related traffic deaths remain a serious problem in the United States. The following are 2005 statistics from the Centers for Disease Control and Prevention (CDC):

- 16,885 people died in alcohol-related traffic deaths, about 40 percent of all traffic deaths.
- 23 percent of drivers ages 15–20 who were killed in motor vehicle crashes had a BAC of 0.08 or higher.
- Almost 1.4 million drivers were arrested for driving under the influence of alcohol or drugs.