

## AUDIENCE

Parents of High School students

## TOPIC

Binge Drinking

## TIME NEEDED

55 minutes

## LEARNING OBJECTIVES

1. At the completion of this lesson, at least 70% of participants will be able to list two risk factors of binge drinking on a post-video worksheet.
2. At the completion of this lesson, at least 90% participants will be able to define what binge drinking is on a post-video worksheet.

## MATERIALS NEEDED

- Powerpoint Presentation
- Internet with Wifi connection
- Access to Zoom with breakout rooms & chatbox enabled
- “Jackson’s Story” case study
- “Turning Point” video link

## PREPARATION

Prior to the session set up a zoom meeting and send out the zoom link to the intended audience. Next, load powerpoint slides on to the computer, have breakout rooms set up for the start of the lesson. Check to be sure chat boxes are enabled and internet connection is strong.

PROCEDURE:

*1. Introduction*

**PowerPoint slides 1, 2, and 3 (3 minutes)**

1. Introduce yourself to the audience.
2. State the objectives for the lesson.
  - Participants will be able to list two risk factors of binge drinking in a class discussion.
  - Participants will be able to define what binge drinking is in a class discussion.
3. On slide 3 introduce the lesson topic of binge drinking.

*2. Definitions & Statistics*

**PowerPoint Slides 4,5,6,7,8 (10 minutes)**

1. Breakout Room
  - a. Put parents into zoom breakout rooms.
  - b. Have parents introduce themselves, talk about their families, and why they are here at the presentation.
2. On slide 4, have parents share what they spoke about in their breakout rooms.
3. On slide 5 state the definition of binge drinking.
  - a. Binge drinking is a pattern of drinking that brings a person's blood alcohol concentration (BAC) to 0.08 g/dl or above.
  - b. This typically happens when males consume 5 or more drinks and females consume 4 or more drinks in a time frame of about 2 hours.
  - c. BAC is blood alcohol content/concentration. A BAC of .10 means that there is .10 grams of alcohol for every 100 mL of blood.
4. For slides 6 through 8, read the statistics about binge drinking to the parents.
  - d. Binge drinking is a common pattern of behavior of alcohol consumption among 12 - 17 years old.
  - e. According to the 2014 National Survey on Drug Use and Health (NSDUH), an estimated 8.65 million Americans age 12 to 20 reported that they were current alcohol consumers.
  - f. Young adults and teens consume 11% of the country's alcohol in a given year, 90% of that is consumed during a drinking binge.
  - g. Teen males binge drink more often than females.
  - h. White students report the highest level of binge drinking followed by Hispanic

- students.
- i. Excessive drinking is responsible for more than 3,500 deaths and a combined number of 210,000 years of potential life lost among people under age 21 each year.
  - j. In 2011, 1 in 20 high school parents drank more than 15 drinks in a row on average.
  - k. In 2017, 4.5 million 12 to 20-year-olds binge drank at least once in the previous month.
2. Before moving on, ask participants if any of these statistics surprised them and if so which ones. They can unmute and talk or type in the chat.

### **3. Risk factors**

#### **PowerPoint slides 9, 10,11 (5 minutes)**

1. On slide 9 state the definition of a risk factor.  
*“A risk factor is something that increases a person’s chance of getting a disease”*
2. Ask the audience what they think the risk factors are. Discuss answers and then, transition to slide 10 to present the specific risk factors that relate to binge drinking.
  - a. Teens whose parents binge drink are more likely to drink alcohol than those whose parents do not.
  - b. Low levels of parental guidance and supervision.
  - c. Childhood trauma.
  - d. Adolescents whose peers drink alcohol.
  - e. Genetics.
  - f. Childhood behavior.
  - g. Alcohol advertising.

### **4. Case Study- Jackson’s Story**

#### **Powerpoint Slides 11, 12,13,14 (10 minutes)**

1. On slide 12 read the case study to the parents and allow time for parents think about the case study
  - a. *“Jackson is a 16 year old high school sophomore, who has two married parents and plenty of friends. When Jackson hangs out with his friends they are often drinking around him. He doesn’t usually drink, but when he does he’ll have about 6 drinks. When he hangs out with his friends they all come to his house because his parents are usually gone on the weekends to party. Jackson is involved in two clubs and plays for the basketball team after school”*

- b. On slide 13 tell the parents to think about what risk factors Jackson is experiencing and if his behavior is considered binge drinking.
  2. Send parents into breakout rooms to share what risk factors Jackson is experiencing and if his behavior is considered binge drinking for 5 minutes.
    - a. After five minutes bring parents back to the main rooms and have parents share their thoughts.

### ***5. Negative Effects of Binge Drinking***

#### **Powerpoint slides 15, 16, 17 (10 minutes)**

1. On slide 15 and 16 present to the parents the negative short and long-term effects of binge drinking.
  - a. Short term effects
    - i. Blackout, loss of coordination, vomiting, mood swings, raised blood pressure, trouble concentrating, alcohol poisoning
  - b. Long term effects
    - i. Liver disease, memory loss, high blood pressure, loss of attention span, Alcoholic hepatitis
2. On slide 17 present the video educating the audience on the negative effects of alcohol on the teen brain -
  - a. [Turning Point Training - Under Construction: Alcohol and the Teenage Brain](#)
  - b. After the video ask participants:
    - i. What was something new you learned from the video?
3. On Slide 18, share Appendix A (Video Reflection Questions) document through zoom chatbox and give the audience 5 minutes to answer.
4. Briefly go over questions to ensure all parents know the right answers.

### ***5. Prevention***

#### **PowerPoint slides 19, 20 (10 minutes)**

1. On slides 19 and 20 present protective factors related to binge drinking.  
*“A protective factor is something that helps people decrease their risk for diseases.”*
2. Protective Factors
  - a. The best form of protection is to talk to your child. Set clear rules and boundaries, along with setting expectations. If you keep alcohol in the house, keep it locked up rather than using an honor system.
  - b. Being a good role model is one of the main risk factors for kids who grew up with parents who drank.
  - c. Some signs to look out for include:
    - i. problems with behavior at school or grades
    - ii. mood changes such as irritability

- iii. changes in friends
  - iv. lower energy levels
  - v. change of interest in hobbies or activities
  - vi. rebelliousness
3. On slide 21 present more discussions on binge drinking prevention. Ask them aloud and have students unmute to answer or write the answers in the zoom chatbox.
- i. Which of the following is not a preventative factor of binge drinking.
    - a. Talk to your child about alcohol use.
    - b. Set clear rules and boundaries.
    - c. Have alcohol easily accessible in the house.
    - d. Lock up alcohol in the house.
  - ii. Problems with behavior at school or grades is not a sign of binge drinking.  
True or False
    - a. True
    - b. False
  - iii. Having a good role model is a protective factor in preventing binge drinking. *True or False?*
    - a. True
    - b. False

## ***6. Self-reflection***

### **Powerpoint slide 22 (2 minutes)**

1. Have parents identify two steps they will take to prevent binge drinking by their child and create a plan to discuss binge drinking with their child.
  - a. Ask parents to pull out a blank document and write down their own definition of binge drinking.
  - b. Ask the parents to then write two steps they will take to prevent binge drinking by their child.
  - c. Then ask the parents to brainstorm a plan they will follow to discuss binge drinking with their child.

## ***7. Conclusion***

### **PowerPoints slides 23,24,25,26 (5 minutes)**

1. On slide 23 wrap up by reviewing what the parents have just learned and it was important for them to learn that information.
  - a. *“In today’s lesson, you learned about what binge drinking is, how binge drinking is a common behavior among teens and the risk factors that can lead to binge drinking among teens. Along with learning about risk factors, you also learned*

*how binge drinking negatively affects a person. Lastly, today's lesson taught you some preventative factors for binge drinking as well as creating a personal plan for future encounters with your child binge drinking."*

2. On slide 24 present why it is important to seek help when encountering binge drinking
  - a. *"As we discussed today, binge drinking can lead to irreversible health outcomes and for that reason it is important to seek help if needed."*
  - b. Provide parents with national resources to seek help in their community.
    - i. National Institute on Alcohol Abuse and Alcoholism
      1. <https://www.niaaa.nih.gov/publications/brochures-and-fact-sheets/underage-drinking>
    - ii. American Addiction Centers
      1. <https://www.alcohol.org/teens/binge-drinking-facts/>
    - iii. Talk It Out
      1. <https://www.talkitoutnc.org/teenage-drinking/teen-binge-drinking/>
3. On slide 25 share two additional videos on binge drinking for the parents.
4. On slide 26 ask if parents have questions about the information they just learned
5. After answering, thank parents for attending and listening to today's presentation

### **Lesson Extension/Plan B (optional)**

1. Give parents the option to watch youtube videos on binge drinking
  - a. [Binge Drinking - ReachOut.com Australia](#)
  - b. [American Addiction Centers - How Does Alcohol Affect the Teen Brain?](#)



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