

Alcohol PES High School Presentation

True versus False Game

Instructions:

1. Everyone begins standing.
2. A statement is given. If you think the statement is true= remain standing. If you think the statement is false= have a seat.
3. The correct answer and quick explanation is provided by the instructor (*if needed*). If a student answered the last question correctly, then they get to remain standing/ stand back up accordingly. If a student answered the last question incorrectly, the student must stay seated/ sit back down accordingly and remain seated throughout the rest of the game.
4. The game is played until only a few students (☺*prize winners*☺) remain. Questions begin easy and get more challenging as the game progresses.
5. After the game, explain how this game illustrates the psychological phenomenon called “Group Think” where a person may make irrational or non-optimal decisions in order to harmonize with a group. For example, sometimes when the game is played with large audiences, the majority of the audience gets knocked out of the game early-on during a relatively easy statement, all because they didn’t want to be one of the few brave people left standing or sitting when the majority did the opposite.

True/False Statements:

| TRUE/ FALSE STATEMENT: | ANSWER | Explanation (Source) |
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| 1. Alcohol companies don’t advertise to youth | FALSE | A national study published in January 2006 concluded that greater exposure to alcohol advertising contributes to an increase in drinking among underage youth. Specifically, for each additional ad a young person saw (above the monthly youth average of 23), he or she drank 1% more. For each additional dollar per capita spent on alcohol advertising in a local market (above the national average of \$6.80 per capita), young people drank 3% more. <small>L.B. Snyder, F.F. Milici, M. Slater, H. Sun, and Y. Strizhakova, "Effects of Alcohol Advertising Exposure on Drinking Among Youth," <i>Archives of Pediatrics and Adolescent Medicine</i> 160 (2006): 18-24; CAMY, 2019</small> |
| 2. The legal minimum drinking age in all 50 states is 21. | TRUE | MDAL passed in 1984, went into effect in all 50-states by 1987 <small>Alcohol PES 21 Law Fact Sheet, 2014; MADD.org</small> |
| 3. Alcohol gives you energy. | FALSE | Alcohol is a depressant, it slows the CNS. |
| 4. Alcohol use is a harmless rite of passage, studies show most youth are doing it | FALSE | 5 in 6 KY 10 th grade students choose not to drink according to self-reported youth alcohol consumed in the past 30-days. <small>KY KIP Survey, 2018</small> |
| 5. Anyone can stop drinking anytime if they want too | FALSE | Alcohol is an addictive substance. Physical addiction is when the body needs a substance to function normally. Psychological addiction is when alcohol becomes the central part of one’s life. <small>New Vista Prevention, 2013</small> |
| 6. People who begin drinking before age-15 are 4x more likely to develop alcohol dependence at some time in their lives compared with those who wait until at least age-21 to have their first | TRUE | Early age of onset of alcohol-use until age-21 is associated with increased risk of DSM-IV alcohol abuse and dependence. <small>Grant, 1997</small> |

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| drink | | |
| 7. Teen brains don't finish developing until the early 20's, making teen brains vulnerable to damage from alcohol use. | TRUE | Drinking alcohol while the brain is still developing can lead to long-lasting deficits in cognitive abilities, including learning and memory. |
| 8. Athletes who routinely drink alcohol are almost twice as likely to sustain injuries. | TRUE | Alcohol consumption also appears to have a causative effect in sports related injury, with an injury incidence of 54.8% in drinkers compared with 23.5% in nondrinkers ($p < 0.005$). This may be due in part to the hangover effect of alcohol consumption, which has been shown to reduce athletic performance by 11.4%. Alcohol is a potentially lethal drug and is a banned substance for certain Olympic sports. Education is the cornerstone for appropriate social use of this drug. Athletes and coaches need to be aware of the sports related adverse effects of alcohol consumption and its role in sports injury and poor physiological performance. It is recommended that alcohol should be avoided by the serious athlete. O'Brien CP, Lyons F., "Alcohol and the Athlete," Sports Med 2000 May; 29(5): 295-300 |
| 9. Underage drinking is a factor in the three leading causes of death for youth- motor vehicle crashes, accidental overdose and suicides. | FALSE | Alcohol use plays a substantial role in all three leading causes of death among youth - unintentional injuries (including motor vehicle fatalities and drownings), suicides, and homicides. <small>Heron M. Deaths: Leading causes for 2010. National vital statistics reports; vol 62 no 6. Hyattsville, MD: National Center for Health Statistics. 2013. Accessed October 6, 2015 at http://www.cdc.gov/nchs/data/nvsr/nvsr62/nvsr62_06.pdf</small> Underage drinking is a leading contributor to death from injuries, which are the main cause of death for people under age 21. Annually, about 5,000 people under age 21 die from alcohol-related injuries involving underage drinking. About 1,900 (38%) of the 5,000 deaths involve motor vehicle crashes, about 1,600 (32%) result from homicides, and about 300 (6%) result from suicides (Centers for Disease Control and Prevention [CDC] 2004 ; Hingson and Kenkel 2004 ; Levy et al. 1999 ; National Highway Traffic Safety Administration [NHTSA] 2003 ; Smith et al. 1999). Surgeon General's Call to Action to Prevent & Reduce Underage Drinking, 2007 |
| 10. Adolescents generally do not drink as often as adults, but drink more heavily | TRUE | People ages 12 to 20 drink 11% of all alcohol consumed in the U.S. Although youth drink less often than adults do, when they do drink, they drink more. That is because young people consume more than 90% of their alcohol by binge drinking. <small>Centers for Disease Control and Prevention (CDC). <i>Fact Sheets: Underage Drinking</i>. Atlanta, GA: CDC, 2016. Available at: http://www.cdc.gov/alcohol/fact-sheets/underage-drinking.htm. Accessed 1/20/17.; NIAAA, 2019</small> |
| 11. Coffee and a cold shower are good ways to | FALSE | BAC increases with each alcoholic beverage |

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| sober up. | | consumed in a fixed amount of time. Only time will allow a person to sober up. Michigan State University . "Basic Alcohol Information." East Lansing, MI: Michigan State University, 2003.; MADD.org, 2019 |
| 12. A person cannot become addicted to alcohol | FALSE | <p>Alcohol is a drug and an addictive substance. According to the 2015 NSDUH, 15.1 million adults ages 18 and older (6.2 percent of this age group⁴) had AUD. About 6.7 percent of adults who had AUD in the past year received treatment. This includes 7.4 percent of males and 5.4 percent of females with AUD in this age group. SAMHSA. 2015 National Survey on Drug Use and Health (NSDUH). Table 5.6A—Substance Use Disorder in Past Year among Persons Aged 18 or Older, by Demographic Characteristics: Numbers in Thousands, 2014 and 2015. Available at: https://www.samhsa.gov/data/sites/default/files/NSDUH-DetTabs-2015/NSDUH-DetTabs-2015.htm#tab5-6a. Accessed 1/18/17.</p> <p>Alcohol Use Disorder (AUD): AUD is a chronic relapsing brain disease characterized by an impaired ability to stop or control alcohol use despite adverse social, occupational, or health consequences. The DSM-5, integrates alcohol abuse and alcohol dependence into a single AUD. NIAAA, 2019</p> |
| 13. Only people with a family history can become alcoholics | FALSE | <p>Research shows genes are responsible for about half of the risk for AUD; other risk factors include mental illness, childhood trauma, early use and social environment. NIAAA, 2019</p> <p>Children of Alcoholics Are Especially Vulnerable to Alcohol Use Disorders. Children of alcoholics (COAs) are between 4 and 10 times more likely to become alcoholics than children from families with no alcoholic adults (Russell 1990) and therefore require special consideration when addressing underage drinking. COAs are at elevated risk for earlier onset of drinking (Donovan 2004) and earlier progression into drinking problems (Grant and Dawson 1998). Some of the elevated risk is attributable to the socialization effects of living in an alcoholic household, some to genetically transmitted differences in response to alcohol that make drinking more pleasurable and/or less aversive, and some to elevated transmission of risky temperamental and behavioral traits that lead COAs, more than other youth, into increased contact with earlier-drinking and heavier-drinking peers. Surgeon General's Report on Preventing & Reducing Underage Drinking, 2007</p> |
| 14. Youth who drink alcohol are more likely to experience poor grades and increased behavior problems | TRUE | <p>Youth who drink alcohol are more likely to experience</p> <ul style="list-style-type: none"> • School problems, such as higher absence and poor or failing grades (Grunbaum et al. 2004). |

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| | | <ul style="list-style-type: none"> • Social problems, such as fighting and lack of participation in youth activities. • Legal problems, such as arrest for driving or physically hurting someone while drunk. CDC, 2019 |
| 15. The frontal lobe of the brain doesn't stop developing until the early to mid 20's | TRUE | Responsible for skilled muscle movement, impulse control, judgement, planning, self-regulation, motivation and abstract thinking. |
| 16. In 2013, more than 500 KY teen pregnancies were attributable to underage drinking. | TRUE | In 2013, an estimated 549 teen pregnancies and 11,592 teens having high-risk sex were attributable to underage drinking. PIRE Cost of Underage Drinking, 2015 |
| 17. It's illegal in KY for minors (under-21) to possess, purchase or attempt to purchase alcohol beverages` | TRUE | KRS 244.085 |
| 18. Youth who begin drinking before age-15 are 2.5x more likely to become abusers of alcohol than those who wait to begin drinking until at least 21 | TRUE | Grant, 1997 |
| 19. In 2012, underage consumers consumed 13% of all alcohol sold in KY | | In 2012, underage customers consumed 12.6% of all alcohol sold in Kentucky (verses 9.90% in the U.S.), totaling \$168 million in sales (in 2013 dollars). These sales provided profits of \$82 million to the alcohol industry. ¹ Ranking states based on the percentage of alcohol consumed underage, with 1 the highest, Kentucky ranked number 7. This percentage is affected by adult and youth drinking levels. PIRE Cost of Underage Drinking, 2015 |
| 20. In 2017, on average in KY, 5 teen drivers were involved in alcohol-related crashes each week. | TRUE | Kentucky State Police, 2017 |
| 21. The majority of KY high school youth reported they had consumed alcohol in their lifetime | FALSE | Most KY youth do choose not to drink alcohol. 85% of KY 10 th grade youth reported they had never used alcohol regularly in their lifetime. <small>KY KIP Survey, 2018</small> |
| 22. The drinking age use to be 18 in parts of the U.S. | TRUE | For almost 40 years, most states voluntarily set their minimum drinking age law at 21. In the late 60s and early 70s, 29 states lowered their drinking age to more closely align with the newly reduced military enlistment and voting age. Alcohol PES 21 Law Fact Sheet, 2014; MADD.org |
| 23. In 2013, underage drinking cost KY citizens 3.5x more per drink consumed underage than the retail cost of a standard alcohol drink. | TRUE | In 2013, underage drinking cost the citizens of KY \$648.2 million (medical care, work loss, and pain and suffering) or \$2.99 per drink consumed underage. A drink in KY retails for \$0.78. PIRE Cost of Underage Drinking, 2015 |