

HEALTH EDUCATION III

MODULE 7

Don't Conform, Be Transformed!



What this Module is all about

You have personal decisions to make about alcohol. Will you or will you not drink alcohol? Will you ride in an automobile driven by someone who is drunk? What will you do if a family member or a close friend abuses alcohol?

Think about the many situations or incidences why people drink alcoholic beverages. Imagine the scenarios during drinking sessions. What are the visible effects of drinking on the body? Think about the problems created by drinking alcoholic beverages. Aren't they alarming?

The information in this module will help you answer all the above questions. This will also guide you to make responsible decisions and choose a lifestyle free from the use of alcohol.



What you are expected to learn from this Module

After studying this module you shall have:

1. identified the different kinds and uses of alcohol,
2. analyzed the following:
 - 2.1 reasons for using alcohol
 - 2.2 effects and false beliefs about using alcohol,
3. engaged in different alternative activities that will help prevent alcohol abuse,
4. made the right decision when and when not to use alcohol.



How to learn from this Module

Peers may exert pressure to encourage or prevent friends from using/drinking alcohol and alcoholic beverages. The activities in this module will help and guide you in choosing a lifestyle that is alcohol free.

Before you proceed reading this module, please observe the following reminders:

1. answer the pre-test before going over the materials to find out what you already know;
2. be honest in answering the activities and the test;
3. review the lessons which you think you failed to understand;
4. ask help from your teachers if you need some help;
5. answer all the activities prepared in this module;
6. record your answer and notes taken from the lessons in your notebook;
7. answer the questions in the post test to find out how much you have learned.

If you're ready you may begin now!

PRETEST

Let's see what you already know.

I. Multiple Choice.

Direction: Select the letter of the correct answer and write it in your notebook.

1. Whisky, beer, gin and lambanog are classified as ____.
 - a. soft drinks
 - b. alcoholic beverages
 - c. juice drinks
 - d. distilled drinks
2. What is the type of alcohol found in beverages?
 - a. methyl
 - b. ethyl
 - c. rubbing
 - d. distilled
3. The following except one encourage people to drink alcohol beverages.
 - a. Curiosity and Peer pressure
 - b. TV and Print Advertisement
 - c. Experimentation
 - d. Affordable habit
4. What do you call the feeling of nausea, headache, tiredness and thirst that follow after drinking?
 - a. Blackout
 - b. Hang over
 - c. Alcoholism
 - d. Intoxication

5. Which of the following statements is not true. When alcohol is absorbed in the blood and carried to the brain,

- a. muscle coordination is impaired like walking, running and driving.
- b. the person becomes confused and sense of touch, smell and vision is lost.
- c. the person becomes mentally disturbed.
- d. the person becomes more energetic.

I. True or False.

A. Direction: Write true if the statement is correct. Change the word or group of words if the statement is wrong to make it correct.

1. Alcoholic beverages are formed by the process of fermentation.
2. Alcohol affects the person's mental, social, physical and economic health.
3. Alcohol consumption increases urination.
4. Drinking alcohol increases the chances of accidents and injuries.
5. Saying "no" to alcohol drinking is a responsible decision that gives respect to yourself and others.

B. Reason Out!

Direction: Write Yes or No for each Does question. Explain your answer with a statement.

Does drinking alcoholic beverages.....

6. promote health?
7. protect safety?
8. follow laws?
9. show respect for self and others?
10. follow parents' advise?

Lesson 1

Alcohol: Kinds and Uses

Alcohol is a psycho active drug that can cause dangerous changes in the body. It is a depressant, a kind of drug that slows down the activities of the mind and body.

There are two types of alcohol: Ethyl alcohol which is found in beverages and Methyl alcohol found in paint and thinner. Methyl alcohol is unsafe to drink. It is poisonous. When ethyl and methyl alcohol are mixed, they form denatured alcohol. It is a poisonous substance that is used for industrial purposes.

Beer, wine and liquor are drinks that contain alcohol. They are called alcoholic beverages.

Alcoholic beverages are formed by the process called fermentation. This process occurs when yeast cells act on sugar in the presence of water producing a chemical change. The yeast combines the carbon, hydrogen and oxygen of sugar and water into ethyl alcohol and carbon dioxide. Wines are made from the fermentation of grapes and other fruits. Others are made from the fermentation of grains as barley, corn and rye.

Activity 1 Magic Square

Below are 9 definitions in Column A and 9 terms in column B. Find the letter of the definition in Column A which best matches the numbered term in column B. Then place the number from Column B in the correct box in the magic square. You will know you are right when each column going across, down and diagonally adds up to 15.

| | | |
|---|---|---|
| A | B | C |
| D | E | F |
| G | H | I |

Column A

- A. A psycho active and depressant drug
- B. Alcohol found in beverages
- C. Made from fermentation of grapes
- D. Occurs when yeast cells act on sugar in the presence of H₂O producing chemical change

Column B

- 1. Ethyl Alcohol
- 2. Depressant
- 3. Fermentation
- 4. Denatured Alcohol
- 5. Yeast
- 6. Wine

- E. Combines the carbon, hydrogen and oxygen of sugar and water into ethyl alcohol and CO₂.
- F. Beer, wine liquor are drinks that contain alcohol.
- G. It is formed when ethyl and methyl alcohol are mixed and used for industrial purposes.
- H. Found in paint and thinner
- I. Drugs that slow down the activities of the mind and body

- 7. Alcoholic Beverages
- 8. Alcohol
- 9. Methyl Alcohol

Lesson 2

Why People Drink Alcoholic Beverages and Others Don't

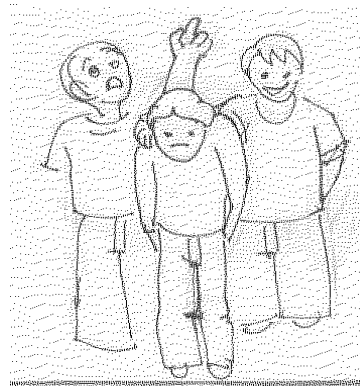
Most people do not drink alcohol. However, there are those who use it as medicine and some for cooking to add flavor to food. It is also used in worship services. Drinking alcohol is common during birthdays or fiesta celebrations and on other occasions. Alcohol when taken in small amount does not change an adult's behavior nor cause serious problems. But if drinking is too much and too often, it can lead the person to alcoholism. This is a disease that causes harmful body changes as well as in personality and behavior. When drinkers become physically and psychologically dependent on alcohol, they are called alcoholics. In some cases, these people did not plan to become addicted to alcohol. They just experienced undergoing progressive stages in drinking behavior that led them to the habit of drinking.

Activity 1 Tell me Why

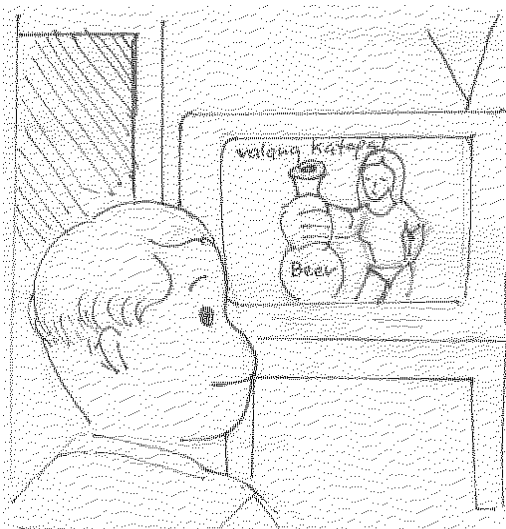
With the help of the illustrations identify the reasons why people drink alcoholic beverages.



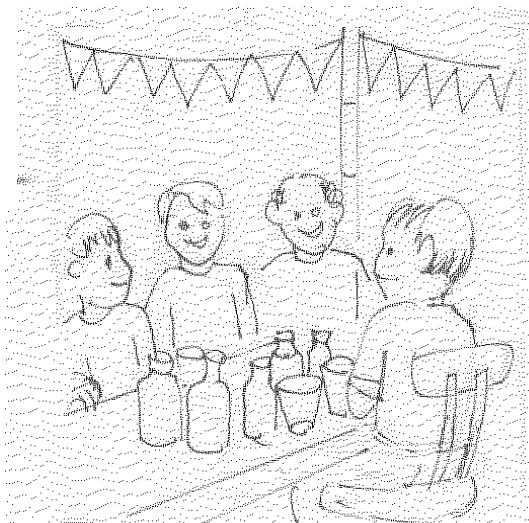
A. Does this taste good?"



B. Common group. Don't be chicken!
Let's try it.



C. "walang katapat". Ang inumin ng tunay na lalaki"



D. "Happy Birthday to you, Happy Birthday, to you...." sa'yo ang pulutan.



E. "Who's gonna beat me!" Hik!

Activity 2 What is Joel's problem?

Read carefully the situation below. Analyze Joel's problem. Answer the questions that follow.

Joel is a shy, 14 year old boy. He wants to make friends and be with Pepito's barkada. Pepito told him he is most welcomed to the group. One time, he was invited to the group's drinking spree at 10 a.m. He was persuaded to join them saying, "Everybody's doing it," just like those in TV commercial. Joel got confused! He wanted to go but he thought he would be missing his Science class if he joins them. He remembered too his mother's advise to go home early.

1. What was Joel's problem?
 - a.
 - b.
2. What are the reasons why Pepito persuaded Joel to drink with them?
 - a.
 - b.
 - c.
3. What could be Joel's reason for refusing to drink alcoholic beverages?
 - a.
 - b.

Why do most people choose not to drink alcohol?

Surprise! Joel chose not to drink alcohol or any other kinds of drugs. Below are listed some of his reasons. Some are commonly given also by most people. Study and analyze each of these reasons.

Al my
I love and respect my parents. I don't want to disappoint them.

"Drinking alcoholic" beverages is against the law. I'm a minor

I don't like to be addicted to alcohol.



I can be prone to accident due to violent behavior.

Drinking might cause health problems. I'm too young for that.

What could be your own reasons for not using or drinking alcoholic beverages?
Write them down in your notebook?

Activity 3 I Believe!

Directions: Place a check mark (✓) on items which you have believe can be useful in stopping or preventing alcohol use.

1. I believe drinking is bad for my health.
2. I don't want to get hooked on drinking.
3. I don't think it looks good when people drink.
4. I believe drinking will affect my athletic skills.
5. I don't want to get sick from drinking.
6. I think drinking won't solve problems.
7. It costs too much to drink alcohol.
8. I don't like the taste of alcohol.
9. I don't drink alcoholic beverages because I want to set good example to others.
10. I can have more friends when I don't drink.
11. I don't drink because it's against the law.
12. I don't drink because I love my parents.

Choose one item and explain it briefly in your notebook.

Lesson 3

Effects of Alcohol on the Body

Alcohol is directly and quickly absorbed into the bloodstream. A small amount is absorbed through the tongue, then it goes to the stomach and small intestine. From there, the blood carries the alcohol to the brain. Remember, the brain is the master control organ of the body. This means that when alcohol reaches the brain it can affect the whole body. The person might see, talk, feel, think and move differently from the usual ways.

Have you seen a person who is drunk? Did you notice the effects of alcohol on his body?

Activity 1 "Spot the Signs"

Identify the effects of alcohol on the body with the help of the illustrations that follow:





Problems Related to Drinking Alcohol

When drunk, a person becomes dangerous to himself and to others. People who drink a lot of alcohol harm themselves in many ways. They lessen the control over their actions, hence, they become clumsy. Their vision as well as making decisions are poor. As a result, serious accidents can happen and people can get hurt. This is why there are laws against drinking and driving. Any activity that requires a person to think or act quickly is not safe if the person has been using alcohol.

Yes, alcohol affects the body in several ways. The more alcohol a person drinks, the more difficulties he or she will have in performing physical tasks.

Activity 2 What? So What? Now what?

Look at the chart below. Read carefully and analyze the content of the three columns.

What? – identifies the effects of alcohol on the body

So What? - defines the consequent side effects of alcohol in the body

Now what? – tells about the results of drinking too much.

| What? | So what? | Now what? |
|--|--|---|
| 1. Drinking alcohol loses the physical control of the body like walking, running, driving. | * Increase chances of injury or accidents | * Disability * Death |
| 2. Alcohol increases urine production | * Frequent urination * Disrupts water balance * Feeling of thirst always * produce bad odor | Personal health is affected |
| 3. Alcohol is directly absorbed into the blood stream from the stomach and intestine | Affects the liver, heart; can cause gastritis, pancreatitis, anxiety and malnutrition | Cirrhosis Heart attack Heart stroke |
| 4. Approximately 30 seconds after a drink, blood carries alcohol to the brain | * Loss of ability to think, speak * Decrease muscle coordination * Reduce ability to think | * Slurred speech * Accidents |
| 5. Alcohol causes hangover | Can cause * Nausea * Tiredness * Head ache * Extreme thirst | * loss of capacity to work |
| 6. Frequent alcohol drinking causes blackout | Can not remember what has happened | |

Activity 3 “What? So What?”

Make the right match. Identify the possible effects of alcohol on the body and consequences on the health of the individual. Write the letter before each number in your notebook.

“ WHAT? “

1. Hang over
2. Growth and development
3. Exercise and Fitness
4. Consumer
5. Personal health
6. Disease and Disorder
7. Mental Health
8. Safety and Protection
9. Job, security and insurance
10. Family and Social Health

“ SO WHAT? “

- a. Mood swing, stress, mental disorder
- b. Loss of memory, senses
- c. Family arguments, miscommunications, violence
- d. Destroy brain cells, affects senses, lowers body temperature
- e. Interferes with coordination in walking ,running, and driving.
- f. Causes cirrhosis of liver, stroke, heart deseases
- g. Offensive odors, increase perspiration and urination
- h. nausea, tiredness, thirst, headache

- h. increases accidents like drowning, falls, fires, traffic injury.
- i. Expensive habit, habit forming
- j. Absenteeism, unemployment

Lesson 4

Building Decision –Making and Relationship Skills Without Alcohol

A special part of being a person is making decisions. Your decisions are very important. This will affect your safety, your health, and how you will act toward other people. Learning how to make decisions wisely is one of the most important things you will ever learn.

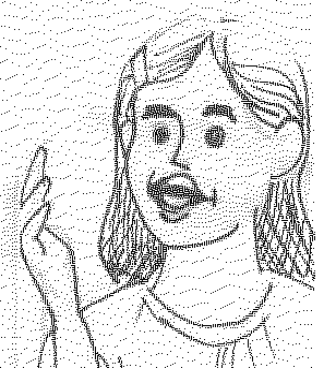
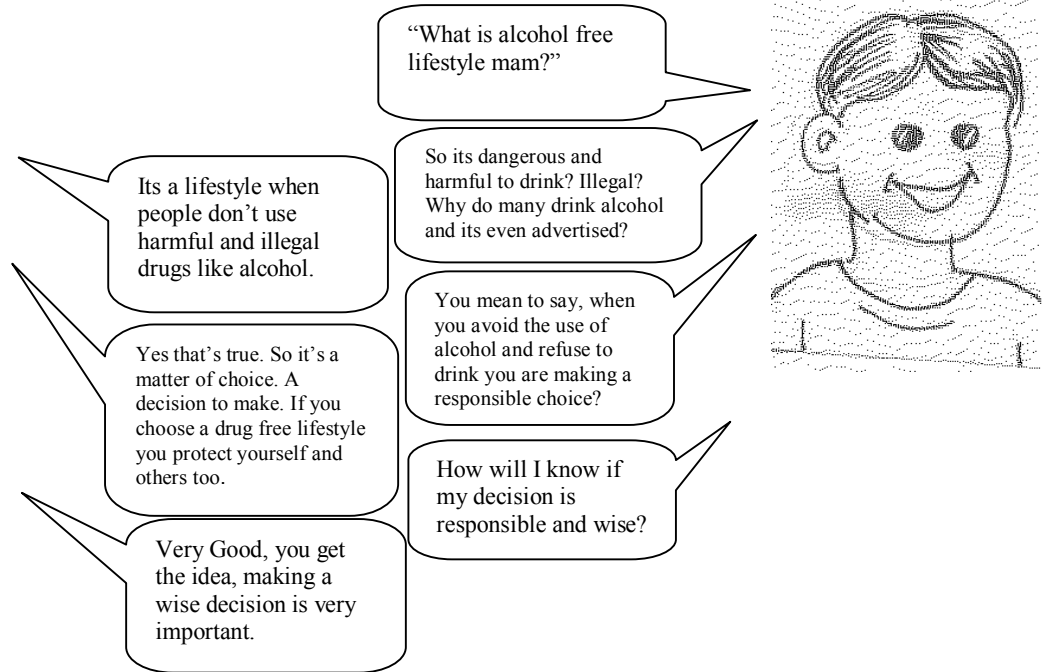
Headlines! The Top Story! The News!

Read these news bulletin.

Do you know of any other alcohol-related incidence that happened in your community? Write some instances that happened, including the effects they brought to their families and community.

Responsible Decisions

Below is a dialogue between Mrs. Abad and her student as they discuss the effects of alcohol and the importance of decision making whether to drink or not.



Take note. Use the following questions to evaluate the possible consequences of each decision you will make yourself. Will my decision result in action that will....

1. promote health?
2. protect safety?
3. follow laws?
4. show respect for self and others?
5. follow the guidelines of parents and other responsible adults?
6. demonstrate good character?

Activity 1 Don't conform, Be transformed!

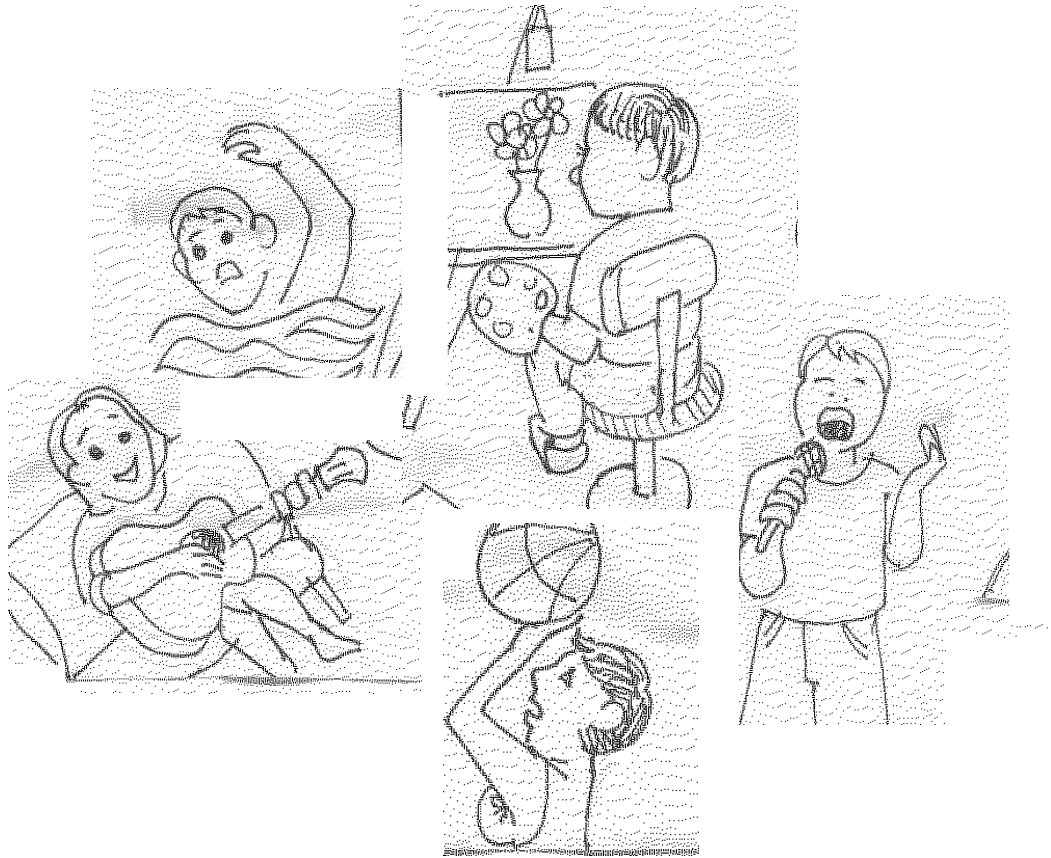
Help Allan and Rafael decide. Read the situations and answer the questions that follow.

- A. Allan is an outstanding baseball player in their barangay. During their victory party, his friends pressed him "to try" drinking gin. They assured him he would like it because of its good taste. Besides, everybody is doing it. His friends even promised him no one would know that he drinks. Should he conform to peer pressure?
1. What are the negative peer pressure statements used by his barkada to influence him to drink?
 - a.
 - b.
 - c.
 2. Why should Allan say "no"? Remember the six guide questions.
 - a.
 - b.
 - c.
 - d.
 - e.
 - f.
- B. Rafael has a family problem. His father lost his job and his mother is sick with tuberculosis. He wants to forget his problem. Is drinking a solution to forget his problem? Why? Why not?

Activity 2 Be transformed! Participate in Drug Free Activities.

Drug free activities can help relieve boredom so that you will not be tempted to get involved in drinking alcohol. There are activities which you do alone by yourself and there are those which provide opportunities to do them with friends. Can you identify some of these activities which you can participate in? Are you someone who is involved in the following activities? Put a check (✓) mark for each activity you love to do.

- Sports activities like basketball, volleyball, etc.
- Recreational activities like swimming, chess, indoor games.
- Creative arts like painting, dancing, singing
- Playing musical instruments
- Book lovers club,
- Community outreach projects and activities
- Visit, take care and share time with patients of hospitals, daycare, home for the aged, and orphanages.
- Workshops on writing, arts, crafts.
- New skills like cooking, baking, sewing
- Enroll in vocational technology class like agriculture, automotive, refrigeration, etc.



Drug-free activities can help relieve boredom

Let's Summarize:

The following are concepts you must have learned after studying the module.

- Ethyl alcohol is a depressant drug found in alcoholic beverages.
- Drinking alcohol may influence goal achievement, problem solving, peer relationships and criminal behavior.
- Drinking alcohol decreases performance, lowers body temperature, causes disease and hangovers, blackouts and death.
- Economic costs of drinking alcohol may result from injuries, accidents, work and school absenteeism, family disruption and diseases.
- It is easier to say no to drinking alcohol when you choose friends who do not drink.
- Don't conform to the pressure of peers nor adults. Be transformed by making wise decisions.

Now answer the post test on the next page.

POST TEST

Let's see what you have learned.

Direction: Read each statement carefully and fill the blanks with the correct answers.

1. Whisky, beer and wine are called _____.
2. Alcohol is a _____ drug.
3. _____ is the type of alcohol found in beverages.
4. Alcohol is absorbed directly in the _____.
5. Alcohol decreases the muscle coordination that increases chances of _____.
6. The feeling of nausea, thirst and headache that follow drinking is called _____.
7. _____ is an incurable disease that affects a person's total health.
8. _____ and _____ encourage some teenagers to drink.
9. A lifestyle where people don't use drugs like alcohol is _____.
10. Lets internalize. A wise and responsible decision results in actions that
11. promote _____.
12. protect _____.
13. follow _____.
14. show _____ for self and others.
15. follow _____ of parents and adults.
16. demonstrate _____.

Key to Answers

Pretest:

- | | | |
|------|---------|--------------------------------------|
| I. | II.A. | B. |
| 1. b | 1. True | 6. No Cause disease |
| 2. b | 2. True | 7. No Cause Accident/Injury |
| 3. d | 3. True | 8. No Disobey Laws |
| 4. b | 4. True | 9. No Disregard self and others |
| 5. d | 5. True | 10. No Disobey Parents and Authority |

Lesson 1

Activity 1 Magic Square

- A. Alcohol
- B. Ethyl Alcohol
- C. Wine
- D. Fermentation
- E. Yeast
- F. Alcoholic Beverages
- G. Denatured Alcohol
- H. Methyl Alcohol
- I. Depressant

Lesson 2

Activity 1 "Tell me Why"

- A. Curiosity
- B. Peer pressure
- C. TV Advertisement
- D. Celebration, like Birthday
- E. Dependence/Addiction

Activity 2 What is Joel's Problem?

- 1. a. Coping with Shyness
- b. Confused whether to follow rules/or not.
- 2. a. Everybody's doing it.
- b. It is advertised
- c. Peer pressure
- 3. a. He will miss his science class
- b. He will disobey his mother's advice

Lesson 3

Activity 3 What? So What?

- | | |
|------|-------|
| 1. h | 6. f |
| 2. d | 7. a |
| 3. e | 8. i |
| 4. j | 9. k |
| 5. g | 10. c |

Activity 1 Don't Conform, Be Transformed!

A.

- "Everybody's doing it"
 - No one will know that he drinks
 - "Try it" he'll like it
- It will not promote health
 - " " " protect safety
 - " " " follow rules/laws
 - " " " show respect for self
 - " " " follow his parents rules
 - " " " show good character

B. Not a solution to the problem.

It will worsen his problem

Post Test:

- alcoholic beverages
- Depressant
- Ethanol
- Blood stream
- Hangover
- Hangover
- Alcoholism
- Curiosity/Experimentation
- Drug/alcohol free
- Health
- Safety
- Rules/Laws
- Respect
- Guidelines
- Good character