

Educator guide: Clueless game

Recommended for grades:

4th – 5th grades

Time:

6 minutes

Prerequisites:

In order for students to be successful in the game, students would benefit from participating in the Alcohol lesson.

National Health Education Standards:

This activity aligns with the following National Health Education Standards:

- Standard 1: Use functional health information to support health and well-being of self and others.
- Standard 5: Use a decision-making process to support health and well-being of self and others.

For more information about the National Health Education Standards, visit the SHAPE America website: shapeamerica.org.

Learning objectives:

After completing this activity students will be able to:

1. Name two drinks that are examples of alcohol.
2. List two factors that can explain why alcohol affects people differently.
3. Describe two short-term and two long-term effects of alcohol use.
4. Use the five steps of decision making to make a decision on their own.

Activity description:

In the Clueless game, students will answer six multiple choice questions on the topic of alcohol. Students will be given three clues for each question. The number of points scored for each question will be determined by how quickly the student comes up with the correct response. Allowing students to have their completed Alcohol lesson worksheet available for reference may help them in this game.

Vocabulary:

Use the following list of vocabulary as a reference for yourself and your students as you complete the Clueless game. You may choose to use this list in any way that fits your needs.

- Addiction – when a person’s body is so dependent on a drug that it is very difficult to stop using that drug
- Alcohol – a liquid drug that is a depressant, meaning it slows down the body. Alcoholic drinks can come in the form of beer, wine or hard liquor.
- Alcohol poisoning – occurs when a person drinks a lot of alcohol in a short period of time, and the liver cannot keep up with breaking down alcohol in the body. A person with alcohol poisoning can pass out, vomit and even die.
- Beer – a type of alcoholic drink
- Cerebellum – the part of the brain that is responsible for balance, movement and coordination
- Drug – a chemical that changes the way a person’s body works
- Drunk– when a person’s physical and mental abilities are impaired from drinking alcohol
- Esophagus – the tube that food travels through to get from the throat to the stomach. It is part of the digestive system
- Frontal lobe – the part of the brain that controls reasoning, planning, emotions and problem-solving. It also helps regulate impulsive behavior.
- Hard liquor – a type of alcoholic drink. Examples are vodka, rum, gin and whiskey. Typically, hard liquor has a high alcohol content.
- Hippocampus – the part of the brain that stores memory
- Illegal – something that is against the law
- Long-term effects – health problems or diseases that take a longer time to develop (months or years). An example of a long-term effect of smoking cigarettes is tar building up in the lungs causing breathing problems or lung cancer.
- Medulla – the part of the brain that controls many of the body’s automatic functions like breathing, heart rate and blood pressure
- Short-term effects – the immediate health consequences of drug use. An example of short-term effects from alcohol use is feeling dizzy, making poor decisions and loss of coordination and balance.
- Wine – a type of alcoholic drink, made from fermented grapes

Transcript

Welcome

Welcome to Clueless! In this game, you'll answer a series of questions about alcohol. If you don't know an answer, be patient and a series of clues will appear. Pay attention to these clues, they just might tell you the correct answer. You will be able to change your answer as many times as you want before the last clue appears, but the longer it takes for you to figure out the correct answer, the fewer points you will score. Click the play button to begin.

***Questions will appear in random order.*

1. Alcohol is an illegal drug for:
 - A. Everyone
 - B. People without a doctor's prescription
 - C. Anyone under age 21**
 - D. Anyone under age 24

Clue 1: No prescription needed.

Clue 2: It's not for everyone.

Clue 3: It's less than the hours in a day.

Answer: Alcohol is illegal for anyone under the age of 21.

2. Examples of alcoholic drinks are:
 - A. Beer, wine, and hard liquor**
 - B. Root beer, diet soda, and energy drinks
 - C. Orange juice, lemonade, and grape juice
 - D. All of the above are drinks with alcohol in them

Clue 1: Squeezing a fruit won't make alcohol.

Clue 2: Beer from the root is just a soda.

Clue 3: All of them can't be it!

Answer: Beer, wine and hard liquor are examples of alcoholic drinks.



3. Alcohol affects the body and brain of people under the legal drinking age differently because:

- A. They don't know all of the laws about drinking yet
- B. They are still growing and developing**
- C. They haven't built up a tolerance to alcohol
- D. They aren't smart enough to know the effects of alcohol

Clue 1: Knowing the laws won't help.

Clue 2: Even tolerance can't stop the effects.

Clue 3: Smarts won't make a difference here.

Answer: It is because they are still growing and developing.

4. How alcohol affects an individual person depends on factors such as age, weight, whether they're male or female, and:

- A. Race
- B. Where they live
- C. How much food they have eaten**
- D. How much money they earn

Clue 1: Doesn't matter where your house is located.

Clue 2: What's money got to do with it?

Clue 3: Alcohol sees no colors.

Answer: How much food they have eaten is also a factor.

5. Alcohol is a depressant, which means it:

- A. Speeds up the brain
- B. Slows down the body**
- C. Helps people remember funny stories
- D. Makes people run faster

Clue 1: Alcohol sure won't make you think faster.

Clue 2: A comedian, you are not.

Clue 3: It won't help you win a marathon.

Answer: Depressants slow down the body.



6. When a person who has been drinking alcohol decides to do something risky or dangerous, it is because the alcohol is affecting which part of the brain?

- A. Frontal lobe**
- B. Hippocampus
- C. Cerebellum
- D. Medulla

Clue 1: Alcohol in the cerebellum might make someone fall down.

Clue 2: Hippos don't like to do anything too risky.

Clue 3: The medulla is telling the body to breathe.

Answer: The frontal lobe regulates risky behavior.

7. Daryl drank some beer and is doing dangerous tricks on his bike. Which part of his brain has been affected and is causing this behavior?

- A. Frontal lobe**
- B. Hippocampus
- C. Cerebellum
- D. Medulla

Clue 1: The hippocampus remembers.

Clue 2: The cerebellum might make Daryl fall.

Clue 3: The medulla keeps Daryl's heart beating.

Answer: The frontal lobe regulates risky behavior.

8. When a person forgets what they did or said when they were drunk, it's because the alcohol is affecting which part of the brain?

- A. Frontal lobe
- B. Hippocampus**
- C. Cerebellum
- D. Medulla

Clue 1: Memories are not stored in front.

Clue 2: The cerebellum keeps you balanced.

Clue 3: The medulla keeps you breathing.

Answer: The hippocampus stores memory.

9. When a person who has been drinking falls down, or cannot walk in a straight line, it is because the alcohol is affecting which part of the brain?

- A. Frontal lobe
- B. Hippocampus
- C. Cerebellum**
- D. Medulla

Clue 1: The hippocampus may forget but won't make you fall.

Clue 2: The medulla keeps your heart rate steady, not your balance.

Clue 3: You can't solve this problem with the frontal lobe.

Answer: The cerebellum is responsible for balance and coordination.

10. If a person drinks so much alcohol that they become unconscious, which could lead to death, it is because alcohol is affecting which part of the brain?

- A. Frontal lobe
- B. Hippocampus
- C. Cerebellum
- D. Medulla**

Clue 1: A drunk cerebellum makes driving dangerous, but won't stop breathing.

Clue 2: The hippocampus won't make a person forget to breathe.

Clue 3: The frontal lobe would be a poor decision here.

Answer: The medulla controls the basic functions that keep us conscious and alive.

11. When a person drinking alcohol does or says something they normally wouldn't, doesn't remember what they did or said, feels dizzy or falls down, these are called:

- A. Long-term effects
- B. Short-term effects**
- C. Stupid effects
- D. Alcohol poisoning

Clue 1: Sure sounds stupid but that's not what they're called.

Clue 2: Alcohol poisoning is much more serious.

Clue 3: It's the short answer.

Answer: These are short-term effects.

12. It is possible to die from drinking a lot of alcohol at one time because:

- A. Alcohol tastes bad
- B. That's called drunk driving
- C. Alcohol is a poison to the body**
- D. That's a myth and can't really happen

Clue 1: Drunk driving is super dangerous but that's not what this is called.

Clue 2: A myth is untrue, but this is reality.

Clue 3: It might taste bad but that's not the problem here.

Answer: Alcohol can kill you because it's a poison.

13. Because of its poisoning effects, serious consequences from drinking alcohol include:

- A. Throwing up
- B. Becoming unconscious or passing out
- C. Death
- D. All of these can happen with alcohol poisoning**

Clue 1: Vomiting's gross, but there's more.

Clue 2: Passing out is not good, but more than that can happen.

Clue 3: Alcohol can cause barfing, fainting and something much more permanent.

Answer: All of these can happen.

14. How many alcoholic drinks are 'a lot' or 'too much'?

- A. It depends on where you are drinking.
- B. Two drinks every hour, for a person over age 21.
- C. Hard to say, every person's body may react to alcohol differently.**
- D. There is never 'too much' if you don't get caught or get in trouble.

Clue 1: Doesn't matter how old you are.

Clue 2: Trouble can happen at home, in a bar, or anywhere.

Clue 3: No two people are exactly alike.

Answer: Every person's body may react differently, so it's hard to say.



15. When a person who drinks alcohol suffers damage to the liver, becomes addicted to alcohol or develops diseases of the stomach, mouth, throat or esophagus, they are experiencing:

- A. Long-term effects**
- B. Short-term effects
- C. Cancer
- D. Alcohol poisoning

Clue 1: These problems won't be quickly solved.

Clue 2: Poisoning is serious but happens more quickly.

Clue 3: This kind of alcohol use can cause problems that last a lifetime.

Answer: These are examples of long-term effects.

16. When a person becomes addicted to alcohol, it means they:

- A. Gain a lot of weight
- B. Can handle alcohol better than other people without acting drunk
- C. Are really fun at parties
- D. Become so used to having alcohol in their system, they cannot function without it**

Clue 1: Addiction to alcohol sure won't make life fun.

Clue 2: Skinny people can be addicted too.

Clue 3: Doesn't matter if they're acting drunk or not.

Answer: Addicts cannot function without alcohol.

17. What can happen when a person drinks a lot of alcohol in a short period of time, and the body can't handle it?

- A. Sudden Sniffing Death Syndrome
- B. Alcohol poisoning**
- C. Alcohol syndrome
- D. Depression

Clue 1: Alcohol is a depressant but that's not what we're looking for.

Clue 2: You don't sniff it.

Clue 3: We're not looking for a syndrome.

Answer: Drinking more alcohol than the body can handle is alcohol poisoning.



18. Which of the following is a long-term effect of drinking alcohol?

- A. Liver damage
- B. Diseases of the stomach and mouth
- C. Addiction
- D. All of the above**

Clue 1: The liver can get hurt, but that's not all.

Clue 2: Alcohol use doesn't just affect the digestive system.

Clue 3: It can cause many problems of the body and mind.

Answer: All of these are long-term effects.

19. What is the last step of the decision-making process?

- A. Define the situation
- B. Make your decision
- C. Evaluate the results**
- D. Look at the options

Clue 1: You can't make your decision and just leave it.

Clue 2: Defining the situation won't make your decision.

Clue 3: Options are good, but there's more to do.

Answer: The last step is to evaluate the results.

20. Drinking alcohol causes slower reaction times. Which part of the brain is being affected when this happens?

- A. Frontal lobe
- B. Hippocampus
- C. Cerebellum**
- D. Medulla

Clue 1: The frontal lobe won't solve this problem.

Clue 2: Forget about the hippocampus.

Clue 3: Ring the "bell".

Answer: The cerebellum controls reaction time.



21. If this part of your brain is affected by alcohol you could die.

- A. Frontal lobe
- B. Hippocampus
- C. Cerebellum
- D. Medulla**

Clue 1: Look off-campus for this answer.

Clue 2: The answer is not up front.

Clue 3: Cerebellum would be the wrong reaction.

Answer: You could die if the medulla is affected by alcohol.

22. Which part of the brain helps with problem solving?

- A. Frontal lobe**
- B. Hippocampus
- C. Cerebellum
- D. Medulla

Clue 1: Cerebellum isn't the solution.

Clue 2: Medulla is automatically out.

Clue 3: Look up front for this answer.

Answer: The frontal lobe helps us with problem solving.

23. What is the first step of the decision-making process?

- A. Look at your options.
- B. Define the situation.**
- C. List the positives and negatives.
- D. Evaluate the results.

Clue 1: Just looking won't help you make a decision.

Clue 2: List away, but not yet!

Clue 3: You should wait to evaluate.

Answer: The first step is to define the situation.



24. Why is it important to always evaluate the results of an important decision?
- A. So you can see the future
 - B. So you can regret your decision
 - C. So you can make a different decision in the future, if needed**
 - D. So you can justify your decision to others

Clue 1: Don't worry about what others think.

Clue 2: You can't see into the future.

Clue 3: If it happens again, what would you do?

Answer: So you can make a different decision in the future.

Conclusion (low score)

Good try, but that's a pretty low score. You might want to review the alcohol lesson before you try again.

Conclusion (medium score)

Good job! That's a pretty good score, but I think you can do better. Play again and try to get a higher score.

Conclusion (perfect score)

Excellent job! You really know your stuff about alcohol and its harmful effects.

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