



Alcohol and Drug Research Lab- Fall 2019

Part 1: Vaping, JUULS and the influence of social media

1. The Marketing

- a. Watch this video clip from Vox on Juuls from April 2018: [How JUULS Made Nicotine Go Viral](#).
- b. Skim through this article from Wired Magazine from Dec. 2018: [Juul Sheds Its Anti-Smoking Cred and Embraces Big Tobacco](#)
- c. Watch these news clips about JUUL's appearing before Congress in July 2019: [Clip 1](#) and [Clip 2](#).

2. After watching the clips and reading the articles, what are your thoughts?
(Just a few sentences is fine)

3. Find a recent article about vaping and teens (Sept. 2019 or later). Summarize the article with at least three sentences or key ideas. What stood out to you the most? What do you think younger students need to hear? Copy the link of the article you found below your summary.

What stood out to you the most? Write your answer on a post-it to put up on the board

4. *Teens are 16 times more likely to JUUL than adults.* Why do you think that is? What are some of the influences that lead to this behavior? What would you say to a 7th grader who was vaping?

Part 2: Binge Drinking- Making the right decisions

The choices that you make as a teen will have an impact on the rest of your life. Positive choices bring positive results, and negative actions can sometimes lead to big trouble. In this station, you'll see just how big.

1. Binge Drinking

Binge drinking carries with it physical, mental, emotional and social risks.

- a. What does it mean to “binge drink”? Please define below.
- b. Find 4 facts on the Internet about binge drinking from different sources (yes, you will need to copy the URL in). Include two facts from articles that are Hong Kong specific.
 - 1.
 - 2.
 - 3.
 - 4.

2. College Life

1. [Link to this list of high-risk college drinking consequences](#).
2. What percentage of American college students suffer academic problems due to drinking? _____ Does this number surprise you? Explain...
3. [Click on this map of American universities](#) and pick one that you’ve heard about. Skim through their alcohol policies. What are some of the consequences of underage drinking?

3. Legal and academic consequences in our community

Do a little research and find out what some of the penalties might be if you were to get caught underage drinking or using drugs. Find out the consequences at school, with the Hong Kong law, and with your parents:

- a. Legal consequences (what are the laws in Hong Kong and what would happen if you got caught drinking or using drugs?) copy in URL
- b. Academic consequences- what would happen at school? Look in your planner or talk to one of the principals.
- c. Family consequences: (what are your parents rules and what would the consequences be?)

Part 3: Alcohol Poisoning

1. Read the article from April 2019 Choices Magazine, "[Alcohol Poisoning: The Death You Didn't See Coming](#)." Write three key facts about alcohol poisoning to remember from the article. (When you go to log-in as a student, use the access code HKIS2021)

- a.
- b.
- c.



2. What should you do if you see a friend appearing really drunk? Write down a three point plan based on the suggestions from the article.

- a.
- b.
- c.

Part 4: Alcohol and the Brain

[Listen to this news story](#) about alcohol and the teenage brain from NPR and answer the following questions:

1. What was your initial reaction to the story?
2. List at least four facts that really shocked or surprised you.
3. According to the story, how often does a teenager need to binge drink to experience the negative effects on their brain?
4. Do you think that this new information will help put a stop to underage drinking? Why or why not? Back up your opinion with specific facts from the story.

Part 5: Drug use- current issues in the news

Find a recent article about drug use in teens (from Jan. 2019 or later).
Summarize the article with at least three sentences. What stood out to you the most? What do you think your classmates need to hear? Do you think this is a relevant issue for our school community? Copy the link to the article below your summary.

Making healthy choices

Find a news or video clip about declining alcohol and drug use among teens. Write down **three facts or points** that you'd like to share. (Don't forget to paste the link for your source).

- 1.
- 2.
- 3.

Why do you think the rates of teen substance abuse have declined? Explain your theories.

What are some of the reasons you might want to wait before drinking? Write an argument to use if someone asks if you want to drink alcohol- and make sure you use valid reasons why you want to hold off. Or, you can write a letter to a younger student explaining why they should abstain.