



Adolescent Binge Drinking Community Outreach Project

Adrienne Batla, P.A.-S., OHSU

Introduction

- Spring 2018
- Cleveland High School
- 3 presentations
- 9th grade health class
- 65 adolescents
- ~14-15 years old

Background/Content

Learning Objectives

- After this presentation, audience members will: Understand the most significant dangers of substance abuse and addiction.
- Understand the risk factors for beginning substance abuse at an early age.
- Be aware of how substance abuse affects their brain development.

Main Points

- Binge drinking is a dangerous habit that can have lifelong consequences.¹
- Alcohol affects the still developing adolescent brain.⁵
- Adolescents have to drink more alcohol than adults to get an effect from ethanol which can lead to binge drinking and blacking out.^{2,5}
- The earlier an adolescent starts drinking, the more likely they will develop alcohol dependence in their lifetime.⁶
- Peer groups usually have the same risk perceptions about the dangers of alcohol.⁶

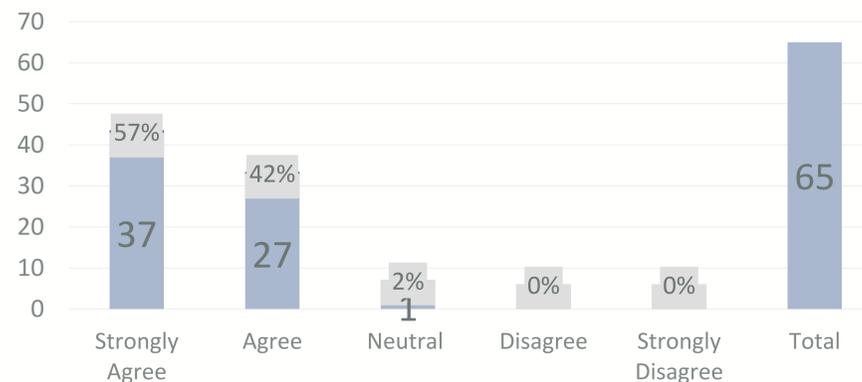


<http://www.phoenixfoods.com/departments/wine-beer/>

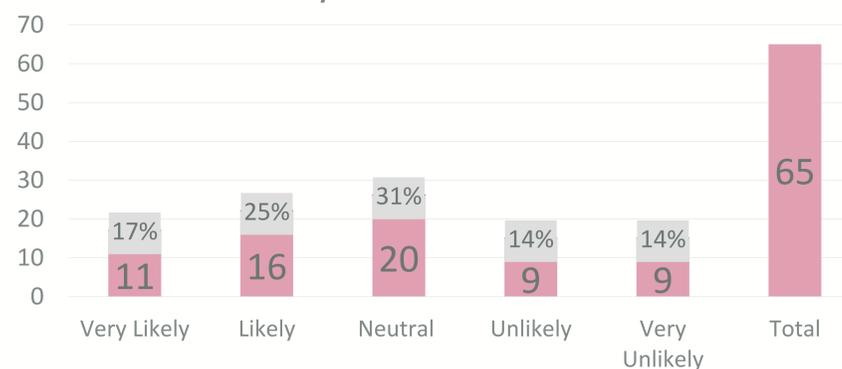
Discussion

- The talk went well and the students were interested in the topic. I was glad to be able to incorporate this talk into their curriculum.
- Fifty-seven percent strongly agreed and 42% agreed that the I taught the topic effectively.
- They learned what the definition of binge drinking is and that you are 4x more likely to become alcohol dependent if you start drinking before the age of 20⁶. A lot of students said they had friends that did not understand binge drinking and now they felt like they had information they could relay to them about the dangers of binge drinking.
- They thought the talk was handled well since binge drinking is a serious subject. Because they are young and have not yet started drinking, they put that they were unlikely to change that behavior which is good. The talk was fun and informational. The students thought playing Kahoot! was fun and they wished there was a longer quiz, but time did not allow for that.

The presenter effectively taught this topic.



How likely is it that you will change your behavior based on what you learned from this talk?



Conclusion

- I learned that adolescents are receptive to information even though they are perceived to not be willing to listen to adults. I felt prepared and felt like I talked to the students in a manner that was informative but not preaching.
- The students loved the interactive activities. I gave them information that they did not know yet but that they could understand. They were interested in what I was talking about and asked good questions.
- The strengths of my presentation were giving relatable information and making it engaging. The information aligned with what they were currently about to learn so it was a good introduction.
- The limitation was the age of my audience. I wanted to make my learning age-appropriate but had to be cognizant of their age. For example, part of the night of simulated drinking involved "pre-gaming" meaning drinking at home before going out. The adolescents did not know what that term meant. The simulation was geared toward college kids who are over 21 naturally because that is the drinking age. I explained what it meant and any other terms they did not understand.
- When I was ready to present, the teacher said that she does not want me to sugar coat things with the students and that she wanted them to know the hard truth about the dangers of adolescent binge drinking. According to their feedback, the point was made to the classes about the dangers of binge drinking. They plan to talk to their friends about it.
- Consequences of binge drinking cost the US millions of dollars and thousands of lives each year. Part of Pediatric visits are well-child checks where I will have an opportunity to talk to patients about safety. I will incorporate my knowledge about the dangers of binge drinking. I enjoyed doing the talk and once I get into practice, I plan to contact the teacher again and try to do another talk. I would be open to doing a talk to the whole school if they would let me. I felt like the students were receptive to my talk and that most them will make the right decisions to stay safe.

References/Acknowledgements

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