

## Mind Over Matter: The Card Game

### Teacher Overview

#### Learning Objectives

- Students will be able to describe the short- and long-term effects that alcohol can have on the body.
- Students will be able to identify factors that can affect intoxication.

#### Key Messages

- Alcohol, like every other drug, changes the way your mind and body function.
- Drinking alcohol has social, physical, environmental, and legal consequences.

#### Curriculum Expectation

- **D1.2** – Describe the short- and long-term effects of alcohol use and identify factors that can affect intoxication (e.g., amount consumed; speed of consumption; sex, body size, emotional state; combinations with other drugs, such as cannabis, food, or substances such as energy drinks).

#### Materials

- Drug Cards
- Drug Dictionary for students (found in Support Materials Section)

#### Activity

- Provide each student with a copy of the drug dictionary.
- Use drug cards to start discussions on the various effects of alcohol.
- Choose a drug card and hold it up for the class to see. Ask students what they think of the picture and how it relates to alcohol.
- Discuss the information provided on the back of the drug card. Refer to the drug dictionary for definitions as needed.
- Continue to do this with as many drug cards as you'd like.

#### Note to teachers

Refer to the list of short- and long-term effects in the Support Materials Section as needed.

