

# CURRICULUM GUIDE

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**one**  
friday night

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Dear Teachers,

Thank you for your interest in the **One Friday Night** Curriculum Guide on Underage Drinking. We are very excited to present this program to ignite a new discussion among our children and teachers. We want to empower and support young people to discover their own wisdom and solutions to life-threatening behavior and situations. In doing so, we hope that they may come to understand how valuable they are in our families and communities.

**Enclosed are some ideas for discussions and activities for students. Feel free to alter any of these suggestions for a better fit with your particular classes. Feel free to change anything you want. This is intended only as a guide and starting point.**

RESPONSE REQUESTED: We supply these materials to you free of charge, in the hopes that they can support your efforts in reaching students with enlivened discussions about difficult situations and adolescent curiosity, insecurity and empowerment.

**The only thing we ask in return is that you let us know if you are using this so we can track the number of participants and the lives you've affected.**

On behalf of Christopher Productions, we want to thank each and every one of you who are working with young people and reaching out to them.

Sincerely,

Chris Schueler	President/CEO/Executive Producer
Ruth Kodner	Director of Production Coordination
Lori Weber	Director of Development

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# SHOW OVERVIEW

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“One Friday Night” is a 30-minute television program designed to empower young people by giving them a voice and allowing them to play a central role in school, community and family discussions about underage drinking.

Teenagers have been involved in every aspect of the show’s production and development to ensure that the program attracts young viewers and addresses youth issues from a youth perspective. The audience will see statistics in the program, such as:

*Americans who begin drinking before the age of 15 are four times more likely to develop alcohol dependence than those who wait until the age of 21.*

This show is meant to be a catalyst for discussion, which means that there are no right or wrong answers. The purpose is to encourage as much youth involvement and discussion as possible. Young people of all ages should be encouraged to actively participate in exchanging ideas, additional reading and researching related topics of interest.

Portions of the show may be difficult for some young people to watch. Please read the script, and, if possible, watch the program prior to sharing it with students. This will make discussion with your students easier and more effective.

This curriculum guide is designed to be a tool for teachers of all grades. It includes discussion and activity ideas for involving students at various levels of development. Further information and a complete list of additional resources are included. Our hope is that this is just the beginning, and that together we can make an important difference in our communities and in the lives of our children.

THE SCRIPT IS AVAILABLE ONLINE AT  
[www.christopherproductions.org](http://www.christopherproductions.org)

**Please download, read and have available prior to viewing “One Friday Night.”**

# GENERAL INFO

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In the past few months in New Mexico:

- A 14 year old girl died of alcohol poisoning during a slumber party;
- A 15 year old boy shot and killed himself after a night of drinking and a car accident;
- A 16 year old boy and a 15 year old boy, in separate incidents, became drunk, posed a threat, and were shot by police after each had shot and injured officers....

## one friday night

An historic documentary about  
underage drinking in New Mexico

**Airing December 17, 2002 8:30 pm in:**

**Albuquerque/Santa Fe:** KRQE 13, KOB 4, KNME 5

**Roswell:** KBIM 10, KOBR 8

**Durango Farmington:** KREZ 6, KOBF 12

**Las Cruces:** KRWG 22

**Portales:** KENW 3

**Silver City:** KOBG 6

**Statewide RADIO** KISS –FM 97.3 **as well as:**

**Statewide:** KASA FOX 2 **10:35 pm**

**Statewide:** KASY UPN 50 **11:00 pm**

**Statewide:** KWBQ WB 19 **11:00 pm**

**Airing December 21, 2002**

**Statewide:** KOAT 7 **4:30 pm**

**El Paso:** KVIA 7 **1:30pm**

**El Paso:** KTSM 9 **TBA**

**Airing in Spanish**

Univision New Mexico KLUZ-TV (check local listings after December 17)

On behalf of Christopher Productions, we would like you to know about an historic TV program by New Mexico teens, for New Mexico teens, that will take place this December 17. For the first time in broadcast history, over a dozen television stations in New Mexico will carry the same program  
**because underage drinking is killing our kids.**

The purpose of this event is: To give **YOU** a tool...an event to rally around...to address underage drinking in **YOUR community**, in **YOUR family**, in **YOUR way**. Check out your free tools below.

Christopher Productions will supply every school district in New Mexico with the following, free of charge:

- A tape of the TV show “One Friday Night”
- A curriculum guide for classroom use
- A Town Hall “how-to” packet for use by teens and community leaders

The superintendent of your school district will have the videotape of the program by December 9.

With **YOUR** Involvement...

One Friday Night will  
**save lives**  
**change our communities**  
**and bring us closer to our children**

**Please consider using**  
**this tool, this event, this time**  
**to change the way**  
**your community and**  
**your family**  
**addresses**  
**underage drinking.**

For more information, go to  
[www.christopherproductions.org](http://www.christopherproductions.org)

# VIEWING SUGGESTIONS

- **Consider providing additional information and instruction.**

The stories in “One Friday Night” are presented in a style that serves as a catalyst for thoughtful discussion. It is assumed by the creators of the program that more in-depth information and instruction will be provided by the teacher.

- **Consider discussing the content before watching the show.**

Many young people today are exposed regularly to situations in which there is underage drinking. Most likely, they’re struggling to balance personal beliefs and social pressures with accurate information in order to make good decisions. Briefly discuss the content before watching the show in order to make the discussion after the show more effective.

- **Consider setting ground rules with the students prior to viewing.**

Teachers need to be prepared to offset disruptions in order to guarantee respect for the rights of those students wanting to see the show. Talk to students ahead of time and agree on appropriate behavior during the viewing. This should include no talking or asking questions until the show is concluded. You should also supply or have available paper and pens or pencils so that students can jot down ideas and questions for later discussion.

- **Consider covering “Discussion and Activities” for your grade from the following pages.**

There are many ways to encourage open discussion. Since the need for facilitation and supervision will vary among ages, more age-specific suggestions are given on the following pages.

# DISCUSSIONS

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## Elementary School Students

It is important that young people are provided with tools to make smart decisions on their own. All discussions should be conducted with this in mind. Young people will make better decisions if they understand that their actions will have consequences. Be prepared to encourage discussion about issues that concern the student, but which he or she may not yet relate to.

- Discuss any vocabulary that the students may not have understood to ensure that they completely understand the material as it was presented.
- Discuss the issues in language familiar to their age group and allow them to use that language as long as it is respectful.
- Lead the students through a more structured question and answer format. (See “Questions to Ask” listed on page 11.).

# ACTIVITIES

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## Elementary School Students

- Have the students draw a picture that shows:
  - Potential dangers of alcohol
  - A bad thing that happened in the program
  - A good thing that happened in the program
  - A sad thing that happened in the program
- Discuss the pictures and why those things happened.
  - Focus on choices someone made
  - Focus on other choices that could have changed the outcome
- Have the students make posters that can be shared in their community to affect change.
  - Discuss how the poster can impact change.
    - Focus on who the poster is trying to reach
    - Focus on why that person is important to reach

# DISCUSSIONS

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## Middle School Students

Prior to viewing the program, go over the following questions and ideas so they are in their mind as they watch the program. It is important that young people are provided with tools to make smart decisions on their own. All discussions should be conducted with this in mind. Young people will make better decisions if they understand that their actions will have consequences. **It will be important here to protect students in this discussion. Ask them not to use any names, and set ground rules that include using the term “a person I know” each time. This may allow a more open discussion for everyone.**

- Discuss what effects underage drinking has on the students' community, family, and friends—and themselves.
- Discuss the physical effects of alcohol on an underage drinker as compared to an adult.
- Ask the students the following:
  - Why do kids their age start drinking? Why do they drink even when they know it's wrong and dangerous?
  - What alternatives do young people have for drinking?
  - What could the kids in the stories have done differently to avoid the tragic consequences?
  - Is it possible to talk with your friends about the importance of not drinking? How could you do that?
  - Has alcohol affected their life? If so, how? (Could include neighbors, friends, and family.)

# A C T I V I T I E S

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## Middle School Students

- Have the students write about their feelings after watching the documentary. They can:
  - Focus on alcohol in the community: trouble or not?
  - Focus on alcohol's affect in their life.
  - Focus on what could have changed in the story to have a better outcome. Who could have been responsible for that change?
  - Focus on whether this is really a problem. Why or why not?
- Discuss the facts on page 10 to come up with ways to change policy, change public perception or empower others to affect change. Have the student's research additional facts on the internet.
- Use the Town Hall Meeting "Empower Packet" to create a follow-up group meeting.
- Design a "pledge not to drink" program with rewards or incentives. Prizes could be donated by local businesses.

# DISCUSSIONS

## High School Students

It is important that young people are provided with tools to make smart decisions on their own. All discussions should be conducted with this in mind. Young people will make better decisions if they understand that their actions will have consequences.

Initiate a discussion and then let the students direct its course. This is more effective with older kids, and will allow them to reach their own conclusions. However, ground rules will need to be set regarding respecting each other's opinions and not using actual names in the discussion. (Have everyone use the phrase "someone I know" when referring to alcohol use.) Have everyone take turns to talk.

- Focus the discussion on coming to conclusion / consensus on:
  - 1) Is there a problem in our community or in our homes?
  - 2) Who is responsible for solving that problem?
  - 3) How can I help in that solution and what role can I play?
- Ask the students the following:

**It will be important here to protect students in this discussion. Ask them not to use any names, and set ground rules that include using the term "a person I know" each time. This may allow a more open discussion for everyone.**

- What could the kids in the stories have done differently in order to avoid the tragic consequences?
- Can young people talk to their friends about not drinking? If so, how? What are the barriers? How can they be overcome?
- How has alcohol affected: their lives, and the lives of family, friends, and the community at large?
- Whose responsibility is it to take control of this issue? Do parents have some responsibility? How can parents talk effectively with their kids about underage drinking?
- Are laws regarding drinking effective? What would make them more effective? Is the drinking age of 21 appropriate?

# A C T I V I T I E S

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## High School Students

- Discuss the facts on page 10 to come up with ways to change policy, change public perception or empower others to affect change.
- Design a campaign in the community to affect change and eliminate underage drinking.
- Use the Town Hall Meeting Empower Packet to create a follow-up group meeting.
- Design a “pledge not to drink” program with rewards or incentives. Prizes could be donated by local businesses.

# FACTS to DISCUSS

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Girls today are **4 times** more likely to begin drinking **before age 16** than their mothers were.

Approximately **10 million young people ages 12 to 20** have had a drink in the **past month**.

Over **50%** of **12<sup>th</sup> graders** have **been drunk** in the past year

Over **40%** of **8<sup>th</sup> graders** had an **alcoholic drink** last year.

The average age at which young people begin to **drink** is **age 13**.

**Alcohol use** plays a substantial role in **all 3** leading causes of **death among youth**: unintentional injuries, suicides and homicides.

The research indicates that **youth** who **drink** frequently come from **families** who **drink** frequently.

More than **1/3** of Americans report that **alcohol** has caused **problems** in their immediate family.

# Q U E S T I O N S   t o   A S K

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START BY SAYING: “I need your help (input) on this. Bear with me and see what you come up with.”

- Is this video/drama a fair representation of what is really going on?
- Are the people who made this video or the people who are concerned about this issue making much ado about nothing?
- Is this story as important as the drama alludes to?
- Is underage drinking a problem?
- Is alcohol a problem? Whose problem is it?
- Is it a teenage problem?
- Is it an adult problem?
- Is it a parent problem?
- Is it a legal problem?
- Why is there a legal age for drinking?
- Is this just another way for adults to control kids?
- What would need to be done to make it legal for teens?
- Does legality matter or is breaking the law part of the challenge?
- If an underage person has been drinking, can they be safe?
- Is a person’s judgment impaired when they’ve been drinking?
- Can a person who has been drinking stay safe when they truly believe they are in control?

CONTINUE TO ASK “why” and “why not” and “can you explain that ” after each answer from a student.

If a class can established that underage drinking is a problem, ask:

- Is it a problem that needs to be solved?
- Can it be solved?
- Who can solve it?
- How can it be solved?
- Does anything you do or decide to do make any difference?
- Are you part of the problem? Why or why not?

# R E S O U R C E S

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Drug Abuse Prevention: What Works  
National Institute on Drug Abuse  
[www.nida.nih.gov](http://www.nida.nih.gov)

Life Skills Training  
Institute for Prevention Research  
[www.lifeskillstraining.com](http://www.lifeskillstraining.com)

Mothers Against Drunk Driving  
[www.madd.org](http://www.madd.org)

National Institute on Alcohol Abuse and Alcoholism  
[www.niaaa.nih.gov](http://www.niaaa.nih.gov)

Parenting Adolescents Wisely  
Ohio University  
[www.familyworksinc.com](http://www.familyworksinc.com)

The Underage Drinking Enforcement Training Center  
[www.pire.org/udetc](http://www.pire.org/udetc)

SMART Moves Program  
Boys & Girls Clubs of America  
[www.bgca.org](http://www.bgca.org)

Students Against Destructive Decisions  
(SADD)  
[www.nat-sadd.org](http://www.nat-sadd.org)

Centers for the Application of Prevention Technologies  
[www.captus.org](http://www.captus.org)

The Century council  
[www.centurycouncil.org](http://www.centurycouncil.org)

National Organizations for Youth Safety  
[www.noys.com](http://www.noys.com)

Preventing Alcohol and Other Drug Problems Among Youth in the Family  
National Clearinghouse for Alcohol and Drug Information  
[www.health.org](http://www.health.org)