



Kansas City Youth Court
500 E. 52nd Street
Kansas City, MO 64110
kansascityyouthcourt@gmail.com

YOUNG PEOPLE AND ALCOHOL DON'T MIX”
Activity Information Sheet

As part of your Kansas City Youth Court Sentence, you have been ordered to complete the following three (3) activities addressing the harmful effects of alcohol use in minors.

Attach a copy of the letter to your Youth Court sentence completion paperwork, and return via US mail or via email to kansascityyouthcourt@gmail.com .

Go to the links (or scan QR codes) below. Play the games to answer the questions as indicated:

Activity 1: Brain Storm

https://asklistenlearn.org/play/brain_storm/

Underage drinking negatively affects your developing brain. When your cerebellum, the part of the brain responsible for coordination and speed, is impaired, it becomes harder to react quickly and efficiently.



Put your cerebellum to the test by catching all the brains as they fly through the sky. As you play you will also learn facts about why it’s important to say YES to a healthy lifestyle and NO to underage drinking.

Answer the following questions:

- a. Question: How does alcohol affect your reflexes and ability to act quickly?

- b. Question: What was your highest score? _____

Activity 2: Memory Flip

<https://asklistenlearn.org/games/memory-flip/>



Underage drinking can negatively affect your brain development—including the ability to remember names, faces, and events.

Answer the following questions:

- a. Question: Why does alcohol affect younger people differently than adults?

- b. Question: What happens to the cerebellum when you drink alcohol?

- c. Question: What position does the Medulla play in the brain?

- d. Question: How does alcohol affect the Medulla?

e. Question: What does the hippocampus do?

f. Question: How does alcohol affect the hippocampus?

Activity 3: Brain Trivia

<https://asklistenlearn.org/games/brain-trivia/>



Did you watch our seven videos? Do you love trivia? If so, this is the game for you! This fun game takes the lessons learned in the videos and tests your knowledge in a traditional game show style! Perfect for the home and classroom, for individuals and teams, have fun playing ALL about the BRAIN!

Answer the following questions:

a. Question: What was your score? What did you learn that you didn't already know? Does it affect how you feel about drinking alcohol?

b. Question: How can you avoid drinking alcohol and getting in trouble?
