

# GOSOSY MENTAL HEALTH LESSONS ELECTRONIC ENHANCEMENTS

## Lesson Script: Let's Talk About Alcohol

NOTE: This **Lesson Script** is for teacher use only. It is not intended for students because it contains the answers to the "Listening for New Information" activities. Instead of the **Lesson Scripts**, students may use the **Pocket Guides** for self study of vocabulary and key conversations in both English and Spanish. See the **Teacher Guide** for more information about how to use the electronic enhancements.

The following "Message to Students About Mental Health" is recorded in Spanish at the beginning of the lesson. Students should listen to this message before using this or any of the Mental Health audio lessons.

### *A Message to Students About Mental Health\**

*It is just as important to take care of your mental health as it is to take care of your physical health. Physical health means you have a strong and healthy body, while mental health means that your mind and emotions are also healthy. People with good mental health can cope with the problems of everyday life.*

*There are many types of mental health conditions, such as anxiety disorders, depression, and addiction problems with drugs or alcohol. Sometimes a mental health condition becomes so serious that it becomes a mental illness.*

*It can be difficult to talk about mental health, and it can be hard to admit that you or someone you care about is having problems with mental health. However, there are many things that can help mental health conditions. Sometimes talking with a professional counselor can help, and sometimes medications prescribed by a doctor can help. If you or someone you care about is having problems with mental health, there is a phone number you can call for a free, confidential referral near you. The number is 1-800-662-4357. Someone will talk to you in Spanish and will connect you to help near where you live.*

### Mensaje a los Estudiantes Acerca de la Salud Mental

Es tan importante cuidar de la salud mental cómo lo es el de cuidar de la salud física. Salud física significa que usted tiene un cuerpo fuerte y saludable, mientras que salud mental significa que su mente y sus emociones están en buen estado de salud. Las personas con buena salud mental pueden enfrentar fácilmente los problemas de la vida diaria.

Hay muchos tipos de condiciones de salud mental, como trastornos de ansiedad, depresión y problemas de adicción a drogas o alcohol. A veces una condición de salud mental se vuelve tan grave que se convierte en una enfermedad mental.

Puede ser difícil hablar sobre la salud mental, y puede ser difícil admitir que usted, o alguien a quien usted conoce tiene problemas de salud mental. Sin embargo, hay muchas cosas que pueden ayudar a las condiciones de salud mental. A veces hablar con un consejero profesional puede ayudar y algunas veces los medicamentos recetados por un médico también pueden ayudar. Si usted o alguien a quien conoce tiene problemas de salud mental, hay un número de teléfono al que puede llamar para obtener una referencia gratuita y confidencial cerca de donde vive. El número es 1-800-662-4357. Alguien le hablará en español y le conectará con quien le puede ayudar cerca de donde usted vive.

\* Material in italics does not appear in the audio file

## Hablemos Sobre el Alcohol / Let's Talk About Alcohol

En esta lección, practicarás palabras y conversaciones relacionadas acerca del consumo de alcohol. Antes de comenzar esta lección, por favor escucha este pequeño mensaje acerca de la salud mental.

*\* In this lesson, you will practice words and conversations for talking about alcohol use. Before starting the lesson, please listen to this short message about mental health.  
(See page 1 for a transcript of the message.)*

### Parte 1: Práctica de Vocabulario / Part 1: Vocabulary Practice

Ahora escucharás palabras en español y luego en inglés. Repite las palabras en inglés.

*Now you will hear words in Spanish followed by English. Repeat the English words.*

*(Each English word or phrase is followed by a pause, giving students time to repeat. The English word or phrase is then repeated.)*

alcohol	alcohol
cerveza	beer
vino	wine
licor	liquor
tomar con moderación	drinking in moderation
tomar demasiado	drinking too much
abuso de alcohol	alcohol abuse
problemas de salud	health problems
lesiones, lastimarse	injuries, get hurt
no tomar y conducir	don't drink and drive
no tomar y usar las máquinas	don't drink and use machines
no tomar si está embarazada	don't drink if pregnant

Práctica: Ahora escucharás las palabras en español, seguidas por una pausa. Durante la pausa, di las palabras en inglés. Luego oírás las palabras en inglés.

*Test Yourself: Now you will hear the words in Spanish, followed by a pause. During the pause, say the English words. You will then hear the English words.*

*(Each Spanish word or phrase is followed by a pause.)*

alcohol	alcohol
cerveza	beer
vino	wine
licor	liquor
tomar con moderación	drinking in moderation
tomar demasiado	drinking too much
abuso de alcohol	alcohol abuse
problemas de salud	health problems
lesiones, lastimarse	injuries, get hurt
no tomar y conducir	don't drink and drive
no tomar y usar las máquinas	don't drink and use machines
no tomar si está embarazada	don't drink if pregnant

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## Parte 2: Práctica de la Conversación / Part 2: Conversation Practice

Rosa está preocupada por su hermano Marco porque toma mucha cerveza todos los días. Ella habla con su amigo Luis al respecto. Escucharás la conversación en español y luego la conversación en inglés.

*Rosa is worried about her brother Marco because he is drinking a lot of beer every day. She talks to her friend Luis about it. You will hear the conversation in Spanish followed by the conversation in English.*

A: Estoy preocupada por Marco. Creo que está tomando demasiado.

B: ¿Cuánto está tomando?

A: Él toma 5 o 6 cervezas cada día después del trabajo.

B: ¡Oh!, eso es demasiado. Él necesita tomar menos.

A: Lo sé.

A: I'm worried about Marco. I think he's drinking too much.

B: How much is he drinking?

A: He has 5 or 6 beers every day after work.

B: Oh, that's too much. He needs to drink less.

A: I know.

Ahora, repite la conversación en inglés.

*Now repeat the conversation in English.*

*(Each line of the conversation is followed by a pause.)*

A: I'm worried about Marco. I think he's drinking too much.

B: How much is he drinking?

A: He has 5 or 6 beers every day after work.

B: Oh, that's too much. He needs to drink less.

A: I know.

Una conversación: Tú eres Luis. Tu amiga Rosa hablará contigo acerca de su hermano Marco.

*One-sided Conversation: You are Luis. Your friend Rosa will talk to you about her brother Marco.*

*(Each line of the conversation is followed by a pause.)*

A: I'm worried about Marco. I think he's drinking too much.

B: (pause)

A: He has 5 or 6 beers every day after work.

B: (pause)

A: I know.

Escucha la siguiente conversación. Escucharás información nueva. A veces Patricia y sus amigas toman juntas después del trabajo. Gloria, la amiga de Patricia está muy preocupada por que Patricia está tomando demasiado. Gloria habla con su amiga Anna al respecto.

¿Cuántas bebidas toma Patricia cada día? ¿Qué tipo de problemas puede causar el tomar tanto?

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*Listening for New Information: Listen to the following conversation. Sometimes Patricia and her friends drink together after work. Patricia's friend Gloria is concerned that Patricia is drinking too much. Gloria talks to their friend Anna about it. How many drinks does Patricia have every day? What kinds of problems can drinking too much cause?*

- A: I think Patricia is drinking too much.  
B: Really?  
A: Yes, she has 3 or 4 drinks a day.  
B: Oh, that's a lot! Drinking too much can cause health problems.  
A: Yes, and it can cause problems at work, too.

*(Each question is followed by a pause before the answer.)*

- ¿Cuántas bebidas toma Patricia cada día? 3 o 4 / 3 or 4
- ¿Qué tipo de problemas puede causar el tomar tanto? problemas de salud y problemas en el trabajo / health problems and problems at work
- How many drinks does Patricia have every day? 3 or 4*  
*What kinds of problems can drinking too much cause? health problems and problems at work*

### Parte 3: Más Práctica de Conversación / Part 3: More Conversation Practice

#### Conversación Nueva / New Conversation

Eduardo está en una fiesta con su hermana Anna y su amigo Mario. Eduardo está tomando tequila en la fiesta. Es tarde y es hora de ir a casa. Mario habla con Anna porque él no quiere que Eduardo conduzca a su casa. Escucharás la conversación en español y luego la conversación en inglés.

*Eduardo is at party with his sister Anna and his friend Mario. Eduardo is drinking tequila at the party. It's late and time to go home. Mario talks to Anna because he does not want Eduardo to drive home.*

- A: Anna, no creo que Eduardo deba conducir a casa.  
B: ¿Por qué no?  
A: Él tomó mucho tequila esta noche.  
B: ¿Cuánto tomó?  
A: Cinco o seis bebidas, yo creo.  
B: ¡Oh!, eso es demasiado. Yo conduciré a casa.  
A: Bien, es peligroso tomar y conducir.
- A: Anna, I don't think Eduardo should drive home.  
B: Why not?  
A: He had a lot of tequila tonight.  
B: How much did he have?  
A: Five or six drinks, I think.  
B: Oh, that's a lot! I'll drive home.  
A: OK, good. It's dangerous to drink and drive.

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Ahora, repite la conversación en inglés.

*Now repeat the conversation in English. (Each line of the conversation is followed by a pause.)*

- A: Anna, I don't think Eduardo should drive home.  
B: Why not?  
A: He had a lot of tequila tonight.  
B: How much did he have?  
A: Five or six drinks, I think.  
B: Oh, that's a lot! I'll drive home.  
A: OK, good. It's dangerous to drink and drive.

Una conversación: Tú eres Anna. Mario hablará contigo acerca de Eduardo que ha estado tomando.

*One-sided Conversation: You are Anna. Mario will talk to you about Eduardo, who has been drinking. (Each line of the conversation is followed by a pause.)*

- A: Anna, I don't think Eduardo should drive home.  
B: (pause)  
A: He had a lot of tequila tonight.  
B: (pause)  
A: Five or six drinks, I think.  
B: (pause)  
A: OK, good. It's dangerous to drink and drive.

Escucha la siguiente conversación. Escucharás información nueva. Mario está preocupado por su amigo Eduardo que tiene problemas en su trabajo. Mario habla con su amigo Luis respecto a Eduardo. ¿Qué problema tiene Eduardo en el trabajo? ¿Por qué está teniendo este problema? ¿Qué podría pasarle a Eduardo?

*Listening for New Information: Listen to the following conversation. Mario is worried about his friend Eduardo who is having problems at work. Mario talks to their friend Luis about Eduardo. What problem is Eduardo having at work? Why is he having this problem? What could happen to Eduardo?*

- A: Eduardo is having problems at work.  
B: What kind of problems?  
A: Sometimes he has trouble using the machines.  
B: Really? Why?  
A: I think it's because he's drinking too much.  
B: Oh! It's very dangerous to use machines when you drink.  
He could get hurt.  
A: I know.

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*(Each question is followed by a pause before the answer.)*

¿Que problema tiene Eduardo en el trabajo?	A veces tiene problema usando las máquinas. / Sometimes he has trouble using the machines.
¿Por qué está teniendo este problema?	Él toma demasiado. / He's drinking too much.
¿Qué podría pasarle a Eduardo?	Él podría lastimarse. / He could get hurt.
<i>What problem is Eduardo having at work?</i>	<i>Sometimes he has trouble using the machines.</i>
<i>Why is he having this problem?</i>	<i>He's drinking too much.</i>
<i>What could happen to Eudardo?</i>	<i>He could get hurt.</i>

Escucha la siguiente conversación. Escucharás información nueva. Gloria está cenando con sus amigas. Su amiga Anna le ofrece algo de tomar. ¿Qué clase de bebida le ofrece Anna a Gloria? ¿Quiere Gloria esta bebida? ¿Por qué o por qué no?

*Listening for New Information: Listen to the following conversation. Gloria is having dinner with some friends. Her friend Anna offers Gloria something to drink. What kind of drink does Anna offer Gloria? Does Gloria want this drink? Why or why not?*

- A: Gloria, would you like a glass of wine?  
B: Oh, no thanks.  
A: Are you sure? It's really good.  
B: I'm sure. You know, I'm pregnant, and alcohol is not good for the baby.  
A: Oh, I didn't know you were having a baby. How exciting!

*(Each question is followed by a pause before the answer.)*

¿Qué clase de bebida le ofrece Anna a Gloria?	un vaso de vino / a glass of wine
¿Quiere Gloria ésta bebida?	No. / No.
¿Por qué no?	Está embarazada y el alcohol no es bueno para el bebé / She's pregnant and alcohol is not good for the baby.
<i>What kind of drink does Anna offer Gloria?</i>	<i>a glass of wine</i>
<i>Does Gloria want this drink?</i>	<i>no</i>
<i>Why or why not?</i>	<i>She's pregnant and alcohol is not good for the baby.</i>

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