## SCHOOL HEALTH AND ALCOHOL HARM REDUCTION PROIECT

## STUDENT REFLECTIONS



Name:


## Regular alcohol free days can reduce lifetime rish of alcohol-related disease and injury <br> MEN \& WOMEN

## ADULT: Low lifetime rish <br> (Lifetime risks are associated with regular high level consumption over a lengthy period of time).

## ADULT: Low risk of alcohol-related injury

(Short-term risks of harm are associated with high levels of drinking on a single occasion, e.g. binge drinking).

No more than 2 standard drinks a day

## YOUNG PEOPLE (Under 18)

 PREENANT WOMENNo more than 4 standard drinks per drinking occasion

Not drinking alcohol is the safest option

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## ADVICE TO A TEENAGER

## CHOOSE A MALE OR FEMALE OF SIILLAR AGE TO YOURSELF. ADISE HIM OR HER ON HOW TO DEAL WTHH ONE OF THE FOLLOWING STUUATIONS:

- Gatecrashers start wrecking the place
- An adult driving you has had too much to drink
- Your friends get into dangerous 'fun' around water when they've been drinking
- A drunk person comes on too strong
- A person who has been drinking passes out or injures themselves
- You get hassled to do what everyone else is doing
- A friend is drinking way too much
- The group wants to leave a drunk or vomiting friend by the road
- The person who has been drinking insists on driving
- You end up minding drunk people every time you go to a party
- Your boyfriend /girlfriend drinks too much at parties
- You want to fit in at the party but not get drunk
- You or a friend are in a situation of frequent violence due to alcohol
- Someone who has been drinking too much threatens to beat you up


## ADVICE:

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