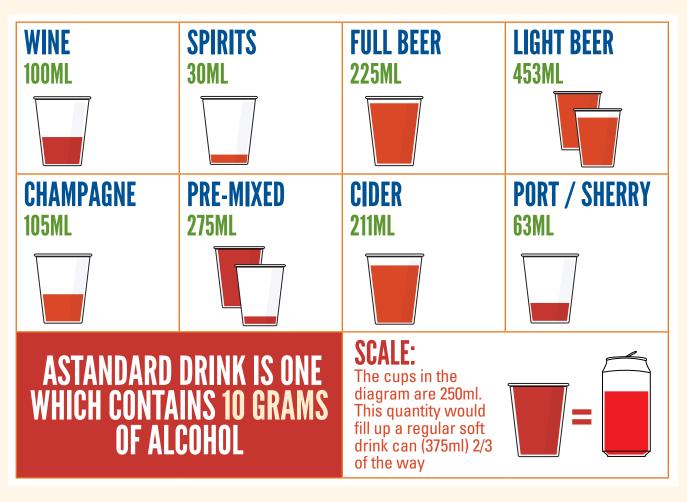
#### SCHOOL HEALTH AND ALCOHOL HARM REDUCTION PROJECT

# STUDENT2 REFLECTIONS



NAME:

### **ESSENTIAL INFORMATION**



| Regular alcohol free days can reduce lifetime risk of alcohol-related disease and injury  | MEN & WOMEN  |
|---|--|
| ADULT: Low lifetime risk  (Lifetime risks are associated with regular high level consumption over a lengthy period of time).                                | No more than 2 standard drinks a day                 |
| 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 4 standard drinks per drinking occasion |
| YOUNG PEOPLE (Under 18)   | Not drinking alcohol is the safest option            |
| PREGNANT WOMEN  | Not drinking alcohol is the safest option            |

## **ADVICE TO A TEENAGER**

#### CHOOSE A MALE OR FEMALE OF SIMILAR AGE TO YOURSELF. ADVISE HIM OR HER ON HOW TO DEAL WITH ONE OF THE FOLLOWING SITUATIONS:

- 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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