

Alcohol 101

CALM Lesson #1

Alcohol: A conversation
A comprehensive approach for schools

To drink or not to drink

Choice	Possible Positive Consequence	Possible Negative Consequence
Not to drink		
Drink		
Drink too much		

Alcohol: All those burning questions

Q:

How do I get drunk?

Alcohol: All those burning questions

Q:

Why do I get a headache after drinking?

Alcohol: All those burning questions

Q:

Why do I say and do things I never intended to when I'm drunk?

Alcohol: All those burning questions

Q:

Why do I pass out?

Alcohol: All those burning questions

Q:

How much alcohol is too much?

Alcohol: All those burning questions

Q:

Is there a difference in the way alcohol affects women and men?

Alcohol: All those burning questions

Q:

How do I sober up quickly?

Alcohol: All those burning questions

Q:

How long do I have to wait before I can drive?

Consequences

I drank too much and_____.

I didn't drink and _____.

I drank and _____.

Consequences

How do the choices and consequences make you feel?

Do your friends' potential reactions and judgments influence your decisions?

Is the consequence positive or negative?

Does gender have an impact on the consequences?

Personal reflection

Handout: Short-term effects of alcohol

So what happens when you have a few drinks?