LEARNING OUTCOMES

After taking Alcohol Wise SS, the individual will be able to:

- Understand BAC and the factors affecting it
- Challenge peer drinking perceptions
- Discuss dangers associated with drinking and driving
- Know safe methods for getting home after drinking
- Evaluate personal risk factors, including family drinking patterns and risk factors
- Understand the sexual risks associated with heavy drinking
- Explain legal and personal health consequences of drinking before 21
- Explore financial impact drinking can have
- Realize how alcohol can affect them physically, especially in terms of sports performance
- Evaluate their drinking patterns (if any) and consequences of drinking
- Reflect on how their peers feel about their drinking patterns
- Understand how much time they spend drinking and evaluate whether it is the way they want to spend their time
- Discuss how addiction works and how it changes the brain over time
- Understand the dangers behind mixing drugs and alcohol
- Discuss how alcohol and drugs can impact your grades, sleep patterns, memories, and substance dependency
- Decide on steps to take to reduce drink and/or drug habits
- Discuss problem drinking and abuse and negative outcomes associated with it
- Understand alcohol poisoning, signs, and how to help