

### *Online intervention for juveniles with alcohol violations*

Under the Influence JV alcohol intervention is designed for juveniles with alcohol violations. The course includes multiple lessons addressing alcohol's effects on health, drinking and driving, state-specific laws, and alcohol/prescription interactions.

Utilizing the eCHECKUP TO GO brief intervention for alcohol, this course also includes a 30-day follow-up to measure changes in the individual's attitudes and behavior.

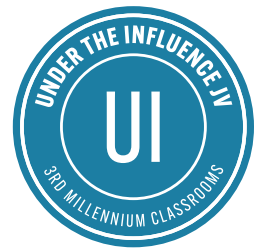
Individuals receive a confidential drinking profile that summarizes personal drinking-related problems and provides a range of non-drinking strategies.



## **LEARNING OUTCOMES**

*After taking Under the Influence JV, the individual will be able to:*

- Understand factors affecting BAC
- Understand what qualifies as a standard drink of alcohol
- Reflect on drinking habits on a daily, weekly, and monthly basis
- Understand how alcohol affects academic and sports performance
- Challenge peer use perception
- Develop a personal profile to examine personal drinking habits, family influences, and reasons for drinking
- Understand that males and females react differently to alcohol because of physiological differences
- Understand the "Expectancy Effect"
- Develop safe strategies to get home if intoxicated
- Discuss activities to engage instead of drinking
- Understand sexual risks associated with heavy drinking
- Discuss dangers behind alcohol poisoning, symptoms, and how to help
- Discuss dangers of mixing alcohol and drugs, including marijuana
- Recognize signs of alcohol abuse, alcoholism, and dependency
- Discuss state-specific laws on underage-drinking violations
- Understand why drinking and driving is so dangerous
- Learn how to build friendships without the influence of alcohol
- Learn healthy ways to respond to peer pressure



**INTERVENTION // PERSONALIZED FEEDBACK // COMPLIANCE TRACKING // INTEGRATIONS**  
**EVIDENCE-BASED // CUSTOMIZABLE // OUTCOME REPORTING // CONFIDENTIAL // ECHECKUP**