



Online drinking prevention course that educates on dangers associated with alcohol use

Alcohol Wise is an evidence-based program to educate students on the dangers associated with drinking. Alcohol Wise helps individuals make informed decisions about choosing not to drink and develop strategies for standing up to peer pressure to drink.

For individuals who have already used or are using alcohol, Alcohol Wise utilizes personalized feedback through eCHECKUP TO GO and motivational interviewing strategies to move individuals toward making a positive change.

Overall, Alcohol Wise helps prevent alcohol-related violations and creates a safer school environment for everyone.



LEARNING OUTCOMES

After taking Alcohol Wise, 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

