fasd NL fasdATLANTIC

Alcohol & Safer Sex Video Series

Curriculum Outcomes

1. Recall and apply safe drinking practices by constructing a “safe drinking plan”, which accounts for potential risks associated with consuming alcohol in excess.

2. Summarize the potential strengths and challenges associated with FASD.

3. Recognize how alcohol can influence decision-making around safer sex practices.

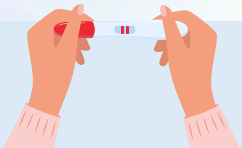
4. Demonstrate how to engage in conversations regarding safer sex practices with potential partners.

5. Identify how and why alcohol can be used as a coping mechanism across different social groups.

6. Define Fetal Alcohol Spectrum Disorder (FASD) and demonstrate knowledge of how alcohol affects pregnancy.

7. Discover the risks of alcohol use in general, and during pregnancy.

8. Describe and discuss safer sex practices and recall resources for safer sex.



Alcohol & Safer Sex Video Series

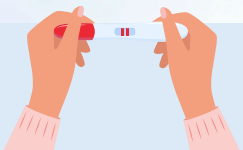
Discussion Questions & Activity
Part 1 - Alcohol

Discussion Questions

1. Why do you think people your age drink? What about older people? Do you think the reasons are different?
2. It is normal for young people to experiment with drinking and drugs, so we don't need to worry about young people drinking because they are just trying to have fun. Agree or disagree?
3. Do you think drinking is embedded in our culture in Newfoundland? Examples?
4. Why do you think that some people drink alcohol in excess while others can drink in moderation?
5. Show the 2 pictures on the next page. Who do you immediately think struggles with alcohol addiction? Why?
    a. A bearded tradesperson- only drinks once or twice a year.
    b. A lawyer- drinks 2 bottles of wine every night to deal with the stress from their job, and often a glass with lunch.

Activity

Create a "Safe Drinking Plan" using suggestions from the video. This can be done individually or as a class. Even if you don't drink, imagine yourself at a house party where everyone is drinking. What type of alcohol would you drink? How are you getting it? How much? How will you keep track of how much you drink? Who are you with and are they trustworthy? Do you have an emergency contact set up? Does someone have your location? How are you getting home? What happens if you find yourself in an unsafe situation?
Think through the night and identify any potential risks to yourself and how you might navigate them (ex., peer pressure to do drugs, getting your drink spiked, blacking out, aggression/fights, making decisions you wouldn't have if you were sober and the consequences, etc.).



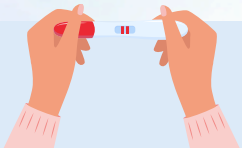
fasd NL fasdATLANTIC

Alcohol & Safer Sex Video Series

Discussion Questions & Activity
Part 1 - Alcohol

Lawyer

Tradesperson



Alcohol & Safer Sex Video Series

Discussion Questions & Activity
Part 2- Safer Sex

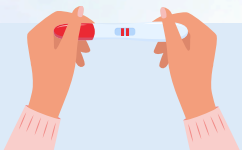
Discussion Questions

1. How can you protect yourself when engaging in sexual activity of any kind?
    a. What safer sex practices become your responsibility when involved in sexual activity? What about your partners' responsibility?
2. Can you list some benefits of using barriers during sex?
3. Can anyone name some local organizations/resources for safer sex and/or pregnancy? (Write these on the board)
4. How might alcohol affect your decision-making when it comes to safer sex?
5. How can we navigate conversations where there are disagreements about sexual activity?

Activity

Engaging in conversations about safer sex. This can be done individually or as a class. Create a conversation between fictional partners including how you would go about safer sex practices and what conversations would occur. Be sure to include:

a) Consent (levels of consent & ongoing conversations)
b) What protection and contraceptives will be used
c) Boundaries
d) What would happen if pregnancy (if applicable) or an STI occurred
e) What if someone is opposed to using barriers/contraception
f) What if someone is pushing your boundaries
g) Establishing safety



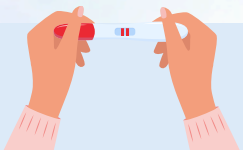
Alcohol & Safer Sex Video Series

Discussion Questions & Activity
Part 3 - Pregnancy, Alcohol & FASD

Discussion Questions

1. Has anyone ever heard of Fetal Alcohol Spectrum Disorder (FASD) before the videos?
2. The video said that FASD is more common than autism. Do you find this hard to believe? Why or why not?
3. Was anyone aware of how alcohol can be harmful during pregnancy or that it can cause lifelong effects?
4. What is your perception of people who drink during pregnancy? Did the video change how you might view people who do drink while pregnant?
5. What are some ways we can support people with FASD or people who drink during pregnancy? (see activity below)

Activity

Have a group discussion and create a mind map where students identify ways to support:

a) A person/peer with FASD in school
b) A person who is struggling with drinking while pregnant