

Alcohol and Drug Forced Choice

Instructions: Have students clear the chairs and stand in the middle of the room. Tell them that you will be asking them a series of questions after which they must pick one answer (they cannot stand in the middle). Remind them that this is an exercise and their answers will not be shared with anyone so it is OK for them to be honest.

As you ask each question, indicate which side of the room corresponds to which option. After the students have selected their sides, have them look at who is on the same side and who is on the other side. You can either invite students to discuss why they have chosen a particular side or do the activity in silence and then discuss it afterwards.

1. When you go to a party, you'd rather have: an alcoholic drink or a non-alcoholic drink
2. Do you designate a driver: before you go drinking or when it's time to drive home?
3. When your roommate wants to have a large party in your room/apartment and you do not want to, do you: ask him/her to find another location or let it happen?
4. Have you done things when you are drunk that you regret when you become sober: yes or no?*
5. You want to stay at a party but your friend really wants to go home. Do you: leave the party with your friend or let him/her walk home alone?
6. Your friends have invited you to a party where they will be serving lots of alcohol. You don't really feel like drinking. Do you: go do something else or go to the party anyway?
7. Would you rather be known as someone who: "always gets wasted" or "never parties"?
8. If you were with a friend who was drinking and/or smoking pot, would you: let them drive home or arrange to get the home?
9. Have you gotten into trouble with college officials or the police because of your drinking: yes or no?*
10. Have you experienced hangovers that caused you to miss class or work: yes or no? *
11. When you go out with friends, do you: drink before you leave or have your first drink when you arrive?

12. Have you experienced blackouts (finding you can't remember what you did during a portion of the evening even though others tell you that you were awake and conscious): yes or no?*
13. Do you drink: less than 5 drinks during an evening or more than 5 drinks (one drink being a beer, small glass of wine, one shot, or one mixed drink)?
14. Have you gotten into an accident or gotten injured when you have been drinking: yes or no? *
15. Have you had to babysit a friend who is drunk: yes or no?
16. You feel that: the university is making "too big of a deal" of student drinking or that the university should do more to keep students safe.
17. Have you had your personal property damaged because of a drunk person: yes or no?
18. If you felt a good friend was drinking too much at a party, would you: say something or not?
19. If you felt a friend was having problems because she/he drank too much pretty often, would you: say something or not?
20. Do you find that your tolerance is growing (i.e., you need more alcohol to get the "buzz" that you used to get with less): yes or no? *

* These are warning signs of a drinking problem. Later, during the discussion, read these again and let them know where they can go for more information and support.