



**Brock University Student Health Services and Mirror Theatre present
Drinking Choices Seminar**

“It’s Just A Game?” Workbook Questions

1. What are the ways people are encouraged to drink at parties?
2. Do games foster or inhibit responsible drinking?
3. How easy is it to say no when you are invited to drink?
4. What are the underlying factors that lead to Adam’s excessive drinking?
5. Adam’s friend, Ryan, tries to intervene. What could he have done differently to de-escalate the situation?
6. What are some common social norms/practices associated with drinking? Such as:
 - a. What is the belief around sipping a shot instead of drinking it all at once?
 - b. What do people think about someone who drinks a lot versus someone who drinks a little?
 - c. Is chugging tasty or torture? If it’s torture, why do people chug?
 - d. What roles do drinking games play?
 - e. What other rituals are you aware of?
7. Have you ever offered drinks to someone else? What approach do you take?
8. Is alcohol abused more in a house or more at a bar? Why do you think so?
9. At what point is someone no longer able to make responsible decisions? How can they tell they’re at this point?
10. Have you witnessed people who were near that point? What might their needs be (i.e. driving, unsafe sexual encounters, fights, etc.) and how could people address them? What is the role of the bystander in these situations?
11. How does a person’s drinking affect those around her/him? (friends, family, strangers at a party)
12. What are some ways that you have been offered drinks at a bar or party? Is it easy to say “no”? Have you ever assisted or been assisted in refusing drinks?
13. There is a lot of bravado surrounding males and alcohol. Why do you think this is? Do you think all males act this way? Is it perpetuated by peer pressure?
14. Males talk a lot about alcohol and sex. How do alcohol and sex mix (or not mix)?
15. What do you believe are the emotional responses from family, friends, university staff, and & students surrounding a student’s hospitalization and perhaps death?
16. Even if he wasn’t hospitalized, what are the other negative consequences of Adam’s drinking?