

Sex on the Rocks: Alcohol, Other Drugs and Sexual Decision-Making

HiTOPS Teen Council

Designed for: Males and females, grades 9-12

“If I hadn’t been drinking, I never would have done that.”
“I’m so embarrassed; I don’t ever want to see him again.”
“I think she said ‘yes’ but now I’m not sure.”

We know lots of teens use alcohol and other drugs even though they have been taught about the health risks. Most adolescents have heard “Don’t drink and drive.” What they don’t hear is “Don’t drink and have sex.” TV and movies often show people under the influence having sex with no consequences but this behavior is risky. Mixing alcohol and other drugs with sex, puts teens at risk for pregnancy and sexually transmitted infections, as well as the emotional consequence of waking up the next morning feeling frightened and embarrassed.

This peer-led workshop uses age-appropriate skits and small group discussion to help participants understand the impact of alcohol and other drugs on sexual decision-making. Participants will discuss what they have to lose by using alcohol and other drugs vs. what they have to lose by not using substances. In small groups, students will learn the steps of the decision-making process and will review refusal skills.

Our goals are to help students:

- Describe the relationship between alcohol and other drug use and sexual decision-making
- Identify the ways alcohol impairs judgment
- Identify the consequences of making sexual decisions under the influence of alcohol and other drugs
- Demonstrate the skills needed to resist peer pressure to use alcohol and other drugs in sexual situations

Average length of workshop: 90 minutes

Recommended number of participants: 20-100