**Alcohol and fetal alcohol disorder**

1. Why do some people use alcohol? And why do some adolescents use alcohol?

Discuss similarities and differences in the answers from these two questions.

1. Discuss why it is important to inform people that a drink contains alcohol.

For example:

* Religious restrictions
* Personal choice not to drink
* To avoid combining medicine with alcohol
* Pregnancy

1. Design at least 4 drink coasters reminding people the connection between drinking alcohol and FASD (fetal alcohol disorder). Develop poisitive messages encouraging people to make healthy choices.
2. Outline strategies to promote abstinence from alcohol among teens in the school and community.
3. Research information about the consequences of using alcohol while pregnant. Then make a poster on other options to develop and use stress management strategies, expressing and managing feelings.