

Name: \_\_\_\_\_

**YOUR FRIENDS**

Chances are that when you hear about an alcohol-related tragedy on the news, you probably think it's sad but you forget about it by the end of the day. After all, it's hard to realize the lasting consequences when the people involved are not connected to your own life. This activity will remind you how serious binge drinking can be—and that tragedies or serious problems can happen to you or someone you care about.

**PART ONE**

Fill in the details below. Don't begin Part Two until you've finished this section.

- 1. Your best female friend: \_\_\_\_\_
- 2. Your best male friend: \_\_\_\_\_
- His girlfriend: \_\_\_\_\_
- 3. Your best friend: \_\_\_\_\_
- Location for a party: \_\_\_\_\_
- 4. A good friend: \_\_\_\_\_
- Another good friend: \_\_\_\_\_
- A local restaurant: \_\_\_\_\_
- 5. Your best male friend: \_\_\_\_\_
- Another male classmate: \_\_\_\_\_
- 6. Your best friend: \_\_\_\_\_
- Location for a party: \_\_\_\_\_
- Your best friend's mom: \_\_\_\_\_

*This activity is continued on the next page.*

## YOUR FRIENDS

**PART TWO**

Read each story below. Imagine that the story has really happened to the people you named in Part One. Then, write a brief journal entry describing how you would feel in that situation and how your life would change. Your entry will be private—no one will read it but you.

<p><b>1.</b> You drive your friend to a party at an older friend's house. A lot of people are drinking. You lose track of your friend while you're chatting with some other people, but you notice that a guy you've never met is paying her a lot of attention. They both look pretty drunk, but she's laughing and having a good time. Soon after that, they disappear together. When you go looking for her, you find her crying in an upstairs bedroom. She tearfully tells you that the guy forced her to have sex, and she was so drunk that she couldn't stop him.</p>	<p><b>2.</b> Your friend calls you one night, sounding panicked. He tells you that he and his girlfriend went to a Homecoming party about two months ago and started drinking. They both drank a lot more than they planned to. They had agreed they weren't ready to have sex, but after they were both drunk, they did anyway. "It just happened," he says. The next day they agreed it had been a mistake and they wouldn't do it again. But just before he called you, his girlfriend told him she's pregnant.</p>
<p><b>3.</b> You and your friend are having a great time at a party. You're both drinking, but your friend has had a few more than you. Somebody suggests you all go up on the roof, and it seems like a good idea. A few of you climb through an upstairs window and keep drinking up on the roof. Your friend starts goofing off and calling to the people on the lawn below, but then teeters and falls two stories onto the driveway. He's rushed to the hospital, where doctors tell you he will be paralyzed from the waist down.</p>	<p><b>4.</b> Early Sunday morning you get a call from a classmate. He tells you that he was hanging out with two of your good friends the night before. They were drinking shots in his bedroom. They all got hungry, so your friends volunteered to pick up some food from a local restaurant. They insisted they were fine to drive. The two of them never made it to the restaurant—the driver lost control of the car and drove into a tree. One friend died instantly; the other is in a coma.</p>
<p><b>5.</b> You're at a party with your friend when he gets in a dumb argument with another guy from school. You know your friend has had a lot to drink. They start shouting, then finally get into a fist fight. It gets really heated and some other guys try to break it up, but your friend gets more and more violent. When your friend finally stops, your classmate is lying unconscious and bleeding on the ground. Somebody had called the cops—they show up and arrest your friend. You find out he is being charged with assault.</p>	<p><b>6.</b> One Saturday night you stay home sick while a group of your friends go to a party. Around 1 a.m. you get a frantic call from your best friend's mom, asking if you know where her child is. The next morning, she calls you again to tell you your friend has been found dead on a classmate's couch. Your friend had consumed about 8 or 9 drinks and felt sick, so your other friends put your best friend on the couch to sleep it off. Your best friend asphyxiated on vomit.</p>