



# Under the Influence HS

Online educational sanction  
for student alcohol violations

**Under the Influence HS** alcohol intervention is designed for individuals with under-age drinking violations. The course includes 7 lessons on key issues such as effects on health, drinking and driving, state-specific laws, and alcohol/prescription interactions.

Utilizing the **eCHECKUP TO GO** brief intervention for alcohol, this course also includes a 30-day follow-up to measure changes in students' attitudes and behavior. Students receive a confidential drinking profile that summarizes personal drinking-related problems, compares drinking habits with social norms, challenges personal expectations, and provides a range of non-drinking strategies.

## INTERVENTION

- Use as a sanction for student alcohol violations

## COURSE FEATURES



Includes the **eCHECKUP TO GO** brief intervention



30-day follow-up to measure changes in attitudes and behavior



Generate Aggregate Outcome Reports



Student Management System to view student enrollment and completion records



Pre- and post-tests provide measurements of behavior change and knowledge gained

## LEARNING OUTCOMES

After taking **Under the Influence HS**, the student will be able to:

- Develop a personal profile to examine personal drinking habits, family influences, and reasons for drinking
- Understand factors affecting BAC & what qualifies as a standard drink
- Reflect on drinking habits on a daily, weekly, and monthly basis
- Understand how alcohol affects academic and sports performance
- Challenge peer use perception
- Evaluate how much time they spend drinking and determine if that is how they want to spend their time
- Understand that males and females react differently to alcohol because of physiological differences
- Understand the "Expectancy Effect"
- Develop safe strategies to get home if intoxicated
- Discuss activities to engage instead of drinking
- Understand sexual risks associated with heavy drinking
- Discuss dangers behind alcohol poisoning, symptoms, and how to help
- Discuss dangers of mixing alcohol and drugs, including marijuana
- Recognize signs of alcohol abuse, alcoholism and dependency
- Discuss state-specific laws on underage-drinking violations
- Understand why drinking and driving is so dangerous
- Learn how to build friendships without the influence of alcohol
- Learn healthy ways to respond to peer pressure