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.

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

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