**Resource sheet 1.2: Facts for facilitators**

#### Alcohol statements

**Drinking alcohol is OK as long as you don’t 'go get pieces'.**

For both adults and young people drinking alcohol can be dangerous. There are no recommended low risk levels of drinking for people under the age of 18 years. Drinking alcohol can have many negative long and short term consequences.

**I can have a good time without drinking alcohol.**

Lots of people have fun without drinking alcohol. Many people do not drink alcohol at all.

**It can be dangerous to drink alcohol.**

Drinking alcohol can be dangerous because you may make decisions that you wouldn’t normally make if you weren’t drinking. There can be lots of negative long and short term consequences including those which will affect your health, work, education, relationships and you can also end up in trouble with the law.

**It is dangerous to use drugs.**

Using illegal, and some legal, drugs can be very dangerous and can lead to serious medical problems and even death. They can cause problems with your job or education; your relationships with family, friends and even strangers; and you may get into trouble with the law.

**It is very dangerous to drink alcohol and use other drugs together.**

(See above comments). Using both alcohol and any other drug is very dangerous because you don’t know how they will affect you when they are used together.

**People who drink too much alcohol may bring shame to themselves and their friends.**

Relationships with lots of people can be affected very badly when people drink too much.

**Drinking lots of alcohol can mean that you make decisions that you wouldn’t normally make.**

Drinking even small amounts of alcohol affect the brain so that you may take more risks and make decisions that are not wise.

#### Relationships and sexual health statements

**It’s OK to want to have sex.**

Wanting to have sex is normal but it is a very important decision and you need to know how to keep yourself and your partner safe. Legally you need to be 16 years or older as you need to be physically, mentally and emotionally mature enough to safely have sex. You need to communicate with your partner so you know what is OK and what is not OK for both of you.

**The best way to show someone you really like them is to have sex with them.**

There are lots of respectful ways of showing a person that you really like them other than having sex. Sex is one part of some relationships. Deciding to have sex is a very important decision and you need to know and think about all of the choices and consequences in order to make decisions that are right for you and your partner (see answer above).

**It’s OK to pressure someone to have sex.**

It is against the law to force, pressure, bribe or trick anyone into having sex.

**If you carry condoms it makes you look like you’re 'asking for it'.**

If you decide to have sex, carrying condoms means that you are making a decision to keep yourself and your partner safe. Carrying condoms doesn’t mean you have to have sex – it should always be your choice.

**You will always know if you have an STI.**

You can have an STI and have no signs or symptoms. You cannot tell by looking at a person if they have an STI.