

LET'S
GET
REAL

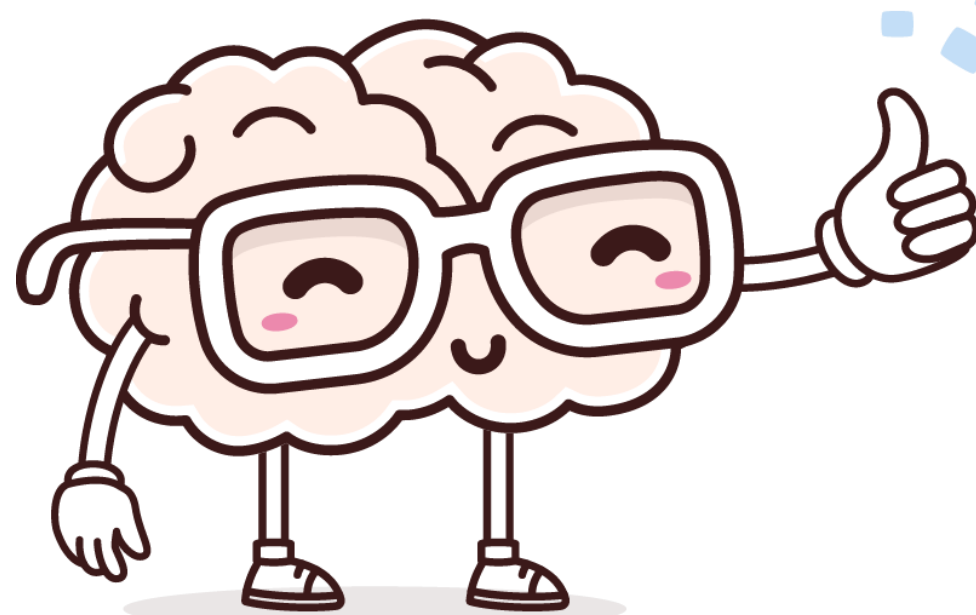
About
sex and
drinking

LET'S GET REAL ABOUT

ALCOHOL

Tip Sheet 1

Approved June 2026
Alberta EDC Respirce Branch
Greades 8-12G



THE EFFECTS OF DRINKING ON THE BRAIN

Although a 'buzz' may be only temporary, the effects of alcohol on the brain can cause permanent damage over time.



Do you use alcohol to feel better or fit in with **friends**?



Alcohol **blocks some of the messages trying to get to your brain**. This changes how people feel and move and, affects vision and hearing.



Alcohol might actually make you feel worse as it is a **depressant**, meaning it slows down how you react to your environment.



If you are **cold**, don't think alcohol will warm you up. It actually puts you at greater risk for hypothermia.



You could talk to your doctor about more ways alcohol affects your **stomach, heart, liver**, and other parts of your body.

Safer Drinking Tips

- It's smartest to **delay drinking** to give your brain its best chance to develop.
- **Eating** before and while you're drinking alcohol helps protect your body.
- **Pace yourself**. For every alcoholic drink, have a non-alcoholic drink like water.
- **Be open & honest**. Speak to your caregivers about drinking. It is better to be open and honest.
- **Eating** before and while you're drinking alcohol helps protect your body.

WHICH DRINK IS

THE STRONGEST?



Beer

341 ml
(12 oz.)
5%
alcohol
content



Cider/ Cooler

341 ml
(12 oz.)
5%
alcohol
content



Wine

142 ml (5 oz.)
12% alcohol content

Distilled Alcohol

(rye, gin, rum, etc.)
43 ml (1.5 oz.)
40% alcohol content



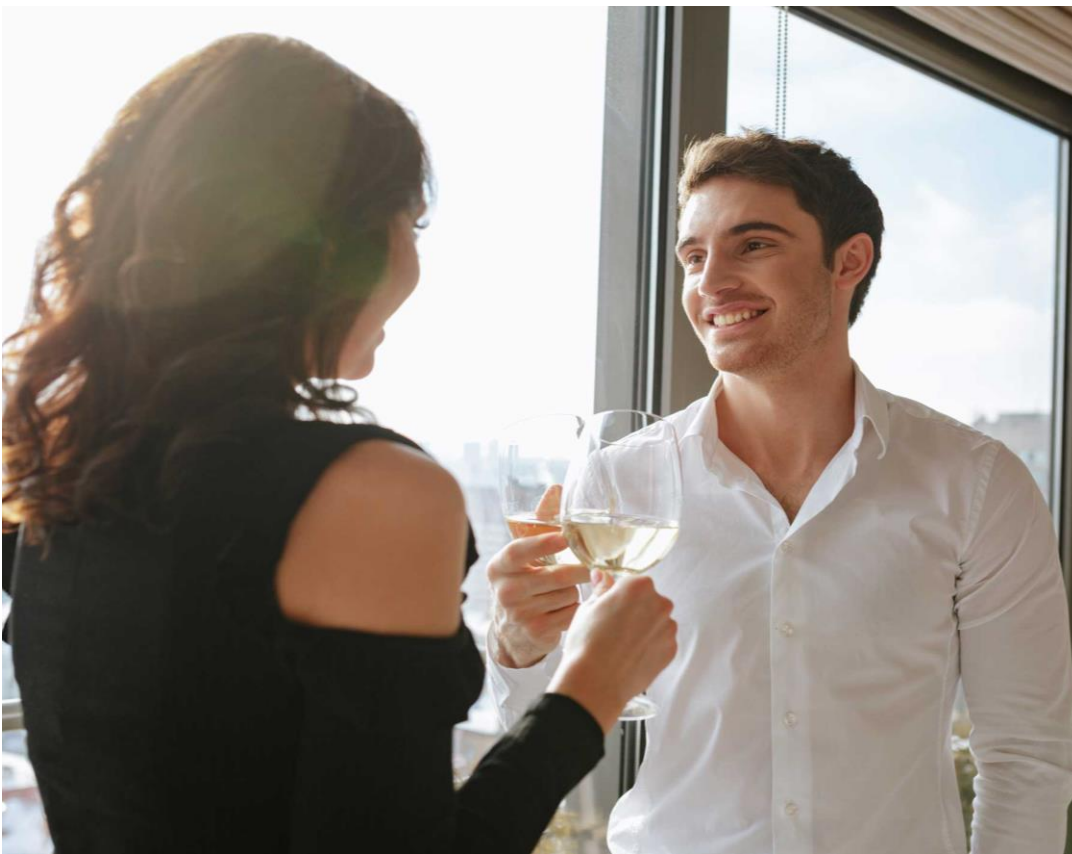
ALL EQUALLY STRONG!

Safest not to
drink
alcohol
during
pregnancy.

CHECK OUT THE LOW RISK
DRINKING GUIDELINES
PAMPHLET IF YOU
CHOOSE TO DRINK
ALCOHOL.

But Everyone Does it

OR DO THEY?



In our culture, mixing alcohol and sex is made to look normal.

But it doesn't mean everyone actually does it.

About 50%—70%
of sexual assaults can be
linked to alcohol use.

Most alcohol-related sexual
assaults occur between people
who know each other.

Alcohol is the number one 'date
rape' drug.

What's the big deal?

People who care about you hope
that you will ask yourself...

- Are you feeling pressured by your partner or peers?
- Does alcohol make you do things you wouldn't normally do?
- Are you under the influence when you're making decisions like...if, when and how you want to engage in sexual activity?
- Are you using birth control effectively?
- Have you protected yourself from an STI?

Choosing to have sex is a big decision - emotional too!

WHAT IS CONSENT?

Men & Women Play EQUAL ROLES In Consent



SAYING YES

and really meaning it.

GIVEN FREELY

There's no pressure
or manipulation.

CONSENT IS INFORMED

This means telling a future sex
partner about STIs, past sex
partners and talking about
condoms or other birth control.

PEOPLE CANNOT GIVE CONSENT IF THEY ARE:

- High or drunk
- Forced, threatened, bribed
or offered rewards for
something sexual

- Getting another person drunk or high in order to have sex with them is sexual assault.
- If you have ever dealt with or are dealing with sexual assault, it is never your fault and you have a right to get support.
- You can access support for sexual assault or being taken advantage of, even if you were in a relationship with the other person, or if alcohol or drugs were involved.
- It can help to talk to someone you trust.

LET'S
GET
REAL

About
sex and
drinking

LET'S GET REAL ABOUT BIRTH CONTROL

Approved June 2026
Alberta EDC Resource Branch
Grades 8-12

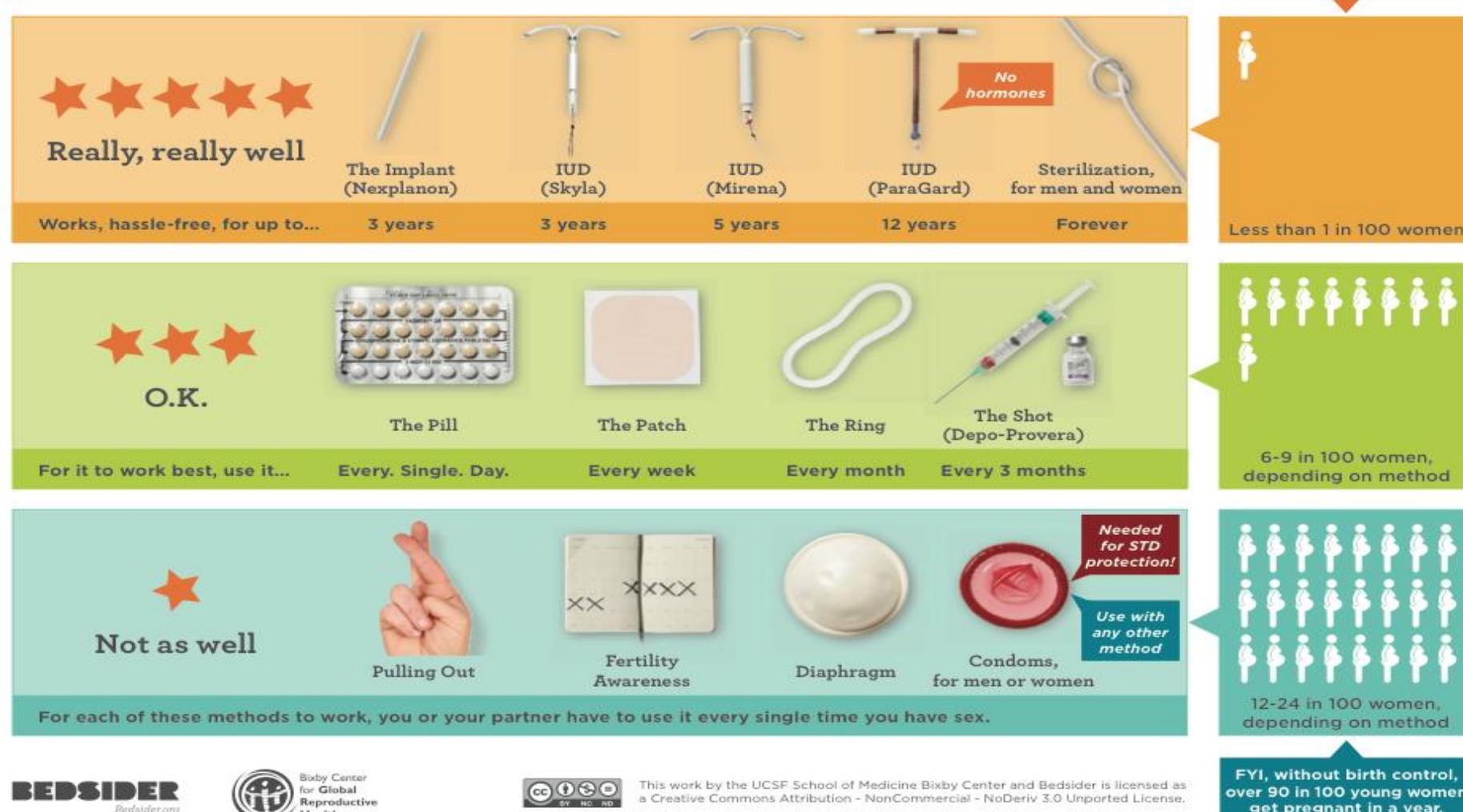
Tip Sheet 3

If you drink
alcohol and are
sexually active, it
is important to
use effective
contraception.

If you are sexually active, use effective birth control!!

If you are thinking about becoming sexually active, get your birth control method figured out before.

HOW WELL DOES BIRTH CONTROL WORK?



What is the right method for my partner and me?

Key questions to ask yourself:

- How effective is it?
- How often am I having sex?
- Am I on any other medication?
- How comfortable am I with it?
- What are the side effects?

Adolescent females have an increased risk of pregnancy complications compared to adult women.

Birth Control HOW CAN I GET IT?

Other than condoms and Plan B
you need a prescription from a doctor.



Helpful
Resources in
Alberta
Call 811
HealthLink

Friends and family can support young women by encouraging them to think about and plan to use birth control.

One option may be the Emergency Contraception Pill, also known as *Plan B*.

- most effective within **first 24 hours of having sex** → the pill can delay or prevent a woman from ovulating or the egg being fertilized.
- recommended within the **first 3 days after**, but can be effective up to 5 days after having sex.
- you can get it at a pharmacy or grocery store **and its available to anyone**.
- there is usually a generic brand that costs less than *Plan B*.



Resources

There are many resources where you can get birth control at **little to no cost**. Don't be afraid to ask for help finding out what is available in your community.

"We had sex and the condom broke!
Now what?"



Who drinks **DURING PREGNANCY?**

ANYONE INCLUDING...

- Light/Moderate/Heavy drinkers
- Higher income, higher education, over 30, successful
- Women exposed to poverty and isolation
- Multiple drug users and alcoholics
- Victims of violence (childhood, domestic)

Some women may need support to stop drinking if they plan to become pregnant now or in the future.

YOU MAY BE PREGNANT AND NOT EVEN KNOW IT!

You may not know you're pregnant until the second trimester (4th month of pregnancy.)

The first three months is a time where pregnancy may go unnoticed. In this time, a woman may still be drinking.

WHAT IF MY PARTNER OR I GET PREGNANT?

Prenatal Care = Healthier Pregnancies
Talk to your doctor!



What about the guys Or **FUTURE DADS?**

When a father drinks, he influences the mother's drinking.

Women most often drink with their partners.

Men who drink heavily are unlikely to provide the necessary emotional support and care during pregnancy.

A man's drinking after the baby is born, could impact the child in a negative way.

The effects of alcohol on your baby **can happen** at **any time of the pregnancy**.

Alcohol is a **teratogen**, affecting the size of the brain, the forming of brain structures, and how the brain and body functions after the baby is born.

FASD is a permanent, lifelong disorder that is often invisible. Having a child with FASD can be very challenging.

Some challenges for people with FASD may include attention, language, adaptive behavior (life skills), reasoning, memory, executive functioning, regulation of body functions and sensory issues.

Drinking can be harmful at any point during pregnancy and can result in lifelong disabilities for the child.