

## RM 7–SU: Consequences . . . To Drive or Not to Drive, That Is the Decision\*

“Consequences” is a role-play scenario about a “Drunk Person,” his or her friends, a party, alcohol, and the decision to drive after drinking. The entire class participates, including the instructor. To minimize student apprehension about participating in the role-play scenario, the instructor plays the role of the “Drunk Person.”

### Materials

- six small pieces of paper for each student/participant
- one small paper bag or basket
- the following signs (computer generated or hand printed on letter-size paper):
  - one sign: “Drunk Person”
  - five signs: “Drunk Person’s Friend”
  - one sign: “Host”
  - three signs: “Friend’s Sober Ride”
  - one sign: “Driver of Other Car”
  - five signs: “Passenger in Other Car”
  - three signs: “Coma”
  - two signs: “Dead”

### Procedure

Give each student six small pieces of paper (or one large piece and have them tear it into six pieces). Instruct them to put their name on each piece of paper. Collect one of the six name papers from each student and put the papers in a bag or basket. Have students exchange their five remaining name papers with five different people in the class. This results in each student having five different name papers.

Tell the following story by reading the *italicized* text to the class. Follow the instructions. (The instructions are for a class size of 35 to 45 students. For smaller classes, substitute the “five” with “three”).

*Continued*

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\* Source: Hayden, Joanna. “Consequences . . . To Drive or Not to Drive, That Is the Decision.” *Journal of Health Education* 31.3 (May/June 2000): 175–76. Adapted with permission. Permission is granted by the American Association for Health Education/American Alliance for Health, Physical Education, Recreation and Dance which owns and publishes the *American Journal of Health Education*.

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**To Drive or Not to Drive, That Is the Decision (*Continued*)**

The Story

*It's Friday night. I'm going to a party and I'm getting wasted!*

Tape the "Drunk Person" sign to your chest.

*I'm taking five friends with me to the party.*

Pick five names from the bag. As these students join you at the front of the classroom, give each a "Drunk Person's Friend" sign to hold. Ask them to give all their name papers to students who remain seated.

*When we get to the party, the host meets us at the door with a bottle of beer.*

Pick one name from the bag. This student joins the group at the front of the classroom and is given the "Host" sign to hold. This student gives all his or her name papers to students who remain seated.

*The host informs everyone that there is plenty of booze and snacks (potato chips, pretzels, cheese, crackers), and encourages us to eat, drink, and be merry! So we eat and drink, and drink, and drink . . . , and now it's time to go home. Two of my friends refuse to get into the car with me. They call other friends, who did not come to the party, for rides home.*

Choose which two of the friends need rides, and then ask which of the students still sitting have the name papers of these two students. Usually more than one student does, so pick one "Friend's Sober Ride" sign for each "Drunk Person's Friend" who needs a ride. Have these two students join you at the front of the room, and give them the "Friend's Sober Ride" signs.

*My three friends and I are finally on our way home. It's late, and I'm really wasted. But I've been wasted like this before. Actually, I think I drive pretty okay when I'm drunk, which is often. Besides, I go real "slow."*

*At the same time that the "Drunk Person" and the "Drunk Person's Friends" are on their way home from the party, another group of people are on their way home from a wedding.*

Pick one name from the bag and have this student join the others at the front of the room and hold the sign "Driver of Other Car." Pick five more names and have these students join the rest at the front of the room, holding the "Passenger in Other Car" signs.

*I know these roads really well. The entrance ramp for the highway is right here. What's that in front of me with those bright lights?*

*Continued*

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**CRASH!!!!!!!!!!!!!!**

From among the “Passengers in Other Car” and the “Drunk Person’s Friends,” give three people “Coma” signs and two people “Dead” signs. Ask all the students still sitting in the classroom and holding name papers for any of the crash victims to join the group at the front of the room.

*All those who were just asked to join the group are the fathers, mothers, sisters, brothers, cousins, friends, and neighbours of the crash victims. Look around. How many people are still sitting?*

(Short pause.)

*Not many.*

(Usually very few and sometimes none.)

*How many people were affected by MY decision to drink and drive?*

Wait a few moments. Let the students look around at all the empty chairs. There is usually silence in the room at this point; the effect is eerie. With the students still standing at the front of the room, ask the following questions. Have students answer the questions and explain their responses using the steps of the DECIDE Model.

Ask the Host:

*What other decisions could you have made that would have changed the consequences?*

Ask the Friends:

*What other decisions could you have made that would have changed the consequences?*

Finally:

*What other decisions could the “Drunk Person” have made that would have changed the consequences?*

Have students return to their seats. Begin discussion of risks and consequences of substance use.