



# TINGIM LAIP ALCOHOL HARM REDUCTION DISCUSSION GUIDE





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# ABOUT THIS DISCUSSION GUIDE

This discussion guide has been developed for use by Tingim Laip (TL) workforce: volunteers, field workers and project officers. The Guide was developed based on a series of consultations conducted by Tingim Laip to explore the availability of alcohol harm reduction services and programs in PNG and the Pacific to assist people to manage alcohol and its impacts. As part of these consultations, discussions were held with TL volunteers and staff who expressed the need for resources that will help volunteers to lead discussions with their peers to explore how they use alcohol in their own lives and think about how they can manage alcohol more effectively.

This discussion guide presents a series of discussions that volunteers can have with their peers. They can be presented through peer education or small group discussion sessions. Discussions include:

- Useful facts about alcohol and the harms it can cause
- Information about how alcohol use can increase risk for HIV
- Strategies to reflect on alcohol use: their own and their peers in their community
- Strategies that can be used to reduce alcohol related harm
- Planning exercises to promote responsible alcohol use

Building on their own personal achievements in managing alcohol, volunteers will also be able to use this discussion guide to help their peers and communities think about alcohol related harm, to better manage alcohol use and to build stronger, safer environments.

The discussion guide includes exercises that volunteers and field officers can do together with their peers.

**Discussion 1** asks volunteers and peers to think about how alcohol is used in their communities and introduces the idea of alcohol related harm

**Discussion 2** asks volunteers and peers to talk about why people drink and the effects of drinking. This helps volunteers and peers to develop an understanding of why alcohol is used in their community.

**Discussion 3** asks volunteers and peers to draw a map of where people drink and a timetable for when people drink in their communities. This helps volunteers and peers develop an understanding of how alcohol is used in the community.

**Discussion 4** asks volunteers and peers to identify different problems (harm) that happen as a result of drinking alcohol in their communities and discuss ways of reducing these problems.

**Discussion 5** asks volunteers and peers to do a community assessment, identifying how the community is responding to alcohol-related harm.

**Discussion 6** asks volunteers and peers to develop a plan for responding to the harms caused by alcohol in their community.

# DISCUSSION 1 ALCOHOL USE IN PNG

1



# 1: ALCOHOL USE IN PNG



1 HOUR



BUTCHER PAPER, PENS, BLUE TACK/TAPE

1

Welcome everyone to the session.

Explain:

- The main focus of this discussion is to talk about the use of alcohol in PNG. The purpose is not to judge other people or to get people in trouble. We just want to think about alcohol use and how it affects people who drink alcohol, as well as their friends and family.
- TL works with people from Key Affected Populations (KAPs) to prevent HIV transmission. Alcohol use has been identified by many of our stakeholders as a factor that contributes to unprotected sex, sexual violence and domestic violence.
- The sale of alcohol, to people over 18 years, and drinking alcohol are legal activities in PNG. Drinking alcohol in moderation can lessen alcohol-related harm. Unfortunately in PNG, many people drink a lot of alcohol at a time – this is sometimes called **binge drinking**.
- Alcohol, including *Steam*, is widely available in PNG. The production and sale of alcohol is also a significant contributor to PNG's economy. It provides sources of income for many families in PNG.
- When alcohol is misused, the related harm can be considerable and costly to people's health and economy, their friends and family, the society and country in general. In PNG, it is estimated that over 80% of injury-related admissions to hospital emergency wards are related to the harmful use of alcohol (Alcohol Abuse Working Committee, 2012).
- The effects can be very serious and can have negative impacts on family members and the wider community, particularly where the drinker is likely to become violent or be involved in criminal behaviour when drunk.

2

*What does 'drinking in moderation' mean?*

- *Responsibly*
- *Not to excess*
- *Not extreme amounts*
- *Having only a couple of drinks - not a carton*

# 1: ALCOHOL USE IN PNG

3

Ask your peers:

- Do people in your communities drink alcohol?
- What kind of alcohol do people normally drink?
- Do both men and women drink?
- Do men drink more than women? Do women drink more than men?

4

Ask your peers:

- Why do people drink?
  - Do men and women drink for the same reasons? Why do men drink? Why do women drink?
1. Give the group 10 minutes to discuss.
  2. Write their answers on a butcher paper where everyone can see.
  3. Discuss each of the answers that the group presents

5

Say:

- What are the good aspects of drinking?
1. Give the group 10 minutes to discuss.
  2. Write their answers on a butcher paper where everyone can see.
  3. Discuss each of the answers that the group presents

6

Say:

- What are the problems caused by drinking?
1. Give the group 10 minutes to discuss
  2. Write their answers on a butcher paper where everyone can see
  3. Discuss each of the answers that the group presents

# 1: ALCOHOL USE IN PNG

## Note for the facilitator:

7

This table is designed to start the discussion about alcohol: the reasons that we drink (the “benefits”) and the problems that drinking can cause. Use this table to capture the group’s answers. Encourage people to use their own life experiences and what they have seen in their community to identify the good aspects of drinking and the problems that drinking can cause.

*Remember that some of the issues raised will be very unique to a particular group so the responses DON'T have to be the same!*

What are benefits/ good aspects of drinking?	What are the problems caused by drinking?
Example: Drinking helps me socialise. It's fun!	Example: I spent money on booze that I could have spent on something else





# DISCUSSION 2 ALCOHOL RELATED HARM

2



## 2: ALCOHOL RELATED HARM



**1 HOUR**



**BUTCHER PAPER, PENS, BLUE TACK/TAPE**

**1**

Welcome everyone to the session.

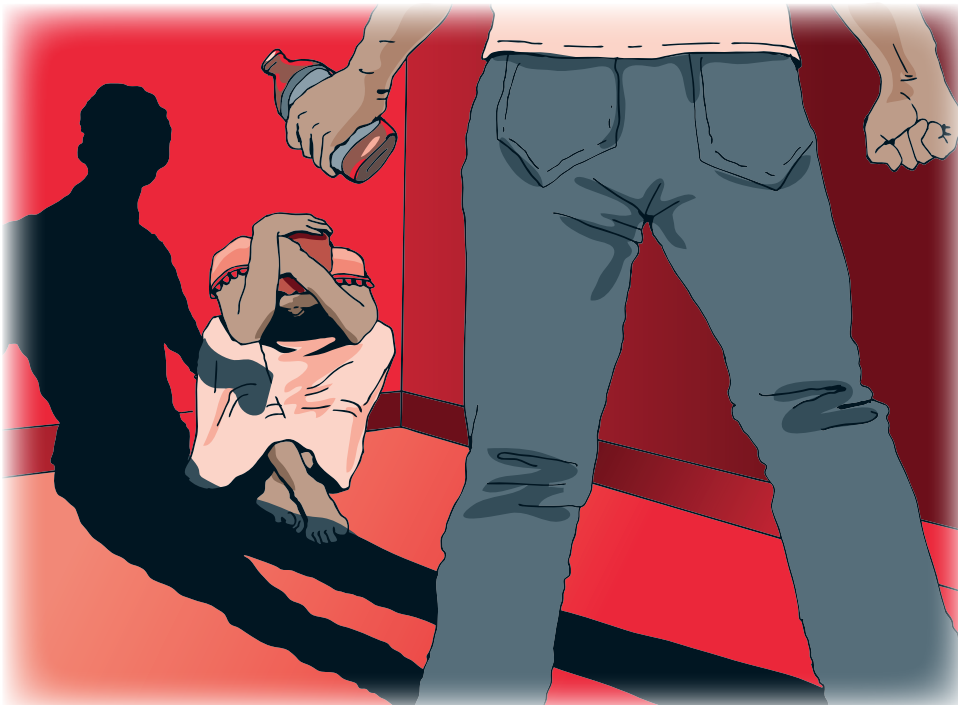
**2**

Explain that the main focus of this discussion is to talk about 'alcohol related harm'.

Say:

- What is 'alcohol related harm'? (You may have to discuss each word in this phrase separately first: alcohol, related, harm. Then discuss what the words mean together.)
  1. Give the group 10 minutes to discuss
  2. Write their answers on a butcher paper where everyone can see
  3. Discuss each of the answers that the group presents

**3**



Continued...

## 2: ALCOHOL RELATED HARM

### Continued...

- What are some examples of alcohol related harm? (Make sure the following points are covered)
  - o Physical health problems: hangover, headache, vomiting, alcohol poisoning, liver disease, heart disease, cancer
  - o Alcohol dependence and addiction
  - o Mental health problems
  - o Effects on unborn children
  - o Drink driving related deaths and injuries for person drinking, passengers and people walking on the street
  - o Drowning
  - o Death
  - o Violence: domestic violence and outside the home, resulting in injuries and death
  - o Workplace injuries, lost productivity and termination from employment
  - o Poor role models within the home/ with peers/ across the community
  - o Resorting to alcohol use in deal with stressful lifestyles or situations
- 1. Give the group 10 minutes to discuss
- 2. Write their answers on a butcher paper where everyone can see
- 3. Discuss each of the answers that the group presents
- Is alcohol related harm the same for men and women? What kinds of alcohol related harm do men face? What kinds of alcohol related harm do women face?
  - 1. Give the group 10 minutes to discuss
  - 2. Write their answers on a butcher paper where everyone can see
  - 3. Discuss each of the answers that the group presents
- What are some things that contribute to high levels of alcohol use and alcohol related harm? (Make sure the following points are covered)
  - o Acceptance of heavy/ binge drinking and alcohol use
  - o Easy accessibility and availability of alcohol, particularly for younger drinkers
  - o Underemployment resulting in people having the time to drink
  - o Lack of stable home environment
  - o Lack of appropriate role models
  - o Acceptance of people's behaviour when they are drunk – no consequences for fighting, violence and other behaviours

3

## 2: ALCOHOL RELATED HARM

4

Say:

Harmful use of alcohol is associated with more than 60 types of diseases and other health conditions:

- **Immediate Health Risks:** High alcohol use has immediate effects that can increase the risk of many harmful health conditions. These immediate effects are often the result of binge drinking and include:
  - o Injuries: falls, drowning, burns, traffic injuries and unintentional injuries from guns and knives
  - o Violence, including violence against partners and children
  - o Risky sexual behaviours, including unprotected sex, sex with multiple partners and increased risk of sexual violence. These can lead to unintended pregnancy or STIs and HIV.
  - o Miscarriage and stillbirth among pregnant women and mix of physical and mental birth defects among children that last throughout their life.
  - o Alcohol poisoning that can affect the brain and can cause loss of consciousness, low blood pressure and body temperature, coma, respiratory depression or death.
  
- **Long-Term Health Risks:** Regular high alcohol use over time can lead to chronic diseases, brain damage and social problems that include:
  - o Brain problems, including dementia, stroke
  - o Circulation problems, including heart disease, heart attack and high blood pressure
  - o Psychiatric problems, including depression, anxiety and suicide.
  - o Social problems, including problems with family, community, peers and unemployment
  - o Cancers, including mouth, throat, oesophagus, liver, colon and breast
  - o Liver diseases
  - o Other problems with digestive system

## 2: ALCOHOL RELATED HARM

Read Johnny's story to your peers:

Johnny lives in a village close to town. He is 26 years old and works at a Mining Company. As part of his work, Johnny works full time for 6 weeks and takes 2 weeks off. Like any other young man, Johnny enjoys going out, having a few drinks and getting into a bit of 'fun'. It is normal for Johnny and his friends to drink late into the night and sometimes, until the next day.

On one such outing, Johnny made plans with a few other friends for a night out. After much drinking and dancing, they all decided that they will go and drink some more at a friend's place. Johnny's friend Paul, decided to drive them all to his house. They were pretty drunk by the time they left the club.

The next day, the community learned that there was a car accident in town. It went on to say that the driver and 2 other passengers died instantly. Only one person survived (Johnny) and is in critical condition at the hospital.



5

Ask your peers to think about and discuss the following questions:

1. What was the cause of the accident?
2. Is alcohol the problem or is it the amount of alcohol that people drink?
3. What other things could have happened after drinking this much alcohol?
4. What are possible 'ripple' effects to this incident?

Summarise the discussion by saying:

- There can be good things about drinking alcohol and negative things about drinking alcohol.
- The amount of alcohol consumed is the problem.
- In PNG, it is very common for people to 'binge' drink and find it hard to stop once they start drinking.
- Drinking too much alcohol – store-bought, homebrew or *Steam*, is a big problem in PNG.



# NOTES





# DISCUSSION 3 ALCOHOL MAP AND DIARY: WHERE AND WHEN DO WE DRINK?

3



# 3: WHERE AND WHEN DO WE DRINK?



1 HOUR



**BUTCHER PAPER, OUTLINE OF MAP OF AREA  
DRAWN ON BUTCHER PAPER, CALENDAR  
(1 MONTH) DRAWN ON BUTCHER PAPER, PENS**

1 Welcome everyone to the session.

2 Explain that the purpose of the discussion is to get people to think about their own alcohol use and how this affects their lives

Say:

- 3
- Where do people drink in this area?
  - Where can people buy alcohol in this area (Store-bought and Steam)? - (Places might include: homes; bars; markets; workplaces; guest houses...)
1. Give the group 10 minutes to discuss
  2. Mark the locations on the map
  3. Discuss each of the answers that the group presents

Say:

- 4
- When do people drink in this area?
  - Which days of the week?
  - Is it more on some days than on others?
  - Does it change during pay fortnights?
  - What about when people are on break from mining or other work?
  - Do some people drink on certain days and some people drink on other days? Who? When?
  - Are there some days that are more likely for binge drinking?
1. Give the group 10 minutes to discuss
  2. Mark each of the drinking days on the calendar – who drinks on what days (Look at the sample calendar below to guide you)
  3. Circle the days when there is likely to be binge drinking
  4. Discuss each of the answers that the group presents



### 3: WHERE AND WHEN DO WE DRINK?

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p><b>Example:</b> Men drink some beer at work during the day. In the evening men and women drink beer and spirits</p>	<p><b>Example:</b> We drink less during the week than at weekends because we have to go to work in the morning</p>	<p><b>Example:</b> People drink less on Wednesday because we haven't got much cash before pay day</p>	<p><b>Example:</b> We buy most of the alcohol on Thursday because that's when we get paid</p>	<p><b>Example:</b> We drink the most on Friday night because we don't have to go to work on Saturday</p>	<p><b>Example:</b> Most people go to the bar at night because that's the only place allowed to sell alcohol at the weekend</p>	<p><b>Example:</b> During the day we sit with friends drinking watching sport on TV</p>



# NOTES



# DISCUSSION 4 REDUCING PROBLEMS CAUSED BY DRINKING ALCOHOL

4



## 4: REDUCING PROBLEMS CAUSED BY DRINKING ALCOHOL



**1 HOUR**



**BUTCHER PAPER, MARKER, BLUE TACK/ TAPE, APPLYING ACTION POSTERS**

**1**

Welcome everyone to the session.

**2**

Explain that the purpose of this discussion is to explore different actions people can take to change their drinking behaviours and reduce harm caused by alcohol.

**3**

Say:

- There are a number of different actions people can take to change their drinking behaviours and reduce harm caused by alcohol.

These include:

1. Action 1: Setting alcohol-free times
2. Action 2: Creating alcohol-free zones
3. Action 3: Drinking less
4. Action 4: Drink safer
5. Action 5: Drink less and drink safe

## 4: REDUCING PROBLEMS CAUSED BY DRINKING ALCOHOL

In the next section, ask the group to think about each of the different actions. Before showing people the Action posters, ask them to think about each of the actions. Use the following questions to help them think about the actions.

- What does the action mean?
- What can people do under each action? (These should look like items in the left column – ‘What to do’)
- What are some examples of what people can do? (These should look like the right column – ‘Examples and explanations’)

Next, show the group the Action Posters, one at a time. After each Action Poster, have the following discussion:

4

- o Review each of the items in the left column
- o Review each of the examples and explanations in the right column
- o Ask the group if they think these actions might help them to change their alcohol drinking behaviour.
- o Can they think of any other actions that might help them to change their alcohol drinking behaviour?
- o Ask the group if they can see themselves trying some of these actions?
- o What would the action look like in their environment?
- o Would it be easy or hard?
- o How could they make it easy to try some of these actions?

# 4: REDUCING PROBLEMS CAUSED BY DRINKING ALCOHOL

## ACTION POSTERS



### ACTION POSTER 1:

## HOW CAN I HAVE ALCOHOL-FREE TIME OR QUIT DRINKING?

WHAT TO DO	EXAMPLES AND EXPLANATIONS
Decide which days you will and won't drink	<ul style="list-style-type: none"> <li>You might choose not to drink on certain days</li> <li>You might start by choosing not to drink every second day</li> <li>You can adjust your plans to increase the number of non-drinking days as you get used to drinking less</li> </ul>
Don't give in to cravings	<ul style="list-style-type: none"> <li>Remember your goal to reduce the amount that you drink</li> <li>Cravings often only last 5 minutes: watch your craving - let it come and go rather than give in to it</li> <li>An empty stomach can contribute to cravings: have something to eat instead of a drink</li> </ul>
Have a plan in case someone offers you a drink	<ul style="list-style-type: none"> <li>Prepare some things to say in case someone offers you a drink or asks why you're not drinking:</li> </ul> <div style="display: flex; flex-wrap: wrap; justify-content: space-around; text-align: center;"> <div style="border: 1px solid gray; border-radius: 15px; padding: 5px; width: 30%; background-color: #e0e0e0; margin-bottom: 10px;">"I'm taking a vacation from booze"</div> <div style="border: 1px solid gray; border-radius: 15px; padding: 5px; width: 30%; background-color: #e0e0e0; margin-bottom: 10px;">"My stomach doesn't feel well - I better give it a pass"</div> <div style="border: 1px solid gray; border-radius: 15px; padding: 5px; width: 30%; background-color: #e0e0e0; margin-bottom: 10px;">"I don't want to go off my diet"</div> <div style="border: 1px solid gray; border-radius: 15px; padding: 5px; width: 30%; background-color: #e0e0e0; margin-bottom: 10px;">"My liver is on vacation this month"</div> <div style="border: 1px solid gray; border-radius: 15px; padding: 5px; width: 30%; background-color: #e0e0e0; margin-bottom: 10px;">"I can't drink on my new medications"</div> <div style="border: 1px solid gray; border-radius: 15px; padding: 5px; width: 30%; background-color: #e0e0e0; margin-bottom: 10px;">"I don't feel like it"</div> <div style="border: 1px solid gray; border-radius: 15px; padding: 5px; width: 30%; background-color: #e0e0e0; margin-bottom: 10px;">"Not for now - maybe in a little while."</div> </div>

## 4: REDUCING PROBLEMS CAUSED BY DRINKING ALCOHOL



### ACTION POSTER 2: HOW TO CREATE ALCOHOL FREE ZONES OR PLACES

WHAT TO DO	EXAMPLES AND EXPLANATIONS
Decide which places or areas should be alcohol free and when	<ul style="list-style-type: none"><li>• You might need to get agreement from people who share the spaces that you want to be alcohol free. For example, if you want your home to be alcohol free you might need to negotiate with other household members</li><li>• You might start by negotiating for your home to be alcohol free on certain days of the week</li><li>• You might agree with others that events or shared spaces become alcohol free zones, for example in a Village or Community.</li></ul>

## 4: REDUCING PROBLEMS CAUSED BY DRINKING ALCOHOL

### ACTION POSTER 3: HOW TO DRINK LESS

WHAT TO DO	EXAMPLES AND EXPLANATIONS
Think about how and when you drink	<ul style="list-style-type: none"> <li>Think about how much alcohol you drink (including steam) and when you drink. Thinking about how and when you drink is one of the most useful ways to start changing your behaviour.</li> </ul>
One step at a time	<ul style="list-style-type: none"> <li>Your goal might be to drink only one day a week but it might be more realistic to slowly build up to your goal</li> <li>It might be more realistic if you start with one alcohol free day each week in the first month, then two alcohol free days in the second month and keep increasing the number of alcohol free days each week until you reach your target.</li> </ul>
Set limits	<ul style="list-style-type: none"> <li>Some people find that specific limits to the number of drinks they will have in a day or evening is a good way to change their behaviour</li> <li>Try and stick to the limit you set but don't be too hard on yourself if you go over your limit every now and then. The most important thing is to remind yourself of the limit you set for yourself and stick to it the next time</li> <li>If you find that you drink simply because alcohol is available in your house, don't keep bottles of it in the home – limit the temptations!</li> </ul>
Limit cash	<ul style="list-style-type: none"> <li>If you plan to go out drinking take a set amount of cash with you so that you can stop drinking when you run out of money</li> <li>Avoid <i>dinau</i> if you don't have cash</li> <li>Remember to make arrangements for your transport home and keep enough cash for PMV or taxi if you need it</li> </ul>
Switch between alcoholic and non-alcoholic drinks	<ul style="list-style-type: none"> <li>Try switching your drinks so that after every alcoholic drink, you have a non-alcoholic drink like a soft drink or water.</li> <li>Try starting to drink at a later time than you usually would. This may also help to reduce your alcohol intake, but only if you stop drinking at the usual time. If you find that starting to drink later only leads to you drinking later into the night, then this strategy might not work for you.</li> </ul>
Stop sooner	<ul style="list-style-type: none"> <li>Just like you might put a limit on the number of drinks you have, you can also set a time when you want to stop drinking alcohol. After this time you can switch to soft drinks or water.</li> </ul>
Find an alternative to alcohol to help you get to sleep	<ul style="list-style-type: none"> <li>Some people drink to help them get to sleep. Find a different solution or introduce something new into your daily routine, such as exercising, to help you sleep without alcohol</li> </ul>
Add ice	<ul style="list-style-type: none"> <li>Adding ice or some water to your drinks can help slow down how much you drink</li> </ul>
Dance	<ul style="list-style-type: none"> <li>If you are in a night club, one way to limit your alcohol intake is to dance throughout the night. It also helps 'burn' the alcohol.</li> </ul>
Use the law	<ul style="list-style-type: none"> <li>Some people find that the local laws which disallow the sale of alcohol on certain days of the week help them reduce their consumption (Eg. In Madang, alcohol is only sold in shops from Monday to Thursday)</li> <li>They only buy alcohol on the days that sales are legal, and only buy as much as they intend to drink that day</li> <li>This means they don't have any leftover alcohol on non-sale days and they can't buy any either</li> </ul>
Get the right amount	<ul style="list-style-type: none"> <li>If you plan to buy only the amount of alcohol that you will drink, choose the amount carefully</li> <li>It might be cheaper to buy the 750ml bottle but if you only want to drink 500ml in one evening it will be better to buy the more expensive smaller bottle. If you buy the 750ml bottle you may be tempted to drink the whole thing, and will need to buy more anyways. Buying the more expensive smaller bottle, will save you grief in the long run!</li> </ul>



## 4: REDUCING PROBLEMS CAUSED BY DRINKING ALCOHOL



### ACTION POSTER 4: HOW TO DRINK SAFER

These are some ways to help increase your safety from harm caused by alcohol.

WHAT TO DO	EXAMPLES AND EXPLANATIONS
Keep track of your behaviours	<ul style="list-style-type: none"> <li>Knowing when and how much you drink is the first step to reducing alcohol related harm for yourself, your peers, your family and your community</li> </ul>
Go with a friend	<ul style="list-style-type: none"> <li>If you are going away from your home to drink, it is a good idea to go with a friend so you can look out for each other</li> <li>People looking for trouble often target people who have drunk too much alcohol and take advantage of them</li> <li>Being with a friend won't completely stop this risk, but it may help to reduce it.</li> </ul>
Watch your glass or bottle	<ul style="list-style-type: none"> <li>Don't let strangers pour your drinks for you. Some people add drugs to drinks ('spike' drinks). Let the bartender open and pour your drink when you are at a bar, or do it yourself.</li> <li>Watch drinks that you leave on tables or carry them with you</li> </ul>
Drink only at home	<ul style="list-style-type: none"> <li>For some people it's easier to drink only when they are at home and never drink when they are out and about</li> <li>The benefits of drinking only at home are: that you don't have to worry about getting home after a night of drinking; you can plan your alcohol consumption better; you can make sure your drinks are safe; you can reduce your chances of other people causing you harm</li> </ul>
Plan your transportation	<ul style="list-style-type: none"> <li>It's a good idea to never drive to a drinking event.</li> <li>It's not a good idea to drink if you have driven somewhere. Drunk driving is one of the major high risk behaviours associated with alcohol use and can have serious and deadly impacts</li> <li>If you plan to get a PMV or taxi home, make sure you know when and where to go, that you have enough money to pay for the transport, and if possible, go with a friend</li> <li>If your friend is the designated driver but has also been drinking, think carefully about the risks of getting in the car with them. You are risking your life if the vehicle crashes</li> </ul>
Sleep on a friend's floor	<ul style="list-style-type: none"> <li>Make an agreement with your friends, that you can sleep on each other's floor if one of you gets too drunk to get home safely</li> </ul>
Always carry condoms	<ul style="list-style-type: none"> <li>Unplanned pregnancy or HIV and other STIs are not worth the risk! Whether you're male or female remember to carry a condom with you because alcohol can weaken your decision making and you might find yourself in need of a condom</li> </ul>
Avoid homebrew that may be unsafe to drink	<ul style="list-style-type: none"> <li>Homebrew (steam, yawa, kopi kandi, etc) doesn't have the same quality control as legally produced alcohol. This means that the alcohol content in homebrew can be higher, and tests for contamination (particularly from poisonous heavy metals) are not done. There is no way you can really know what you are drinking.</li> </ul>
Be careful about mixing medicines with alcohol	<ul style="list-style-type: none"> <li>Aspirin with alcohol can be dangerous because it affects the chemical in the body that breaks down alcohol. This can lead to blackouts and other serious effects such as bleeding inside the stomach</li> <li>Many prescription and non-prescription drugs can have serious effects if taken with alcohol. Avoid taking drugs or medicines when you are drinking, and avoid drinking when you are on any medication</li> </ul>

## 4: REDUCING PROBLEMS CAUSED BY DRINKING ALCOHOL



### ACTION POSTER 5:

## HOW TO DRINK LESS AND DRINK SAFER

This table have some ways to help you drink less and safely.

WHAT TO DO	EXAMPLES AND EXPLANATIONS
Eat first and drink water	<ul style="list-style-type: none"> <li>Eating before drinking alcohol helps in several ways:                             <ol style="list-style-type: none"> <li>With a full stomach you are more likely to drink more slowly and it can avoid serious situations such as black outs.</li> <li>After eating, your digestive system is busy while it digests the food, so less alcohol gets into your bloodstream</li> </ol> </li> <li>Drinking plenty of water will help to stop you feeling thirsty so you are less likely to drink larger amounts of alcohol</li> </ul>
Choose your drink	<ul style="list-style-type: none"> <li>Your choice of drink can affect the amount of alcohol that you drink and help you avoid blackouts and alcohol poisoning</li> <li>You can choose drinks that have a lower alcohol content</li> <li>You can buy more expensive drinks that you will drink slowly or only on special occasions rather than large quantities of cheap liquor</li> <li>Artificial sweeteners can speed up the rate at which alcohol is absorbed into your bloodstream (compared to natural sugar) so avoid drinking diet soft drinks when you drink alcohol</li> <li>Choose a drink with a strong taste, if you find you drink more tasteless drinks at a quicker rate</li> </ul>
Be cautious of drinking games	<ul style="list-style-type: none"> <li>The purpose of drinking games is to increase the amount you drink!</li> <li>If you avoid drinking games you can help avoid blackouts, and serious alcohol poisoning</li> <li>Do your own thing and don't be afraid to say NO to peer pressure</li> <li>Always pace yourself when drinking</li> </ul>
Plan and schedule	<ul style="list-style-type: none"> <li>Drinking without planning ahead can sometimes lead us to drink far more than we realise</li> <li>If you plan your drinking and non-drinking days you'll have more control over the amount of alcohol you drink</li> </ul>

## 4: REDUCING PROBLEMS CAUSED BY DRINKING ALCOHOL





# NOTES



# DISCUSSION 5 PEER SELF-ASSESSMENT

5



# 5: PEER SELF-ASSESSMENT



1 HOUR



**BUTCHER PAPER, MARKERS,  
SELF-ASSESSMENT POSTER**

1

Welcome everyone to the session.

2

Explain that the purpose of this discussion is to help volunteers and their peers look at their own alcohol behaviours, their risk for alcohol related and harm and how they can reduce their risk.

3

Say:

- For this exercise, we are going to use the 'Self-Assessment Tool'
- This is not a test and there are no right or wrong answers
- For this exercise, the group will assess themselves and their environment against five topics:
  1. Identification and Recognition
  2. Working together
  3. Access to alcohol related harm reduction strategies and services
  4. Identify and address vulnerability
  5. Gender
- The group will consider each topic and decide which 'Level' they are at:
  1. **Level 1: We are aware** – the group recognises problems and the impact they have, but doesn't do anything about them
  2. **Level 2: We react** – the group recognises problems and thinks that something should be done to change the situation, but no action is taken
  3. **Level 3: We act** – the group takes action – personal or as a group – this might be a short term action (meeting, discussion, campaign)
  4. **Level 4: We take regular action** – the group takes regular action – personal or as a group – plans to change behaviour, plans to work with stakeholders, etc.
  5. **Level 5: The behaviour is part of our regular life-style** – the group has successfully made changes in their behaviour and environment to reduce harmful effects of alcohol

Continued...

## 5: PEER SELF-ASSESSMENT

2

### Continued...

- For each topic, lead the group through a discussion and analysis:
  1. Discuss the topic, (A, B, C, D, E – one at a time) – make sure the group understands what we are assessing
  2. Discuss the statements provided in each level – what do each of these mean?
  3. Help the group decide which level they feel they or their environment is at
  4. Is the group happy with that? Would they like to change this?
  5. What are some actions people could take to change this? (Record these on a piece of butcher paper – save it for the next discussion)
  6. Remind people that it may take many months or even year to move along all of the levels.
  7. Once the group has completed their assessment, encourage them to post their assessment on a wall where they will see it regularly. This will remind them of what was discussed and the things they wanted to achieve.



	Level 1 We are aware	Level 2 We react	Level 3 We act	Level 4 Regular action	Level 5 The behaviour is part of our normal life-style
A. Identification and Recognition	We know that alcohol misuse can cause harm in our community.	We know enough about alcohol related harm reduction to respond when something happens.	We publicly recognise that alcohol related harm is affecting us as a group/community and take occasional action	We regularly discuss alcohol related harm, and have a common program of action to respond.	Our response to alcohol related harm is part of our daily life. We know our own risks to alcohol harm and act from strength.
B. Working together	We are aware of the importance of involving others who are affected by alcohol related harm	We co-operate with some people to resolve common issues.	We meet in our separate groups to resolve common issues (e.g. youth, women, men, PLHIV).	Various groups share common goals and define each member's contribution.	Because we work together on alcohol related harm reduction we can address and resolve other challenges facing us.
C. Access to alcohol related harm reduction strategies and services	We have basic information how to reduce alcohol related harm	We apply our knowledge of alcohol related harm reduction strategies in our lives	We access services that provide support for or prevent alcohol related harm (e.g. addiction support, health clinics, legal or police services).	Some of us are using services regularly that provide support for or prevent alcohol related harm reduction.	All those in need of services that provide support for or prevent alcohol related harm reduction are using them effectively.
D. Identify and address vulnerability	We know who is most vulnerable within our community.	We help those more vulnerable to alcohol related harm than ourselves.	Our response includes some specific actions to address our own vulnerability to alcohol related harm.	We systematically address our own factors of vulnerability.	Our actions to address vulnerability to alcohol related harm strengthens us in addressing other challenges.
E. Gender	We are aware of gender issues and how they are related to alcohol related harm.	We notice gender issues in our alcohol related harm reduction work and respond to them.	We have started to address gender issues in some of our alcohol related harm reduction work.	We regularly consider gender in our alcohol related harm prevention, care and support	We have mainstreamed gender issues in all our alcohol related harm reduction work.

## 5: PEER SELF-ASSESSMENT



DISCUSSION 6  
MAKING PLANS TO REDUCE  
ALCOHOL HARM

6



## 6: MAKING PLANS TO REDUCE ALCOHOL HARM



1 HOUR



**BUTCHER PAPER, MARKERS, APPLYING ACTION POSTERS (DISCUSSION 4), SELF ASSESSMENT AND IDEAS FOR ACTION (DISCUSSION 5), BLANK PLAN TEMPLATE ON BUTCHER PAPER**

1

Welcome everyone to the session.

2

Explain that the purpose of this discussion is to discuss specific plans and actions the group can take to reduce alcohol amongst their peers and in their environment

3

Review the 'Applying Action' posters with the group:

1. Action 1: Setting alcohol-free times
2. Action 2: Creating alcohol-free zones
3. Action 3: Drinking less
4. Action 4: Drink safer
5. Action 5: Drink less and drink safe

4

Review the Self Assessment they conducted in Discussion 5, as well as the list of possible actions that people discussed.

5

For each Self Assessment topic help the group list possible actions they can take. Ask them to think about what actions can be done immediately (short term) and what actions might take longer to do (long term) – every good plan needs both short term and long term actions!

- A: Identify and Recognition
- B: Working together
- C: Access to alcohol related harm reduction strategies and services
- D: Identify and address vulnerability
- E: Gender

## 6: MAKING PLANS TO REDUCE ALCOHOL HARM

Using this information ask them to write down what they can do using the plan template below. (This is just a sample to give you an idea of what a completed plan might look like)

	WHAT WE WILL DO
Month 1	<p>Examples:</p> <ul style="list-style-type: none"> <li>• Each of the volunteers will make a personal plan to drink less and/or drink safer</li> <li>• We will hold a community meeting to discuss the challenges and problems that alcohol causes, and share the strategies in this toolkit with everyone</li> </ul>
Month 2	<ul style="list-style-type: none"> <li>• We will arrange for a health worker to come to a volunteer meeting to tell us more about the health risks of alcohol (we need to ask the Project Officer for help to find a suitable health worker to invite)</li> <li>• We will agree some areas and times when our village will be alcohol-free</li> </ul>
Month 3	<ul style="list-style-type: none"> <li>• We will review our personal plans to drink less and/or drink safer and encourage each other to meet our goals</li> <li>• We will review whether our agreement to have alcohol-free areas/ times is working, and decide if we need to make changes to our plans</li> </ul>

6

7

After they have completed the exercise, ask them to present their ACTION Plan to everyone.

8

Congratulate the group for allowing themselves to challenge one of the most difficult problems in PNG. Remind them that addressing alcohol is not easy and that they have to give themselves time to be able to follow through on their action plans.

9

Say that they can get support from TL as well as from other programs if they need more information on Alcohol Harm Reduction.



## WORKS CITED

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Discussions 2, 3 and 5 are adapted from New York-based HAMS Harm Reduction Network (<http://hamsnetwork.org>) for the context of communities working together in Papua New Guinea. HAMS provides a comprehensive set of tools and support mechanism to help individuals reduce alcohol related harm.

Discussion 4 is adapted from a HIV vulnerability and response analysis tool developed by The Constellation ([www.communitylifecompetence.org](http://www.communitylifecompetence.org)). The Constellation is an organisation of facilitators and collective of communities aiming to build the capacity of communities to become “life competent”.



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