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Regular excessive alcohol use is associated with a ton of negative outcomes: Hangovers, aggressive and violent behavior, accidents and injury, reduced sexual performance, premature ageing, digestive problems, ulcers, inflammation of the pancreas, high blood pressure, anxiety and depression, relationship difficulties, financial and work problems, difficulty remembering things and solving problems, deformities and brain damage in babies of pregnant women, stroke, permanent brain injury, muscle and nerve damage, liver disease, pancreas disease, cancers, suicide.....just to name a few

Is your drinking out of control? Binge drinking is more common and more dangerous than you may think. Text MORE to learn more.

34 left

*This message will be sent via: SMS*

{% if last\_message == 'more'%}

Binge drinking can make you more likely to be violent and is defined as:

- Drinking continuously for a number of days or weeks, OR
- Occasional or irregular heavy drinking OR
- drinking deliberately to get drunk

Try this....drink no more than two standard drinks on any day. Learn more at <http://lil.ms/1v7p>

Violence is not a solution or sign of strength. Take a stand against violence and share how YOU show respect.

You are accountable for your actions. You are the person responsible for everything you say and do. Know that you are in control of your own actions.

Change is good. Spare change is even better, which is what you'd have more of if you alternated water with booze. If you decide to drink, try to drink smart - it's a change for the better.

Accountability means holding yourself responsible - and that is something that you, and only you - can do. You CAN do it.

Getting drunk and focusing only on the here and now and living in the moment, can be a disaster- you may be more likely to be aggressive and violent. Remember: think about the consequences and remember that you are in control of your actions.

Appendix C: Phase 2 Survey Questions

# WERNATIVE

## Rethink Your Drink Pre-Survey

Please enter the cell phone number that you are using to receive the Rethink Your Drink text messages:

1. What is your date of birth?
2. How old are you?
3. Are you currently enrolled in school?
4. Do you currently have a job?
5. How often do you have a drink containing alcohol?
6. How confident are you that you can talk to a friend about THEIR alcohol consumption, if you were worried about their drinking?
7. How confident are you that you can talk to a friend about THEIR violent or aggressive behavior, if you were worried about them?
8. In the last 3 months, how many times did you get into a physical fight?
9. In the last 3 months, how many times were you verbally mean or aggressive toward someone else?
10. How many times was alcohol involved?
11. In the last 3 months, how many times have you witnessed someone ELSE being verbally or physical aggressive toward someone?
12. How many times was alcohol involved?

# Rethink Your Drink Post-Survey

Please enter the cell phone number that you are using to receive the Rethink Your Drink text messages:

1. What is your date of birth?
2. How old are you?
3. Are you currently enrolled in school?
4. Do you currently have a job?
5. How often do you have a drink containing alcohol?
6. How many drinks containing alcohol do you have on a typical day when you are drinking?
7. How often do you have 6 or more drinks on one occasion?
8. In the last 3 months, how often have you failed to do what was normally expected from you because of drinking?
9. Have you or someone else been injured as a result of your drinking?
10. In the next 6 months, how likely are you to drink enough alcohol to feel drunk or intoxicated?
11. In the next 6 months, how likely are you to get into a fight or argument while drunk or intoxicated?
12. Agree or Disagree: Drinking alcohol to feel drunk or intoxicated is completely normal.
13. Agree or Disagree: Drinking alcohol does not cause people to become angry or violent.
14. During the next 3 months, how often do you expect to consume enough alcohol to feel drunk or intoxicated?
15. During the next 3 months, how often do you expect to get in a fight or argument while drinking?

16. In the next 6 months, how confident are you that you can stop drinking before you feel drunk or intoxicated?
17. In the next 6 months, how confident are you that you can avoid getting in a fight or an argument while drinking?
18. How confident are you that you can talk to a friend about THEIR alcohol consumption, if you were worried about their drinking?
19. How confident are you that you can talk to a friend about THEIR violent or aggressive behavior, if you were worried about them?
20. In the last 3 months, how many times did you get into a physical fight?
21. How many times was alcohol involved?
22. In the last 3 months, how many times were you verbally mean or aggressive toward someone else?
23. How many times was alcohol involved?
24. In the last 3 months, how many times have you witnessed someone ELSE being verbally or physical aggressive toward someone?
25. How many times was alcohol involved?