

## SCENARIO ONE

### “It’s Party Time”

You are hosting a party for your friends, and there is talk of your guests bringing alcoholic drinks. You have a friend who is coming to the party who you know to be pregnant; when she told you last week, she asked you ‘not to tell anyone’ as you are the first to know. She isn’t ready to tell her parents or other friends yet, but still plans to come to your party so that people ‘don’t start asking suspicious questions’ about why she is not there. Knowing the risks of alcohol exposure to a developing fetus...

**What are some ways that you – as the host of the party – could support your friend in not consuming alcohol without ‘outing’ her pregnancy to others?**

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### Possible Responses:

-Provide non-alcoholic beverages to your guests (pop, spritzers etc.).

-Consider not consuming alcohol either (so she does not feel left out).

-Be ‘present’ with or her close by, in the case that another party-goer tries to pressure her into consuming alcohol.

-Share the risks of alcohol exposure to unborn babies, and explain how you can support her at this party to not drink alcoholic beverages; also, you can ask her ‘how she wants to be supported’ by you during this time.