

Alcohol & Violence



RAPE

MURDER

SUICIDE ASSAULT

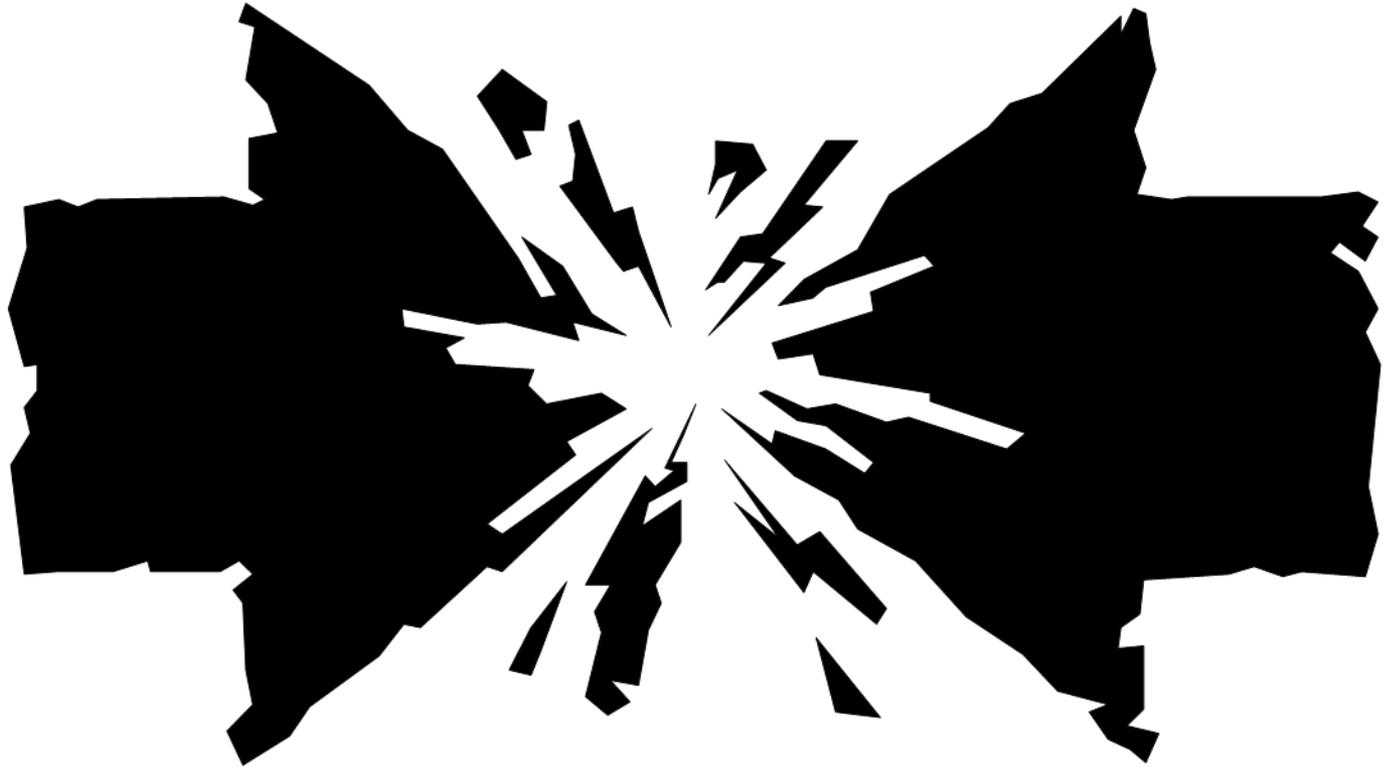
SPOUSE ABUSE

CHILD ABUSE



ALCOHOL-RELATED

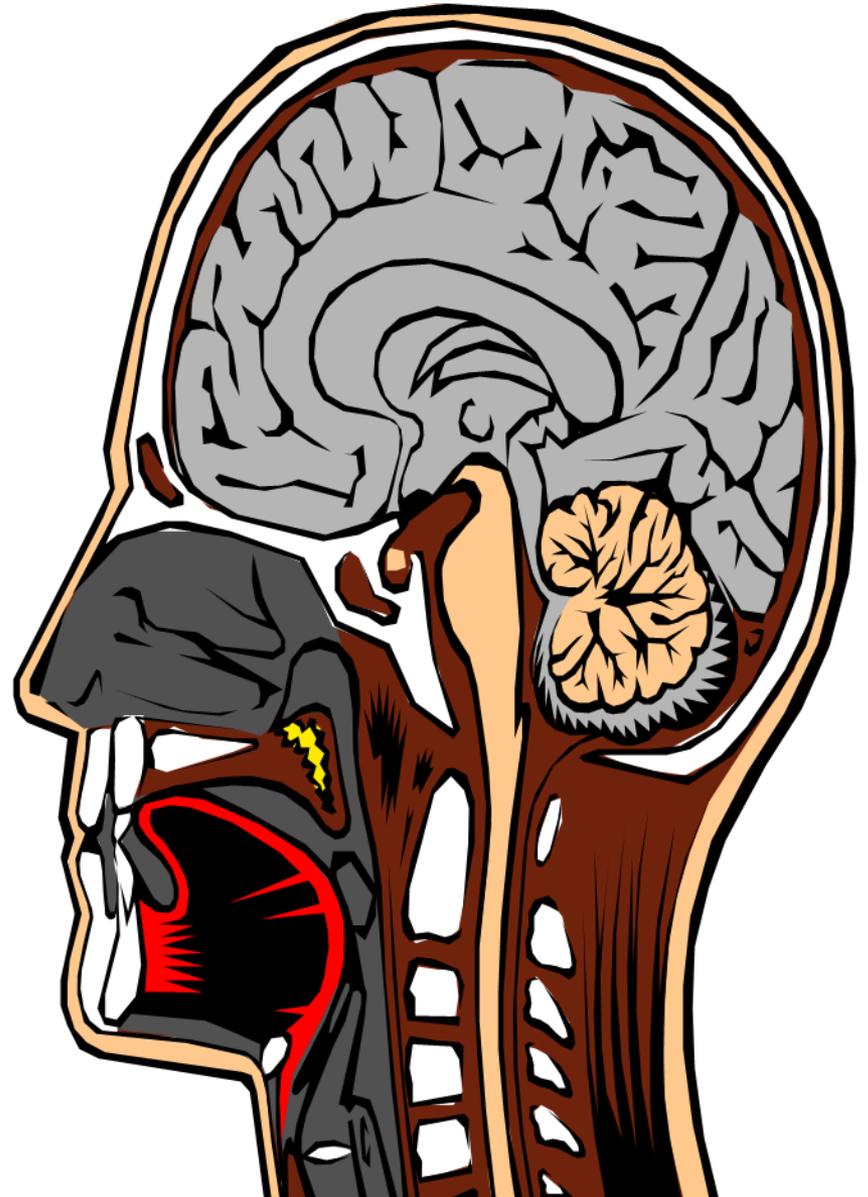
VIOLENCE



Drinking . . .
Increases the
potential
for



Alcohol
affects your
BRAIN
and
THINKING

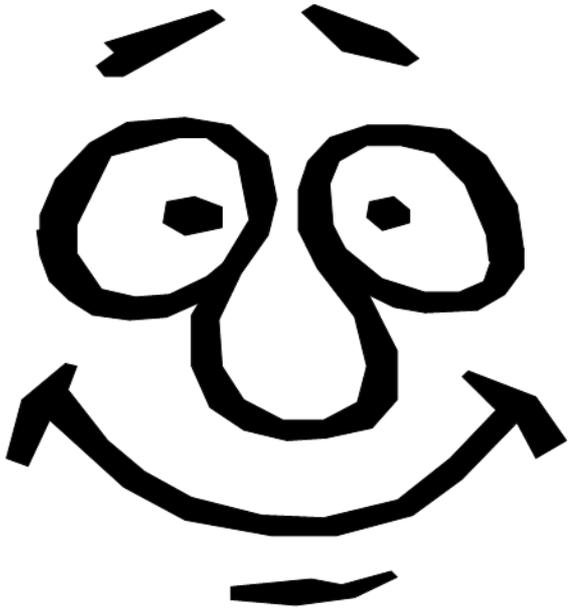


**Alcohol Increases the
Potential for Violent
Behavior by . . .**



**Altering
Perceptions
& Cues**

**Alcohol Increases
the Potential for
Violent Behavior by**



**CHANGING OUR
ATTITUDES AND
VALUES**





Alcohol
affects your

PERSONALITY

Alcohol

Makes You

UNPREDICTABLE



*The
Quick
Trigger*



Alcohol Increases the Potential for Violent
Behavior by

CHANGING OUR RESPONSES

DOES ALCOHOL CONTRIBUTE TO VIOLENCE ?

**Ask Yourself: “WOULD I
HAVE DONE IT IF I WAS
SOBER?”**

**If the Answer is NO then
ALCOHOL was a factor.**



Anger and Alcohol Combination



HOW CAN

WE

CHANGE THIS?

By Changing Our

- **PERCEPTIONS**

- **ATTITUDES**

- **RESPONSES**

ABOUT ALCOHOL

ARMY POLICY If You Drink - Drink Responsibly



Choices

1. Don't Drive
2. Don't Drink Excessively
3. Switch to Non-Alcoholic drinks before trouble starts