

DIRECTIONS FOR THE WORLD CAFE

- 1 There are 5 table topics today. Below are a set of questions that go with that topic. Your table is free to choose the conversation you want to have.
- 2 We will have 3 rounds of conversation for 15-20 minutes each round. Make sure everyone has an opportunity to participate.
- 3 After each round, the facilitator will ask your table to take 2 minutes to **pick the top 2 ideas or insights from your conversation; and, to write each idea or insight on a post-it note** – 1 idea per note – and bring it to the graphic recorder.
- 4 At the end of Rounds 1 and 2, **one person will stay behind at the table as the Host** for the next group. Everyone else will move to another table.
- 5 **The Host will:**
 - Welcome the next group and invite everyone to introduce themselves
 - Give a 1-minute summary of key concepts your group talked about in the last round.
 - You don't need to do anything else after that. Those are your tasks as Host, now you become another participant in the conversation. You do not need to lead or facilitate.
- 6 While you are having your conversation, **please doodle, draw, capture ideas, and/or draw links** on the tabletop paper.

Alcohol Use During Pregnancy

“There is no safe level of alcohol consumption for pregnant women.” What are your thoughts and feelings about this statement? Consider people who might influence a pregnant woman's decision to drink:

- health practitioners
 - romantic partner and/or the baby's father
 - family members and friends
- What cultural norms will influence people's ideas about alcohol consumption during pregnancy?
 - Think about when you were pregnant, or pregnant women you have known. In your opinion, what empowers or supports pregnant women to more consistently choose not to drink during pregnancy?

Underage Alcohol Use

- Are you surprised by the percentage of young people who do NOT drink? Does that resonate with your experience? Why or why not?
- What norms or activities in our different cultures contribute to or influence ideas about underage drinking?
- On a scale of 1-5 (1 being very uncomfortable and 5 being very comfortable), how comfortable are you talking about the risks of alcohol use with your own children, with other young people or with parents who have a child that drinks? What might move you to level 5?

Addiction, Treatment, and Recovery

People's beliefs about addiction, treatment, and recovery play an important role in their successful recovery. In addition, the stigma around addiction is hard to manage, even if someone is in recovery.

- What language contributes to the stigma around alcohol use disorders? What language would help people feel more accepted and supported?
- What beliefs that people hold (both those who experience addiction and others) contribute to recovery versus returning to using?

Knowledge of Health Risks

- Did any of the health risks associated with alcohol consumption surprise you? If so, how does this influence your thinking about drinking?
- Think of a time when you learned something that changed your beliefs and your actions. What was it that influenced your beliefs and ability to change? How might your experiences inform the way we share the health risks of alcohol consumption with our communities, to help them make healthy choices?

Open Topics

- What drew you to this table?
- What norms around alcohol does your community need to address, that are not covered by the other topics? Who do these norms affect and how?
- What questions would lead us to inquire more deeply into social norms around alcohol use?