Scene One
A woman is walking along the beach with her friend. The woman says with a smile, “Can you keep a secret?”
The friend replies, “Of course I can! Why?”
The woman says, “You have to promise you won’t tell anyone, yet ...”
The friend stops walking, nods, and looks at the woman with excitement.
The woman says “I’m pregnant!”
They scream and laugh and the friend gives the woman a big hug.

Scene Two
The same woman and her partner are in a clinic room with an obstetrician. The obstetrician hands to the woman an ultrasound picture that she has been looking at. The obstetrician says, “So you are doing really well, everything is looking very good. Is there anything else you would like to ask?”
The woman says, “And how about alcohol? I’ve heard different things.”
The obstetrician says, “I recommend that you don’t drink any alcohol during pregnancy. Alcohol can disturb the development of the fetus which could lead to problems later on.”
The woman asks, “Is a couple of glasses of wine every now and then OK?”
The obstetrician says, “We just don’t know how much alcohol it takes to do damage. It is different for different women and different babies. No amount has been proven as safe. That is why I say no alcohol is the safest choice.”

Scene Three
It is a ‘girls’ night out’ party scene and the same woman and her friend are arriving together. The woman gets offered a glass of wine by the host, and the woman says “No thanks, just an OJ for me.”
The host says, “What? That’s not like you!”
The friend is standing next to the woman and says “Oh, we’re both on a health-kick, I’ll have a water.”
The host says “Good on you!”
The woman and her friend smile at each other while the host turns away to get them the drinks.

A final message is displayed on the screen:
No alcohol during pregnancy is the safest choice.