SQL Server Check Constraints

create table Test(
    first_name varchar(20) check(first_name = "Alan")
)
go

The command(s) completed successfully.

insert into test(first_name)
    values("Alan")
go

(1 row(s) affected)

select * from test
go

first_name
-------------------
Alan
(1 row(s) affected)

insert into test(first_name)
    values("Bond")
go

Server: Msg 547, Level 16, State 1, Line 1
INSERT statement conflicted with COLUMN CHECK constraint 'CK__Test__first_name__108B795B'. The conflict occurred in database 'test', table 'Test', column 'first_name'.
The statement has been terminated.

update test
set first_name = "Bond"
where first_name = "Alan"
go

Server: Msg 547, Level 16, State 1, Line 1
UPDATE statement conflicted with COLUMN CHECK constraint 'CK__Test__first_name__108B795B'. The conflict occurred in database 'test', table 'Test', column 'first_name'.
The statement has been terminated.

update test
set first_name = "Bond"
where first_name = "NotThere"
go

The command(s) completed successfully.