



Aggies Taking Care of Aggies



Student Life
DIVISION OF STUDENT AFFAIRS

Common Misconceptions:

College Lifestyle

Drink alcohol
regularly

Binge drinking

You must make
friends your first
few weeks

Relationships

The need to have it
all figured out

Wild parties

What percentage of current students do you believe are drinking on a weekly basis?



34.4% of students drink on a weekly basis

American College Health Association-National College Health Assessment (ACHA-NCHA III) Reference Group Data Report - Fall 2023



Just because it's in
one container
does not mean it's
one drink.



Is this one drink?



Is this one drink?

- *NO*
- *One standard drink of beer is **12 ounces***
- *This pitcher holds 60 ounces*
- *There are 5 drinks in this container*



Is this one drink?



Is this one drink?

- *Still no*
- *One standard drink of beer is **12 ounces***
- *This can holds 24 ounces*
- *There are 2 drinks in this container*



Is this one drink?



Is this one drink?

- *Finally, yes!*
- *One standard drink of wine is **5.5 ounces***
- *Wine does not go to the top of the glass*
- *This is what 1 serving of wine looks like*



Is this one drink?



Is this one drink?

- *Not quite*
- *This beverage contains 200 mL of 15% alcohol by volume*
- *This container holds about 1.7 standard drinks*
- *The 20% alcohol varieties contain about 2.3 standard drinks*



If making your own mixed drink, note that 1.5 ounces of 80-proof liquor = 1 standard drink!



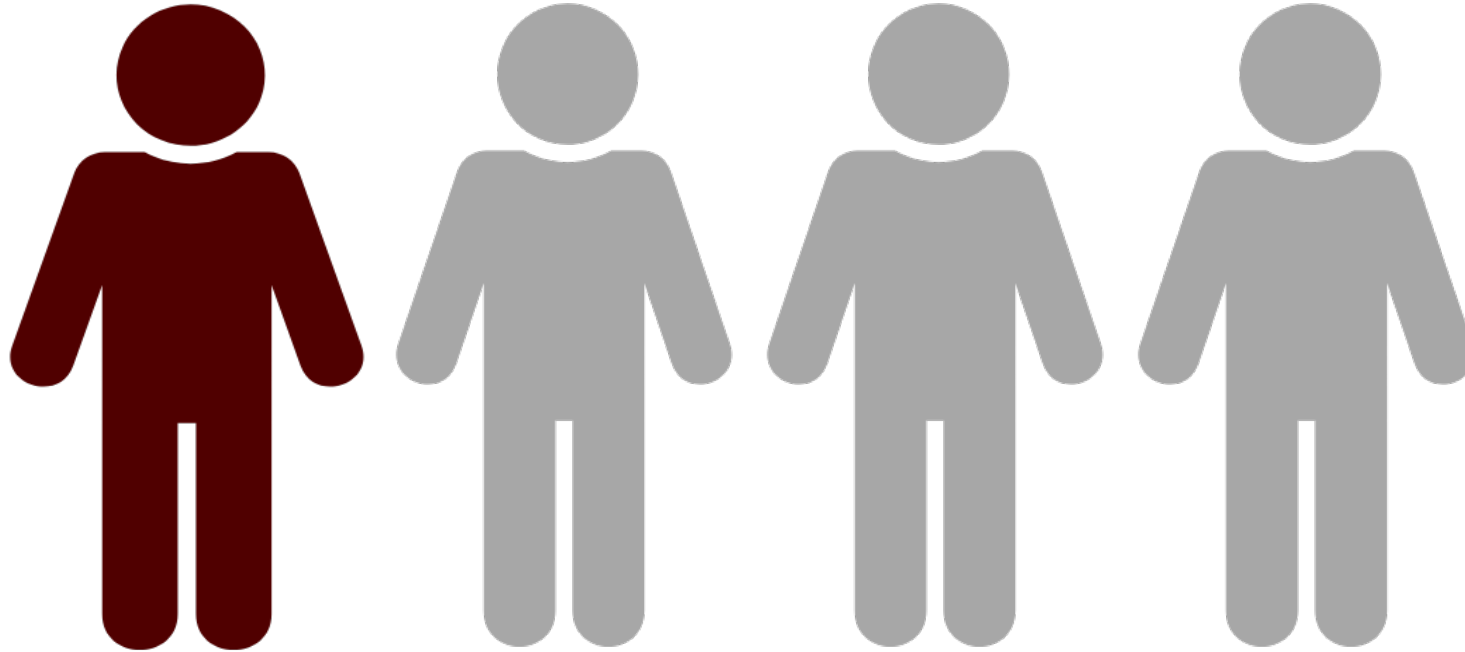
ONE STEP AT A TIME
Run for Recovery

201

ONE STEP AT A TIME
Run for Recovery

200

Consequences



One in four college students report academic difficulties from drinking

"Changes in binge drinking and related problems among American college students between 1993 and 1997:
Results of the Harvard School of Public Health College Alcohol Study"



“MUST HELP”

- M**ental confusion or disorientation
- U**nresponsive and can't be woken up
- S**eizures or slurred speech
- T**hrowing up while unconscious

- H**ypothermia: low body temperature
- E**rratic breathing
- L**oss of consciousness
- P**aleness/blueness of skin

**This is not a
checklist!
Seeing just one
sign is enough
to CALL 911!**



911 Lifeline Law

Amnesty for minors who report possible alcohol overdose

- Only covers Class C misdemeanors
 - Does not cover potential drug charges
 - Does not cover providing alcohol to a minor



Creating a Safe Campus Environment



The 3 D's of Bystander Intervention





Direct

If safe, bystander intervenes in a situation their self

Delegate

Bystander enlists assistance from a 3rd party to intervene





Distract

Bystander diffuses the situation by causing a distraction

Scenario #1

You are studying in Evans Library when you notice a friend from class is having a conversation with someone you don't recognize. You look over and see that the other person is getting agitated and raising their voice. Your friend looks uncomfortable and is trying to get up to leave but the other student advances, getting into their personal space.

What would you do in this situation?

Scenario #2

You are at a social event, and it is crowded, loud, and there is drinking going on. You notice a friend from your dorm floor is having a hard time standing up and has been drinking a lot. There is another student that hands your friend another drink and encourages them to drink it even though they are already intoxicated.

What would you do in this situation?

Green Dot

“No one has to do **everything**, but everyone has to do **something**.”

- Green Dot is a bystander intervention training and call to action for Aggies to prevent potential acts of violence



STAND Up

Step in as an active bystander, **STAND Up** to support survivors

- STAND Up teaches Aggies how to have positive and helpful conversations with those impacted by trauma



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Thank You & Gig 'Em!

