

AlcoholEdu for College Transcript

Part 1

Module 1: Getting Started - Welcome

You made it, and your college adventure is beginning.

You've got a lot on your mind: meeting new people; figuring out what you want to study; thinking about your future.

College is a big investment, but it will pay off—if you use your time wisely. Will alcohol play a role in your college experience—or not?

A lot of people think that everyone drinks... That this is what college is all about. But, you're going to learn that this is not really the case.

In this course, we're going to uncover the truth about drinking in college.

Who is drinking, and who IS NOT. And when drinking can become dangerous.

Our promise? We won't tell you to not drink. We'll present facts. We'll show you real strategies to stay safe—and to keep your friends safe, whether you drink or not.

We won't use scare tactics. Or label anyone “bad” for deciding to drink. So what are we going to do?

We'll give you the knowledge to make confident choices about what's best for you.

We'll give you personalized feedback on your attitudes and behavior. Don't worry, it's for your eyes only.

We'll also provide you with opportunities to learn more about alcohol issues that you might find interesting.

While attending college, you'll be part of a caring community where people look out for one another.

That's what this course is all about: You'll get information on drinking-related issues, and learn how to make good decisions, and you'll learn how to keep you and your friends safe.

That's it. Welcome to your new campus. Welcome to AlcoholEdu.

Module 2: Standard Drink

Module 2 Part 1: What People (Don't) Know

This activity features a series of brief interviews with a variety of students where they are asked to answer some basic questions regarding their alcohol knowledge.

What do other students know - or think they know - about alcohol?

Question 1: Is alcohol a drug?

Student 1: Yes.

Student 2: Yeah.

Student 3: Yes it is a drug.

Student 4: I suppose so. People get like addicted to it and stuff, so.

Student 5: No?

Student 6: I think caffeine is a drug. I think alcohol is a drug. I think everything in excess can be considered a drug.

Student 7: I know it's classified as a drug, but I personally don't sort of think about it as a drug in the same context as I think about drugs.

Student 8: Yes.

Student 9: Yup.

Student 10: No and yes? If that's possible.

Question 2: What factors influence BAC?

Student 1: Probably body weight.

Student 2: Genetics... Gender... weight...

Student 3: Uhhhhhh.

Student 4: Some beverages have a higher alcoholic content.

Student 5: Maybe the people they're with even, if they're pressuring them to drink more, then that could affect it as well.

Student 6: I'd say anxiety level and stress...

Student 7: How tired I am plays a big role.

Student 8: How fast I drink my drink, I guess.

Student 9: Definitely not eating before you go out. That's like number one.

Student 10: If you're very dehydrated or you're really hungry, you're just gonna get drunk quick.

Question 3: What can you do to lower BAC?

Student 1: I'm not sure actually...

Student 2: Maybe eat some bread, drink some water, I don't know.

Student 3: Maybe take a shower - a warm shower.

Student 4: Putting cold water on your face, like that. I feel like that wouldn't really help, but I don't know.

Student 5: A good friend - that's what you need to help them sober up.

Student 6: I usually just try to sleep.

Student 7: I don't really think anything works.

Student 8: Maybe coffee or something like that.

Student 9: Not drinking a lot in the first place, probably.

Student 10: Just time. It just takes time and rest.

Question 4: Does alcohol affect men and women the same way?

Student 1: I think women have a lower tolerance generally.

Student 2: I would say that girls probably get drunk a little more quickly.

Student 3: It affects, like, weight and size. So, I wouldn't really think that men and women, that gender, would play into it.

Student 4: I have no idea... probably not.

Student 5: Yes, women do tend to get drunk a little faster.

Student 6: Just like, they have a lower tolerance compared to us.

Student 7: They're a lot more susceptible to getting drunker off the same amount of alcohol, I guess.

There are a lot of things people don't know about alcohol. How much do you know?

Module 2 Part 2: Standard Drink

Imagine you're at a bar, and someone orders a... insert fancy cocktail name here.

Can you tell how much alcohol is in one? Do you think you could?

You can't, certainly not just by looking at it. Because every bar has its own way of mixing drinks. Every restaurant has its own recipe.

Even bartenders at the same place may pour the drinks differently.

But part of being a responsible drinker is keeping track of what and how much you drink.

To keep track of your drinks, you can't just eyeball them. You need some more information.

You need a standard drink measurement. A consistent way of measuring the amount of alcohol in one drink.

Why do this? Simple. If you drink more than you planned, you could end up in an unpleasant or even dangerous situation.

What's one way to know what's in your drink? Watch it being poured, and don't be afraid to ask the bartender how it was made.

If you're at a party...make it yourself. That way you know exactly what and how much is in your drink.

And don't leave your drink unattended, so you can be sure nothing else, like a drug, was slipped in while you were watching the game or talking to your friends.

This probably goes without saying, but those mystery punch bowls? Where you have no idea what's in the drink? Steer clear, my friend.

So what exactly is a standard drink? Let's find out!

Module 2 Part 3: What is a Standard Drink?

A standard drink is a unit of measurement. In the United States, a standard drink is about 0.6 fluid ounces of alcohol. Which of these three drinks represent a standard drink?

1. 1.5 ounces of liquor
2. 12 ounces of beer
3. 5 ounces of wine
4. All of the above

If you said "4. All of the above", you're correct. Each of these drinks contains the same amount of alcohol, 0.6 fluid ounces, a standard drink.

- Most hard alcohol (like vodka and rum) contains approximately 40 percent alcohol.
- Most, but not all, beer is approximately 6% alcohol. Some beers have as much as 15% alcohol.
- Most wine is approximately 12% alcohol.

Module 2 Part 4: Identify the Standard Drinks

Which of the following are more likely to equal one standard drink? You can select more than one option.

1. 1.5 ounces of liquor
2. 12 ounces bottle of beer
3. One mixed drink
4. 16 ounces mug of beer
5. 5 ounces glass of punch
6. 5 ounces of wine

If you selected 1, 1.5 ounces of liquor, 2. 12 ounce bottle of beer and 6, 5 ounces of wine, you're correct.

Module 2 Part 5: Non-Standard Drinks

Let's examine the other drinks to find out why they aren't considered standard drinks:

- 5 ounces glass of punch: Without knowing what is in the punch, you won't know how much alcohol is in a cup. Always know what's in your drink.
- One mixed drink: Depending on the recipe, a mixed drink might have one, two, or more standard drinks in it.
- 16 ounces mug of beer: A 16 ounce serving of beer is closer to 1 ½ standard drinks.

Module 2 Part 6: Looks Can be Deceiving

Some alcoholic beverage containers might look alike because they're the same size, but the amount of alcohol in each, and the number of standard drinks they contain, can vary greatly. Let's examine 4 alcohol drinks, each drink is in a 12 ounce can, and find out how many standard drinks each contains:

- Beer (12 ounces can): This 12 ounces can of beer contains 4% to 6% alcohol and is equal to one standard drink.
- Malt Liquor (12 ounces can): Malt beverages can have up to 20% alcohol. That's more than four standard drinks in a 12 ounces can. To be sure, read the label.
- Craft Beer (12 ounces can): Craft beers, also known as microbrews, are made in smaller batches and can vary greatly in their alcohol content, depending on the brand. It is not uncommon for microbrews to exceed 10% alcohol, with many even higher.
- Flavored Alcoholic Beverage (12 ounces can): The sweet taste of these beverages can be deceptive, and the amount of alcohol in them can vary greatly – from 4% to 12% or more. A 12 ounces can or bottle might have one, two, three, or more standard drinks in it. Be sure to read the label.

Module 2 Part 7: My Notes

In this module, you learned how much alcohol is in a standard drink.

- A standard drink is a unit of measurement that contains about 0.6 fluid ounces of alcohol.
- A standard drink is 1.5 ounces of liquor, 5 ounces of wine, or 12 ounces of beer.
- Most hard alcohol (like vodka and rum) is approximately 40% alcohol.
- Most wine is approximately 12% alcohol.
- Most – but not all – beer is approximately 6% alcohol. Some beers have as much as 15% alcohol.

Module 3: Where do you Stand?

Module 3 Part 1: Your Background & Risk Factors

There are several factors that can increase your risk of alcohol-related problems. But even if your background risk is high, by abstaining from alcohol or drinking in moderation, you can avoid these problems.

Which of these risk factors apply to you?

- Male
- Caucasian
- Currently a fraternity or sorority member
- Planning to join a fraternity or sorority
- Currently on a collegiate athletic team
- Planning to join a collegiate athletic team
- Started drinking before age 15
- Family history of drinking problems

The biggest risk factors are how much alcohol you drink and how often you drink. Those are choices you make.

So the good news is that regardless of the number of risk factors you have, there is still a lot you can do to avoid alcohol-related problems.

Module 3 Part 2: Choices

There are many reasons people choose to take a break from drinking alcohol or decide to abstain from drinking.

Here are a few reasons other students gave for not drinking.

Top 5 reasons other students gave for not drinking:

1. I'm going to drive.
2. I have other things to do.
3. I don't want to lose control.
4. I don't have to drink to have a good time.
5. I don't want to spend the money.

Were their reasons similar or different from yours?

Module 3 Part 3: Alcohol Consumption Statistics

You might have heard that drinking alcohol is pretty common in college. But is that really true? Check out these facts from AlcoholEdu data:

- In the past year, 38% of incoming students did not drink alcohol
- In the past two weeks, 67% of incoming students did not drink alcohol

Among those who reported drinking over the prior two weeks, male students consumed an average of 4.39 drinks and female students consumed an average of 2.88 total drinks.

Are you surprised by what you've learned?

Module 3 Part 4: Benefits of Not Drinking

There are a lot of reasons why people decide not to drink or to take a break from drinking.

Below are some topics and student quotes regarding the benefits of not drinking:

- Health:
Student 1: "I hear a lot that these are the best years of my life. So, it would be kind of nice to actually remember them."
- Experiences:
Student 2: "It's college. I mean, there's just so many other things to do, you know? For the first time in our life, there's no one telling us when we have to be home. We can hang out with our friends, chill outdoors; spend time with our clubs and teams – all on our time and our own schedule. Oh, and study. Yeah, that too."
- Relationships:
Student 3: "You've seen the people who drink too much and just say awful stuff to their friends or get into arguments. I really don't like hanging out with people like that. I certainly don't want to be that person."
- Academics:
Student 4: "I just feel like I have more focus when I don't drink. School's hard enough and I don't need alcohol to cloud my mind."

Module 3 Part 5: Being a Role Model

From learning how others' drinking could impact you, to knowing how to act when a friend who chooses to drink is in need of help, this program is filled with important information that you should know.

Most people who choose to drink do not drink heavily, but it's not always easy to offer help to a friend who has had too much to drink or might be developing a problem with alcohol.

How likely are you to approach a friend who may be drinking too much?

Module 3 Part 6: My Notes

In this module, you learned how your habits and experiences compare to those of others.

- There are several factors that can affect people's risk of experiencing alcohol-related problems, including gender, ethnicity, extracurricular activities, and more.
- Regardless of the number of risk factors someone has, there is still a lot that can be done to avoid alcohol-related problems.
- Many college students choose not to drink for a variety of reasons.

Module 4: Goal Setting

Module 4 Part 1: What's Important to You?

Setting goals is an important part of college. Even just to get into college, you had to have a plan: where to apply, how to get in, and maybe even how to pay for it.

It's important to remember that we reach our goals over time, and that our daily decisions ultimately help us achieve our goals.

In this activity, identify topics and statements that best reflect your personal goals. Your goals may align with more than one statement in each topic category.

- Topic 1: This year, I want to focus on schoolwork, because I want to:
 - Get a great job or internship
 - Prepare for graduate school
 - Learn new things
 - Get good grades
 - Keep my scholarship
- Topic 2: This year, I want to focus on sports, because I want to:
 - Improve my health
 - Meet new people
 - Challenge myself
 - Be part of a team
 - Stay in shape
- Topic 3: This year, I want to focus on relationships, because I want to:
 - Be a good friend
 - Be a good roommate
 - Improve my social life
 - Surround myself with people I enjoy
 - Improve my self-esteem
 - Feel secure and loved

- Topic 4: This year, I want to focus on extracurricular activities, because I want to:
 - Meet new people
 - Learn new things
 - Get involved on campus
 - Get a break from studying
 - Develop skills I won't learn in class
 - Have fun
- Topic 5: This year, I want to focus on health and fitness, because I want to:
 - Look my best
 - Feel my best
 - Boost my energy level
 - Increase my self-confidence
 - Meet new people
 - Reduce my stress
- Topic 6: This year, I want to focus on community service, because I want to:
 - Be a good role model
 - Meet people who share my values
 - Expand my social network
 - Make a difference
 - Feel good about my time in college
 - Get more experience

Module 4 Part 2: My Choices

Whether you drink or not is your choice.

Think about how these choices can affect your goals.

When it comes to drinking, I want to:

- Continue not to drink
- Take care of my body
- Stop drinking
- Stay safe
- Reduce my drinking
- Help other make better choices
- Make good decisions

Because I don't want to:

- Only focus on drinking
- Damage relationships
- Get in trouble
- Embarrass myself

- Disappoint others
- Put myself at risk
- Fall behind in school
- Put my friends at risk
- Develop health problems
- Have regrets

Module 5: Drinking and Motivation

Module 5 Part 1: What do you think?

Let's take a look at some real statistics on college drinking.

1. What percentage of incoming students do you think are frequent heavy drinkers?

Note: Frequent heaving drinking is defined as men having 5 or more drinks, in a sitting, 3 or more times during a two-week period. Women having 4 or more drinks, in a sitting, 3 or more times during a two-week period.

You might be surprised to know that only 11% of incoming students are frequent heavy drinkers.

So What?

So when it comes down to it, that's a pretty small group of students.

2. What percentage of incoming students report not drinking at all in the past year?

Approximately 38% of incoming college students reported not drinking at all in the past year.

So What?

It can be easy to assume that everyone is into drinking and partying, but that's just not the case. A lot of students don't drink.

3. What percentage of incoming college students who reported drinking in the last year indicated that they were either thinking about, ready to, or currently trying to drink alcohol in a safer way?

34% of college students who drink also indicated that they were either thinking about, ready to, or currently trying to drink alcohol in a safer way.

So What?

A lot of people want to make good decisions, and it's never too late to make changes. Even if you don't drink this is good news. Nobody wants to deal with all of the problems that can be caused by someone else's drinking.

Module 5 Part 2: Factors that Can Influence Decisions

There are several factors that can influence the decisions people make about drinking.

1. Assumptions: Our decisions about drinking can often be influenced by what we think others are doing and how we think they feel about alcohol. That raises a concern:

Many people assume that all college students drink alcohol, when in reality many students do not, and of those who do, most drink in healthy and safe ways.

Why do students overestimate how many people drink?

From looking at movies or advertisements and listening to music, you might assume every student drinks alcohol and does so frequently. In fact, anonymous surveys reveal that's just not true.

At college, it's very easy to notice the students who drink heavily, while overlooking those who are just having a couple of drinks or are doing something else.

2. Family Background: Attitudes about alcohol often can be influenced by our family upbringing.

Maybe your parents taught you that drinking in moderation is okay, or maybe alcohol wasn't allowed in your house. Or perhaps your parents drank excessively.

Regardless of your experiences, you can make your own decisions about alcohol. Whether you decide to make alcohol a part of your life or not, you should know, it's your choice.

What if alcoholism has been a part of my family life?

Although it's true children of alcoholics can be at greater risk, it does not mean you will become an alcoholic. Instead, there are ways to make healthy and safe choices, whether you choose not to drink or drink in moderation. It's your life and your choice.

If you are a child of an alcoholic, here are resources you might find useful:

- [Children of Alcoholics Foundation/Phoenix House](#)

- [Adult Children of Alcoholics World Service Organization, Inc.](#)

3. Peer Influence: College is about new experiences – being in a new place and meeting new people, all while learning new things.

Some people choose to drink as a way to relax and have fun with friends and some people don't. But there is a huge difference between a few drinks with friends and drinking heavily to feel comfortable in new situations.

If you or someone you know relies on alcohol to interact socially, that can be a sign of current (or future) alcohol dependence.

What if I feel I have to drink to fit in?

Some students feel pressured to drink because they assume that everyone else does. In reality, not everyone is drinking, and most students who do drink are doing so in safe ways.

If you ever feel as though you're being judged by a friend for not drinking, or drinking in a responsible way, you might want to reevaluate that friendship. When it comes to drinking, a good friend will respect and support you when you make good choices.

4. Stress: Between academics, relationships, and money worries, college can be a stressful place.

Alcohol is not a useful remedy for stress, and can often make things worse. If you or someone you know might rely on alcohol to deal with stress, this can be a warning sign of current (or future) alcohol dependence.

What are some healthy ways to reduce stress?

Here's a list of healthy alternatives to try the next time you feel stressed:

1. Stay active by exercising
2. Talk to a friend
3. Listen to music
4. Organize a group activity with friends that doesn't involve alcohol
5. Make a "To Do" list and prioritize your responsibilities
6. Get a good night's sleep
7. And if you need help: see a counselor

Module 5 Part 3: Why/Why Not Drink? Poll

Why do you think that some students drink? Identify your top choice from the list below.

1. They want to feel older or more mature

2. They think drinking will help them fit in
3. They're bored and it's something to do
4. They're under a lot of stress
5. They assume "that's just what people do in college"
6. Something else

Student survey responses showed that:

- 8.3% of student indicated they want to feel older or more mature
- 37.48% indicated they think drinking will help them fit it
- 8.55% responded that they're bored and it's something to do
- 5.61% answered that they're under a lot of stress
- 34.21% indicated they assume "that's just what people do in college"
- 5.85 selected "something else"

Why do you think that a lot of students decide NOT to drink or choose to drink in moderation? Identify your top choice from the list below.

1. They are under 21 and don't want to break the law
2. They don't want to disappoint their friends or family members
3. They want to stay in control
4. They don't want alcohol to interfere with sports, academics, or their health
5. They don't think they have to drink to have fun
6. They don't want to get in trouble at school
7. Something else

Student survey responses showed that:

- 8.66% of students selected they are under 21 and don't want to break the law
- 7.95% of students indicated they don't want to disappoint their friends or family members
- 18.81% said they want to stay in control
- 34.73% answered they don't want alcohol to interfere with sports, academics, or their health
- 13.72% responded that they don't think they have to drink to have fun
- 15.28% indicated they don't want to get in trouble at school
- 0.85% selected "something else"

Module 5 Part 4: Expectancy Theory and Advertising

Our expectations about alcohol can impact how we drink. Research shows that when people drink, how they "think" or "expect" to feel has a huge influence on how they actually feel and act.

Advertisers use this knowledge to portray an ideal image of who we are when we drink, but they never address what happens if we drink heavily.

Alcohol advertisements may imply that people who drink are “happy”, “talkative and social”, “look cool”, and are “less stressed”.

Module 6 Part 5: Media & Advertising

Think about alcohol advertising you’ve encountered that’s been targeted at women. These ads often use images and messaging that portray women as feeling confident, powerful, seductive and sexy when drinking their product. They show what they think will appeal to their target audience.

Other alcohol ads that target women may depict friendship, acceptance, relaxation and togetherness. Alcohol advertisers know how important friendship and just plain old "girl time" can be for most women. For this reason, they may also show their products in a comfortable, safe setting where women appear to be relaxed and having a good time... all thanks to the alcohol, right? Not exactly!

So What’s the Problem?

In recent years, alcohol advertisements have increasingly targeted young women. You might think about this the next time you encounter alcohol ads directed toward women, because advertisers really think they’ve got women pegged.

What about alcohol advertising that targets men? Advertisers use scenarios that they think will appeal to men including portraying men as sexy, confident, desirable and sophisticated. They also use images and messaging that promotes feelings of camaraderie, relaxation, acceptance and brotherhood. Alcohol advertisers know their target markets. They use sports and women as a way to seem more appealing to men. You might think about this the next time you see alcohol ads directed toward men, because advertisers think all men are the same.

Module 6 Part 6: Alcohol and Advertising Poll

A lot of people get annoyed by the manipulative nature of advertising. What concerns do you have about alcohol ads? Identify your top choice from the list below.

1. They don’t show the negative side of drinking
2. They use gender stereotypes to target men and women differently
3. They send a false message that drinking is always fun and cool
4. They are common in places where younger kids can see them
5. Nothing – I don’t really have an issue with them

Student survey responses found that:

- 39.1% of students indicated they don’t show the negative side of drinking
- 8.74% selected they sue gender stereotypes to target men and women differently

- 26.59 chose they send a false message that drinking is always fun and cool
- 13.75% indicated they are common in places where younger kids can see them
- 11.12% of student said “nothing, I don’t really have an issue with them”
- 0.7% of students selected “something else”

Module 6 Part 7: Write a Tagline

Come up with a tagline for these sample advertisements, that you feels conveys the real truth about alcohol.

1. A signpost indicating academics, success and healthy relationships are to the left, and alcohol is in the opposite direction, to the right.
2. An obviously inebriated male student holding a beer bottle.
3. A person bent over, throwing up into a toilet
4. An intoxicated female student peering into an empty bottle

Module 6 Part 8: My Notes

In this module you examined what students know about alcohol and factors that influence people's decisions and attitudes about drinking.

- It's a small group of incoming college students that are frequent heavy drinkers.
- It's easy to assume everyone drinks and parties, but that actually isn't true.
- Just under half of college students who drink have indicated that they were either thinking about, ready to, or currently trying to drink alcohol in a safer way.
- Factors that influence whether or not people choose to drink can include: misperceptions of actual campus drinking norms, family background, peer influence, and stress.
- Many advertisements target men and women differently using stereotypes and don't show the negative consequences of drinking.

Module 7: Brain and Body

Module 7 Part 1: BAC Basics

Some of the people at a party are drinking. Can you tell who has had the most to drink? If you said you can't, you'd be right.

To know for sure, you would need to know each person's BAC - or blood alcohol concentration. That's the amount of alcohol in their bloodstream.

But not everyone's BAC rises and falls at the same rate... even if they drink the same amount of alcohol over the same length of time.

Why is that? For starters, weight, sex, and how much food is in your stomach can all play a role in how quickly the alcohol gets absorbed into the bloodstream.

Now, we want to clear up some common myths associated with drinking and sobering up.

What about coffee? The caffeine might help you stay awake, but it won't lower your BAC.

A cold shower? You'll be wet and cold, but your BAC won't change.

How about vomiting to get rid of the alcohol? Nope. Once the alcohol is in your blood the only thing to do is...

Wait. Time is the only thing that is going to lower your BAC.

There's a lot of information out there about drinking and BAC, but some of it is misinformation. In the coming module, you'll learn about the true physiological effects of alcohol.

Module 7 Part 2: What Factors Affect BAC?

Many factors affect BAC, and that means that even if two people drink the same amount of alcohol, their BACs can be different.

Explore different areas in this virtual dorm room to find several factors that affect the way your body processes alcohol.

1. Other liquids - Be conscious of your mixer: The carbonation in sodas can speed up the body's absorption of alcohol. Sweet mixers used in mixed drinks can hide the taste of alcohol, which often leads people to drink more than they planned. Highly caffeinated beverages can mask a person's perception of how intoxicated he or she really is.
2. Medications - Until you confirm otherwise, you should never assume it's okay to drink while taking medication. This information can be found on the medicine warning label. You can also ask your doctor or pharmacist.

Review each situation below below, to learn about the potential side effects of drinking alcohol while taking medicine.

- Allergy Medicine – Rob has seasonal allergies. Is it safe for him to drink alcohol while he's taking allergy medicine? No. The combination of alcohol and allergy medicine could dangerously sedate him. It is dangerous to combine alcohol

with antihistamines or any other drug that can make you sleepy. These drugs can increase the sedative effect of alcohol.

- Pain Reliever – Amelia is having a beer. She also has a headache and is thinking about taking some aspirin. How would you describe the mixture of this pain reliever with alcohol? Is it safe or risky? It’s risky. The combinations of aspirin (or other nonnarcotic pain relievers such as acetaminophen or ibuprofen) with alcohol can cause stomach irritation. Additionally, a combination of acetaminophen and alcohol can cause liver damage.
- Prescription drugs – Carolyn is taking antibiotics that her doctor prescribed. Should she drink at the party tonight? No, that’s a bad idea. She will be working her liver overtime. Many prescription drugs, like certain antibiotics or oral contraceptives, are broken down by the liver. So drinking alcohol while taking these medications can really put your liver in overdrive and increase the risk of liver damage.
- Antidepressants – Justin takes daily antidepressant medicine. He is thinking about skipping his meds for the day and drinking at the party. What is his best plan? He should talk with his doctor. Certain medications stay in your system long after you stop taking them and can still interact with alcohol. Plus, discontinuing prescribed medications may come with side effects that can be magnified with alcohol or other drugs. Learn more about your medications’ potential side effects before drinking any alcohol.
- What about birth control? Certain behaviors associated with drinking can indirectly reduce oral contraceptives effectiveness. For example, a woman can drink too much and end up vomiting up the pill, forget to take the pill at the same time as on other days, or miss her dosage altogether.

3. Male and Female Physiology - Examine the table below to see how drinking alcohol over one hour affects men and women. Note: The BAC levels are estimates only. Many factors influence BAC, such as the amount and type of food eaten, the rate of alcohol absorption, and any medicine or other drugs that might be in a person’s system.

	BAC Male: 22 years old, 160 pounds	BAC Female: 22 years old, 160 pounds
Drink 1	.007%	.012%
Drink 2	.031%	.04% Her BAC is at a point where having more drinks is not advisable.

	BAC Male: 22 years old, 160 pounds	BAC Female: 22 years old, 160 pounds
Drink 3	.055% His BAC is at a point where having more drinks is not advisable.	.069%
Drink 4	.08%	.097%
Drink 5	.104%	.126%
Drink 6	.128%	.155%

Why does BAC typically rise faster for women?

Let's examine ways that male and female bodies metabolize alcohol differently.

- a. Stomach - Compared to females, male bodies have higher levels of the enzyme that processes alcohol in the stomach. That means that a percentage of the alcohol consumed by men never even enters the bloodstream.
- b. Water - Female bodies tend to have less water than male bodies, which means less water to dilute the alcohol. That means that even if a man and a woman weigh the same amount and drink the same number of drinks over the same amount of time, the woman will typically reach a higher BAC.
- c. Reproductive Organs - During some phases of a woman's menstrual cycle or when using birth control pills, her body may absorb alcohol more rapidly and process it more slowly, causing a higher BAC. Birth control pills also decrease the rate at which alcohol is eliminated from the body. That means that the effects of the alcohol will be felt for a longer period of time.

For multiple reasons, a woman's BAC will rise faster than a man's, so it doesn't make sense for women to try to "keep up" with the amount the men are drinking. Doing so can be very dangerous.

4. Time

- Generally speaking, the faster one drinks, the faster his or her BAC rises.
- People can usually start to notice the effects of alcohol 20-30 minutes after consumption.
- It takes approximately two hours for the liver to eliminate one standard drink (0.6 fl. ounces of alcohol). That means that people should pace themselves to one or fewer drinks per hour.

5. Food

- Eating before and while drinking can help slow the rate at which alcohol is absorbed.

- To dispel a common myth, there are no foods you can eat that prevent the absorption of alcohol. Eventually, all alcohol is absorbed, no matter what you ate. But it's better if the alcohol is absorbed more slowly.
 - Once alcohol has been absorbed into the blood stream, eating does not sober you up or change the alcohol's effect on the body.
6. Sleep/Mood
- Turning to alcohol when stressed, fatigued, or depressed can make things worse.
 - Exercise and sleep are better ways to handle things.
 - If you sleep while intoxicated, your brain doesn't experience a normal sleep cycle. REM sleep, crucial for many aspects of maintaining your health, is greatly reduced.
7. Weight
- The less someone weighs, the more they may feel the effects of alcohol.
 - A person weighing 120 lbs. is going to feel the effects of alcohol more quickly than someone weighing 250 lbs. The more a person weighs, the more mass and body water he or she has to absorb the alcohol.

Module 7 Part 3: Risk and Protective Factors

When a person chooses to drink, risk factors increase risk while protective factors decrease risk.

1. Protective Factors include:
 - Food: Having food in your stomach (like a full meal) reduces risk because it slows down the rate of alcohol absorption.
 - Water: Having water when drinking alcohol reduces risk by providing more liquid for the alcohol to dissolve in.
 - Time: Having just a few drinks over a longer period of time reduces risk because slower consumption slows down the rate of alcohol absorption.
2. Risk Factors include:
 - Drinking games: Drinking games increase risk because they can lead people to drink a large amount of alcohol in a short period of time.
 - Sugary Mixers: Sugary mixers increase risk because they can hide the taste of alcohol. People may not realize how much they are drinking and end up drinking an unsafe amount of alcohol.
 - Energy drinks: Energy drinks increase risk. The caffeine in these drinks counteracts alcohol's depressant effects, and that masks how impaired a person really is.
 - Aspirin: Aspirin can increase risk. When combined with alcohol, it can cause stomach irritation and liver damage.

Module 7 Part 4: BAC Factors Review

If a person chooses to drink, there are certain protective factors that he or she can utilize to reduce risk while drinking. There are also factors that can increase risk while drinking.

1. Protective Factors:
 - Choosing not to drink
 - Drinking water and alternating water and alcoholic drinks
 - Pacing yourself to one or fewer alcoholic drinks per hour
 - Eating before and while drinking
2. Risk Factors
 - Drinking alcohol while taking medicines or other drugs
 - Sugary mixers that may keep you from knowing what or how much alcohol you are drinking
 - Consuming both energy and alcoholic drinks
 - Drinking at a rapid pace
3. What about “alcohol tolerance”?

“Tolerance” refers to the phenomenon of reduced sensitivity to the effects of alcohol. Basically, a person with a tolerance to alcohol will drink more in order to feel the same effects that a person with no tolerance would feel. Their BAC level will still rise as they drink, in the same way as someone with a lower tolerance. But because their body isn’t giving them cues that they’ve had too much to drink, they are at greater risk of making dangerous decisions and suffering negative drinking consequences. Remember, the passage of time is the only way to lower your BAC. It can take over two hours for your liver to get rid of the alcohol in just one standard drink.

Module 7 Part 5: Calculate BAC

Examine the possible effects at different BAC levels:

- Above .35% – Slowed heart rate and breathing; potential coma or death
- .21 - .35% – Total mental confusion; needs assistance walking; loss of consciousness
- .11 - .20% – Confusion, dizziness, slurred speech, slower reaction time and balance. Vomiting, sleepiness, and blackouts may occur.
- .05 - .1% – Lack of muscle coordination (balance, speech, vision, reaction time); impaired judgment and memory.
- Under .04% – Warm feelings; lowered inhibitions; coordination and judgment start to be affected

Note: These BAC levels are estimates only. Many factors influence BAC, such as amount and type of food eaten, metabolic rate, and medicine or other drugs in a person’s system.

Module 7 Part 6: Marijuana and Prescription Drugs

After alcohol, the most commonly used drugs by college students are marijuana and prescriptions. Let's examine some common questions and answers regarding marijuana and prescription drugs.

- Marijuana relieves stress, right?
Some people report feeling nothing, and some report experiencing a state of euphoria or "high." But marijuana can also make people feel more anxious, even bringing on panic attacks. Tetrahydrocannabinol (THC), the key ingredient in marijuana, has also been shown to impair learning, memory, and motivation (sources: drugabuse.gov and whitehouse.gov).
- Is marijuana addictive?
Yes. Marijuana can be addictive, especially for those who start young and/or use marijuana frequently. Some long-term users report experiencing withdrawal symptoms including irritability, sleeplessness, and anxiety (sources: drugabuse.gov and whitehouse.gov).
- Is marijuana stronger today than it used to be?
According to the National Institute on Drug Abuse, THC concentration (the key psychoactive ingredient in marijuana) averaged close to 15% in 2012, compared to around 4% in the 1980s. But, it's tough to accurately measure potency, as there can be significant variation from plant to plant and sample to sample. For people who smoke, it's hard to know exactly how much THC is being consumed at a given point in time.
- It's pretty safe to drive after smoking marijuana, right?
The key ingredient in marijuana, tetrahydrocannabinol or THC, affects coordination, reaction times, and judgment. [Data from several studies](#) has found that marijuana use more than doubles a driver's risk of being in an accident. Combining marijuana and alcohol further increases risk.
- Marijuana grows naturally, so how could it be harmful?
Marijuana is still a drug, and like all drugs, comes with the potential for health risks. It can weaken the lungs and increase heart rate. It can also affect brain development in adolescents. Some research indicates its effects on thinking and memory may last a long time or even be permanent. A number of studies have linked chronic marijuana use and mental illness (sources: drugabuse.gov and whitehouse.gov).
- Do students use prescription drugs to help them study?
The vast majority of college students do not abuse prescription drugs. However, some students abuse stimulants, like Adderall or Ritalin (used to treat attention deficit/ hyperactivity disorder) to help them concentrate and stay up all night studying. But it doesn't work and it's dangerous. Studies show that people who abuse stimulants typically don't do better in school (source: insidehighered.com).
- How dangerous can prescription drugs actually be? They're legal.

The bottom line is that taking a prescription (e.g. Vicodin, Xanax, Adderall) that is not yours is not only illegal, it's dangerous. Side effects can include everything from vomiting and mood changes to difficulty breathing, a slowed heartbeat, and even addiction or possibly death. Dangers are more severe when prescriptions are taken along with other substances, such as alcohol (source: kidshealth.org).

Module 7 Part 7: What about other drugs?

Amphetamines and narcotics can be prescribed by doctors so many assume they are safe to take. However, using a medication other than as prescribed can lead to dangerous outcomes. When you use illegal drugs, such as MDMA, you know even less about what you are putting into your body.

- Amphetamines - Prescription stimulants, such as amphetamines like Adderall, are prescribed to help people with attention-deficit hyperactivity disorder (ADHD). They have focusing effects on people with ADHD, but do not enhance learning or thinking abilities when taken by people who do not have ADHD. Repeated abuse can lead to addiction and feelings of hostility and paranoia.
- MDMA - Also known as Ecstasy or Molly, causes the release of serotonin, triggering feelings of energy and emotional closeness. However, the initial surge of serotonin also depletes the brain, causing negative (and sometimes long lasting) after effects - including confusion, depression, sleep problems, drug craving, and anxiety. In high doses, MDMA can lead to a sharp increase in body temperature (hyperthermia), resulting in liver, kidney, or cardiovascular system failure or even death.
- Narcotics - When taken as prescribed, Opioids, such as OxyContin and Vicodin, can be used to manage pain effectively. When abused, opioids can be very dangerous, leading to potentially life threatening respiratory problems and physical dependence or addiction.

Module 7 Part 8: What about my prescriptions?

Most people who abuse prescription drugs get them from a friend or relative.

Have you ever used a friend's prescription painkiller when you had a headache?

Remember:

- Only take medications as directed.
- Keep prescriptions in a secure location.
- Do not share prescriptions with anyone, regardless of the reason.
- Never mix alcohol with other drugs.

Module 7 Part 9: Sexual Assault

We can't talk about alcohol without discussing sexual assault on campus. Why is that?

Explore each topic to learn more.

1. Get the Facts

Unfortunately, sexual assault happens far too often on college campuses. Studies show that 20-25% of women and approximately 6% of men experience some form of sexual assault in college, and that 70-80% of college sexual assaults involve alcohol.

We all have a responsibility to support the people we care about and to help make our campus communities safer by doing our part to prevent assaults from happening.

2. #1 Rape Drug

Sexual assault perpetrators can use coercion to take sexual advantage of another person without physical force. This can include pressuring or manipulating someone, intimidating them, or using alcohol or other drugs to make someone more vulnerable.

Research shows that when alcohol is involved in a sexual assault – even when both people have been drinking – it is usually used intentionally by one person to incapacitate another, rather than the less common situation of both individuals getting drunk and not remembering what happened.

In fact, alcohol is the most commonly used rape drug. Alcohol can interfere with judgment, motor control, and communication. Sexual assault perpetrators may drink less so they can stay "in control," and may use alcohol to disable their victims so that they have less control over what happens.

- Alcohol can be used to decrease a person's ability to detect a risky situation (or risky people).
- Alcohol can be used to impair a person's ability to resist an assault.
- Alcohol can affect communication, including the ability to give (and interpret) consent.

Other "rape drugs" include GHB and Rohypnol, which is sometimes called "roofies". These drugs are extremely dangerous and can cause unconsciousness. Combined with alcohol, they can even cause death. They can also cause severe sedation and amnesia, which can make a person incredibly vulnerable to sexual assault. It's always a good idea to keep an eye on your drink to make sure nothing is slipped into it.

3. Help

If a situation seems really dangerous, then call 911 or campus security or involve others (such as a friend or staff member).

Someone who has consumed a lot of alcohol is not capable of giving true consent, and intentionally using alcohol to take advantage of someone sexually is sexual assault.

If you are unsure if someone is capable of giving true consent – whether or not they have been drinking – then don't have sex. And if you see a situation in which someone is unable to give consent, then consider doing something to help them.

4. Be Aware

Student voice (audio): I saw Todd at a party and was surprised when he pulled me aside. I mean, I had seen him on campus... and he's so good looking. I didn't think he even knew I existed. So, I took a drink when he gave it to me because I didn't want it to seem like I wasn't interested. That night, he made sure that that drink never got low. I don't remember how it all happened... it's kind of a blur. I do remember Todd leading me down a hallway. I didn't really want to go but he had his arm around me. Before I knew it, we were in a bedroom and the door was locked. I told him things were moving too fast for me. But he kept saying, "I can't help myself around a sexy thing like you." He wouldn't stop.

Predator Warning Signs in this scenario include:

- Encourages more drinking
- Isolating from friends
- Not respecting boundaries
- Sexist language
- Aggressive, coercive or angry behavior

There is no clear, easy way to identify a sexual assault perpetrator. They may use a number of possible strategies to make another person more vulnerable, including using alcohol. They may also say or do certain things that could make someone uncomfortable. Some things to look out for:

- Use of sexist language or statements that speak of sex as a "conquest"
- Trying to encourage more drinking or trying to take a drunk person home with them
- Using coercive language
- Invading another individual's personal space
- Isolating the person from friends
- Not respecting personal boundaries
- Exhibiting angry or aggressive behavior
- Threatening a person with negative consequences if they don't cooperate

Drinking less (or not drinking at all) can help you identify risky people and risky situations and allow you to intervene more effectively.

Remember that it is never a person's fault for being taken advantage of sexually, no matter what they wear, how they act, or how intoxicated they are.

5. Consent or Assault?

- **Sexual assault** is any form of sexual contact that occurs without consent. The use of force, the threat of force, intimidation, coercion, or impairment due to alcohol or drugs all impact a person's ability to get or give consent.
- **Consent** exists when sexual partners clearly agree on what is going to happen between them. This means clearly communicating with each other about what they want and respecting each other's boundaries. If someone feels forced or pressured to do something, or if they are too intoxicated to think or act clearly, then consent is not present.

6. You Can Make a Difference

Student voice (audio): We were at a party and Joe kept trying to get my friend Kari to drink more. And trust me, the last thing she needed was more to drink. I don't even think he was drinking very much himself. He just kept getting closer and closer and closer to Kari even though she definitely didn't look that into it. I looked around the room and I could tell that I wasn't the only one who felt uncomfortable about what was happening. So what I did was I got two friends to go with me to where Joe and Kari were sitting. And they distracted Joe by talking about some movie that just came out. Meanwhile, I pulled Kari to the side and offered to help her get back to her dorm. By the time Joe finished talking to them, Kari and I had already headed back.

Intervention elements in this scenario include:

- Notice a potentially dangerous situation
- Recognize other people likely share your concern
- Enlist others for support
- Distract the potential perpetrator
- Help the potential victim get away from the situation

Let's say you see someone trying to get someone else drunk, and you think they're using alcohol to try to make that person vulnerable so that they can take sexual advantage of them. What would you do?

If you feel uncomfortable with someone else's behavior – whether they are doing something or saying something inappropriate – you should pay attention to your discomfort and think about what you can do. This is part

of being a member of a caring community, and it could help keep another person from being hurt (either now or later).

Here are some ways you could intervene:

Some are more direct, like:

- Talk to the potential perpetrator, if you're friends, possibly in a caring way. "We're friends right? What you're doing is not okay... not a good idea..."
- Ask friends or even strangers to help you say or do something.
- Talk to the potential victim. Ask them, "Are you okay? Do you want help getting home?"

But others can be more subtle:

- Distract the potential perpetrator, ask questions, engage in a conversation, tell them someone's looking for them.
- Divert attention so the potential victim can get out of the situation.

7. Understanding Consent

Any sexual activity between two people should be agreed upon by both parties. Otherwise, situations in which clear consent is not obtained, as in the case of alcohol impairment, may result in sexual assault. With this knowledge, you can be more aware of situations that may require your help and consider different options for intervening, on your own or with the help of others.

Module 7 Part 10: Body and Brain Science

Music. Movies. TV shows. They often show people drinking alcohol, sometimes a lot of alcohol, and having a grand old time.

In fact, many people think that if a couple of drinks makes them feel good, then a lot of drinks will make them feel amazing. But, that's just not the case...

A couple of drinks (seriously, like one or two...) can make you feel pretty good — warm and fuzzy even.

But at a certain point, more drinks can start to make you feel bad... sometimes really bad. That's the biphasic (or "two-phase") effect of alcohol.

Okay, so at what point? How do you know? Everybody's different, but a general rule of thumb is that people tend to be on the good side of the curve as their blood alcohol concentration (BAC) rises no higher than .04%.

Above .04% the negative effects of drinking — hangovers, poor judgment and coordination, blackouts, and nausea — can kick in. That's the second phase. The moral of the story? It's pretty simple... just stay on the right side (okay, well it's actually the left side) of the curve.

If you drink, aim to keep your BAC at .04% or below. This will help you or your friends avoid the negative effects of alcohol.

Module 7 Part 11: Body and Brain Science

Why do some people totally embarrass themselves when they drink? Or get sick? Or blackout? It's all in your head.

Explore the questions for answers below, and you'll discover the many parts of the brain that are affected by alcohol.

- Why do some people feel clumsy?
Cerebellum: Alcohol impacts the cerebellum, the part of your brain responsible for motor control and equilibrium. In addition, alcohol is a depressant that causes your central nervous system to respond more slowly.
- Who do people get a hangover?
Hypothalamus: It's likely they've become dehydrated. Drinking alcohol alters activity in the hypothalamus and causes the body to get rid of more water than it should. Dehydration can also cause the brain to shrink away from the skull—resulting in a painful headache.
- Why do people have to pee so often?
Pituitary: Alcohol acts as a diuretic. When consumed, it enters the bloodstream and causes the pituitary gland to stop making vasopressin. Without this chemical, the kidneys send water directly to the bladder instead of reabsorbing it into the body. This is why people have to make frequent trips to the bathroom after drinking alcohol.
- Why can't people remember what happened if they've had a lot to drink?
Hippocampus: Large amounts of alcohol, especially if consumed quickly, can impair the hippocampus and result in a blackout. People are conscious during a blackout but later can't remember what they did (or what was done to them). The alcohol impairs the brain's ability to lay down new memories.

What's the difference between a blackout and a brownout?

A blackout is when people drink so much that they actually impair their brain's ability to form new memories. A brownout isn't all that different. When people have brownouts, they may not initially remember something that happened, but when prompted to remember they can eventually pull their memories together.

The Dangers of Blackouts and Brownouts

When people have brownouts or blackouts, they are putting themselves at serious risk of physical harm or sickness. At this level of inebriation, decision-making and judgment are severely impaired, so the choices they make and

the actions they take can often be dangerous and poorly thought out. If a person experiences frequent brownouts or blackouts, it could be a sign that h or she is suffering from alcohol dependency.

Module 7 Part 12: Biphasic Effect

During the first phase of alcohol's biphasic effect, you might feel okay. But then comes the second phase, when there are diminishing returns. Again, everyone is different. Remember, it depends on what you've eaten, how much you weigh, your sex, and a host of other individual aspects.

Explore areas along the curve to see what someone could experience at various levels of BAC.

- BAC Range of .01 to .04%: Warm feelings, lowered inhibitions, coordination and judgment may start to be affected.
- BAC Range of .05 to .10%: Lack of muscle coordination (impact on balance, speech, vision, reaction time), impaired judgment and memory.
- BAC Range of .11 to .20%: Confusion, dizziness, slurred speech, slower reaction time, and lack of balance. Vomiting, sleepiness, and blackouts may occur.
- BAC Range of .21 to .35%: Total mental confusion; needs assistance walking, loss of consciousness. Risk of choking or suffocating on vomit. Risk of death substantially increases.
- BAC Range of over .35%: Slowed heart rate and breathing. Very high risk of coma or death.

Module 7 Part 13: A BAC Story

You now know more about BAC and how it can affect the brain and body. Read what happens when BAC isn't kept in check.

After months of flirtation, Sally and Dave are finally going on a real "date." They're heading out to a concert that starts at 10:00pm.

- Time: 5:00pm
- Countdown to Concert: 5 hours
- Sally's BAC: 0.0%
- Dave's BAC: 0.0%
- Date Status: Good

Before they go, they decide to make a stop at a friend's party. They've got some time to kill. Dave says, "We'll just stay for a couple..."

- Time: 6:00pm
- Countdown to Concert: 4 hours
- Sally's BAC: 0.0%
- Dave's BAC: 0.0%

- Date Status: Very Good

At the party, Dave's really on his game. He's charming and funny. But Dave soon gets pulled away to play some drinking games. Sally is overheard saying, "He's so much funnier than my last boyfriend!"

- Time: 7:00pm
- Countdown to Concert: 3 hours
- Sally's BAC: 0.2%
- Dave's BAC: 0.1%
- Date Status: Very, Very Good

Dave ended up participating in SEVERAL drinking games.

- Time: 8:00pm
- Countdown to Concert: 2 hours
- Sally's BAC: 0.4%
- Dave's BAC: 0.7%
- Date Status: Very Good

Sally gets bored and decides to play too. But she keeps losing – and drinking – a lot.

- Time: 9:00pm
- Countdown to Concert: 1 hours
- Sally's BAC: 0.12%
- Dave's BAC: 0.1%
- Date Status: Good

Dave and Sally keep playing, lose track of time, miss the concert, and manage to get into a raging fight over the game.

- Time: 11:00pm
- Countdown to Concert: -1 hours
- Sally's BAC: 0.19%
- Dave's BAC: 0.16%
- Date Status: Poor

The date is over. Besides missing the concert, Dave is now vomiting and Sally has a splitting headache.

- Time: 5:00am
- Countdown to Concert: -7 hours
- Sally's BAC: 0.10%
- Dave's BAC: 0.06%
- Date Status: Really Poor

Well, I guess that night did not turn out quite as planned. What went wrong here? How could Sally and Dave have had a better ending to their night?

For starters:

- They could have avoided pre-gaming before the concert.
- They could have avoided playing drinking games, or at least have played a different game that didn't lead to drinking too much too quickly.
- Sally could have avoided drinking to "keep up with the guys."

In short, they could have done a much better job of managing their BAC.

Module 7 Part 14: My Notes

In this module you examined risk and protective factors related to alcohol consumption and how the body and brain respond at various blood alcohol concentrations.

- Key factors that influence BAC include sex, weight, time, other liquids, food, and other drugs.
- Risk factors include prescription/over-the-counter drugs, energy drinks, sugary mixers, and drinking games.
- Protective factors include eating before or while drinking, drinking water, and slower drinking.
- The dangers of alcohol are intensified with the addition of other drugs (even herbal remedies, supplements, and prescribed medications).
- Sexual assault is a real issue on college campuses. The majority of sexual assaults in college involve alcohol.
- Alcohol interferes with your central nervous system and disrupts normal functions of your brain and body.
- If you or a friend chooses to drink, plan to stay in a safer drinking range of .02-.04% BAC.

Module 8: My Action Plan

Develop a Personalized Plan

Earlier in the course, you identified your goals, but to accomplish anything in life, you also need a plan.

Without a plan of action, even the best of goals will go unfulfilled. In this activity, we will help you create a personalized plan to make (or continue to make) good decisions about alcohol.

Choose a plan (either for a drinker or a non-drinker), and then identify the strategies you will use to accomplish each objective.

1. Drinker: Choose Your Strategies

In this activity, you will identify items that best reflect your personal plan. You can select more than one option from each category.

In order to:

- Set a reasonable drink limit, I will:
 - know how many drinks I can have and still keep my BAC in a safer range.
 - remind myself of my goals.
- Eat before (and while) I drink, I will:
 - bring a snack with me, such as a granola bar or a bag of pretzels, to avoid drinking on an empty stomach.
 - offer to bring food for the group if food won't be provided.
 - eat a meal before drinking. I can keep instant meals in my room if needed. I won't "save the calories" for alcohol.
- Pace my drinking, I will:
 - drink slowly, taking smaller sips to make it last longer.
 - alternate alcoholic drinks with non-alcoholic drinks such as water, soda, or juice.
 - Add ice to my drink to make it last longer.
- Track my drinking, I will:
 - send myself a new text message for every drink I have, and then count my messages.
 - use the buddy system with a friend who has a similar drink limit.
 - use some kind of physical "marker" to help count my drinks, such as moving pennies from one pocket to the other.
- Avoid drinking quickly, I will:
 - avoid drinking games that quickly raise my BAC and will suggest alternative activities instead.
 - avoid pre-gaming before going out.
 - not do shots.
- Know exactly what's in my drink, I will:
 - not drink from any "communal" sources such as a punch bowl.
 - Always pour my drink myself.
 - never accept a drink from someone I don't know or don't know if I can trust.
 - watch when someone else pours me a drink so I can see exactly what's going into it.
 - only drink out of standard size cups or glasses.
- Ensure nothing is added to my drink, I will:
 - hold on to my own drink so that nothing, such as alcohol or other drugs, can be added to it without my knowing.
 - always keep my drink with me, even when I go to the bathroom.

- not be afraid to pour my drink out, especially if I leave it unattended or it smells or tastes funny.
- Help keep my friends safe, I will:
 - offer assistance to a friend who has had too much to drink.
 - never let a friend drive under the influence of alcohol (or other drugs).
 - offer assistance to a friend who seems to be having a real problem with alcohol.
- Find other things to do, I will:
 - host a game night with computer games, board games, cards, etc.
 - plan more off-campus activities, such as concerts or going to the movies. There are a lot of places that offer great student discounts.
 - give back to the community by volunteering.
 - check out other campus activities, or organize something on my own.

2. Non-Drinker: Choose Your Strategies

In order to:

- Stay committed to not drinking, I will:
 - remind myself of my goals and the reasons I don't want to drink.
 - surround myself with people who share or understand my goals. It's not about only having friends who don't drink, but having friends (drinkers and non-drinkers) who respect my decisions.
- Know how to decline a drink, I will:
 - use a vague excuse such as, "I'm fine, thanks."
 - use an excuse that may not be completely accurate such as, "I'm trying to lose weight." or "I've got to do X tomorrow."
 - have a non-alcoholic drink so that people won't ask me if I want something to drink.
- Know exactly what's in my drink, I will:
 - not drink from any "communal" sources such as a punch bowl.
 - always pour my drink myself.
 - never accept a drink from someone I don't know or don't know if I can trust.
 - watch when someone else pours me a drink so I can see exactly what's going into it.
- Ensure nothing is added to my drink, I will:
 - hold my own drink so that nothing, such as alcohol or other drugs, can be added to it without my knowing.

- always keep my drink with me, even when I go to the bathroom.
- not be afraid to pour my drink out, especially if I leave it unattended or it smells or tastes funny.
- Help keep my friends safe, I will:
 - offer assistance to a friend who has had too much to drink.
 - never let a friend drive under the influence of alcohol (or other drugs).
 - offer assistance to a friend who seems to be having a real problem with alcohol.
- Find other things to do besides drinking, I will:
 - host a game night with computer games, board games, or cards.
 - plan more off-campus activities, such as concerts or going to the movies. There are a lot of places that offer great student discounts.
 - give back to the community by volunteering.
 - check out other campus activities, or organize something on my own.

Module 9: Laws and Policies

Module 9 Part 1: How well do you know alcohol-related laws?

You probably know the legal drinking age where you live. But how much do you know about other alcohol-related laws?

Question 1: What is the minimum age to possess alcohol?

Answer 1: 21 is the minimum age to possess alcohol in all 50 states.

Question 2: Is there a zero tolerance law – that is, is it illegal for anyone under 21 to drive a car after drinking alcohol?

Answer 2: Yes. All 50 states have a zero tolerance law. It is illegal for anyone underage to drive a car after drinking alcohol.

Question 3: At what BAC is it illegal for individuals of legal drinking age to operate a motor vehicle?

Answer 3: It is illegal for ALL individuals of legal drinking age to operate a motor vehicle at or above .08% BAC.

Question 4: is it against the law to use a fake ID?

Answer 4: Using a fake ID is illegal.

Module 9 Part 2: Drinking and Driving

You know that drinking and driving don't mix. Explore the strategies these students use to learn more about how they avoid drinking and driving – both at home and at school.

- Student 1: Talk honestly. “A friend had too much to drink and was planning to drive. I pulled him to the side and just told him how much I really didn’t want him to do that. I was worried he might blow up, but he just gave me his car keys and I drove him home.”
- Student 2: Assign a designated driver. “Before I go out with my friends, we agree on a designated driver. And we stick with it! That person doesn’t drink alcohol, at all.”
- Student 3: Spend the night. “If that party’s at my place, I just tell people to stay. I’d rather them crash here than crash their car.”
- Student 4: Chip in for a cab. “Before going out, we pool our money for a cab. We can barely afford a cab, but we sure can’t afford being arrested for drunk driving.”

Module 9 Part 3: My Notes

In this module you examined alcohol-related state laws and policies.

- Zero tolerance laws mean that it is illegal for anyone under 21 to drive a car after drinking any measurable amount of alcohol, which means any BAC above 0. Note the .08% BAC limit that applies to drivers of legal age.
- Alternatives to drinking and driving include identifying a designated driver, calling a cab, or staying put.
- If I see that someone who’s had too much alcohol is planning to drive, I can express my concerns and offer assistance.
- Several people can be impacted when someone drinks too much alcohol, including: the drinker, friends, family, and an employer.

Module 10: Helping Friends

Module 10 Part 1: Taking Care of Yourself and Others

This activity features a series of brief interviews with a variety of students where they are asked to answer questions related to the strategies they use to keep safe and advice they’d give to incoming students.

What protective strategies do you use if you drink?

Student 1: Always intersperse water with every drink. So, like one beer, one full water.

Student 2: Always like, have a meal before you go out drinking.

Student 3: Take it slow, because you know there's always a point where it just kind of hits you.

Student 4: With mixed drinks, I try to watch out for those. Especially when you go to frat parties, they always have that punch. That'll knock you out.

Student 5: It's kind of being aware of what you're consuming.

Student 6: Count your drinks.

Student 7: If I'm out with my friends I try to keep track of what they're doing also just because, you know, you care about the people you're with.

Student 8: If I'm going with people, I just tell them, "I don't want to drink a lot. So just remind me of that."

Student 9: Make sure, you know, once you start to feel the buzz that's when you know maybe you should tone it down a little bit.

Student 10: I guess the biggest thing is just to not have the goal of my night be to be really drunk. I guess I'm more focused on who I'm with, and not so much what I'm drinking.

What advice do you have for incoming students?

Student 1: If you don't enjoy alcohol, you don't have to drink it.

Student 2: Know your body. And know how much you can take. And then make sure to stay within that range.

Student 3: Don't make it a big part of your life, because it's not worth it.

Student 4: Don't put yourself in a situation where other people can make life more difficult for you if you are intoxicated.

Student 5: Do it, or don't.

Student 6: Stick with good friends. Like, stay around people that you know are going to take care of you.

Student 7: Don't let others influence you. I know that's hard sometimes, but you gotta hold your own.

Student 8: Know what you can handle. Don't feel like you have to keep up with people around you.

Student 9: Just be smart about it, don't get behind a car, stay with people you trust.

Student 10: If you don't feel comfortable, don't do it.

Student 11: I personally don't drink. I don't think it's required to have fun to drink - like, you don't have to drink to have fun.

What strategies do you use to stay safe?

Module 10 Part 2: Taking Care of Yourself and Others - Alcohol Poisoning

You have learned how to make better choices if you choose to drink, but what about your friends? Would you know what to do if someone needed your help?

It's Saturday night. You're at a friend's place, and everyone's having fun hanging out. As the night goes on, your friend Jen quickly starts to move past just having a good time, and starts to head directly for sloppy mess.

Now Jen is swaying and slurring her words. It's pretty clear that she's had too much to drink.

As the situation develops, you start to feel like you have to do something. Jen needs you, and there are a lot of ways you can help a friend who has had too much to drink. As a first step, it's clear that Jen should not have any more alcohol.

What are some options?

- Option 1: Remove all alcohol from her sight.
Cutting off her access to alcohol is a great choice, and it's definitely better than ignoring her. "Out of sight, out of mind." Removing all alcohol from sight makes it less convenient for Jen to grab another one and continue drinking. Jen hasn't even noticed that the other bottles have been removed, and she has stopped drinking.
- Option 2: Pour Jen's drink into the sink.
Pouring Jen's drink into the sink is another good option. Arguing with her or even just trying to convince her to stop drinking might end in an angry altercation. Removing her access to more alcohol is key. When she wasn't looking, her drink was poured out. The funny thing is, she didn't even notice it was gone.
- Option 3: Tell her all the alcohol is gone.
When Jen was told that the alcohol was gone, she didn't even question it.
- Option 4: Give Jen a non-alcoholic drink.

Alcohol is a diuretic, and given the amount Jen has been drinking, she can become dehydrated. Drinking a non-alcoholic drink, such as water can help her stay hydrated. Jen was given a bottle of water, and she seemed to appreciate it.

You've now successfully gotten Jen away from any more alcohol. The problem is that Jen has already had a lot to drink, and her body is still processing the alcohol. Things seem to be getting worse. Could she have alcohol poisoning?

What are possible signs of alcohol poisoning?

- The person is passed out or in a semiconscious state. It is difficult to wake them or make them talk.
- The person remains unresponsive, even if he or she vomits.
- The person has cool, pale, bluish, or clammy skin.
- The person has abnormally slow or irregular breathing.

Jen's skin feels cool and clammy; she vomited and is now unresponsive. Putting Jen to bed could be dangerous because she's exhibiting some of the signs of alcohol poisoning. What should you do?

- Lay her on her side – do not put her in bed to “sleep it off” - Laying Jen on her side is a good idea, so that if she gets sick, she doesn't choke. Don't give her anything to eat or drink.
- Monitor her breathing is important. You also need to call for help and stay with her.
- Call 911 or Campus Emergency Medical Services - Calling 911 may seem extreme, or you may be worried that she'll be really mad at you the next morning, but so what? Calling 911 or Campus Emergency might just save her life. While waiting for help to arrive, lay her on her side so that if she gets sick, she won't choke. It will also make it easier to monitor her breathing. Never wait “just a little longer” before calling for trained help.
- Stay with her. It's really important that you stay with Jen after you call for help. You're being a loyal friend and you just might save her life.

Some people took off because they were worried that if they stayed until the ambulance arrived they could get into trouble. You stayed with Jen and did these simple but important things. You helped the paramedics give her the best treatment and showed that you are a loyal friend. Don't ever hesitate to call 911 if you are unsure of a person's health. Not calling for help is just not worth the risk, and choosing to wait alongside your friend could save their life.

Module 10 Part 3: Helping Your Friends Poll

How do you help your friends stay safe? Pick your top choice.

- I remind my friends to drink safely (e.g., pace their drinks, alternate alcoholic beverages with water)

- I look out for my friends who might have had too much to drink and I help them
- I make sure my friends don't drink and drive or get into a car with someone else who has been drinking
- I talk to my friends if I think they have had too much to drink
- Something else.

Student survey responses showed that:

- 16.2% of students indicated they remind their friend to drink safely
- 29.87% indicated they look out for friends who might have had too much to drink and I help them
- 47.94% responded that they make sure their friends don't drink and drive or get into a car with someone else who has been drinking
- 4.67% answered that they talk to their friends when they've had too much to drink
- 1.37% selected "something else"

Module 10 Part 4: Taking Care of Yourself and Others - Drinking and Driving

We all know that driving under the influence of alcohol or other drugs is dangerous. Do you know how to stop someone from driving after drinking?

There's a party tonight, and it's a few miles away. Matt said you could ride with him, but you want to have a backup plan for getting home in case he decides to drink. You know, sometimes plans change.

What are some good options?

- **Safe Rides Program:** If your school has a safe rides program, which is a free or affordable service that offers a safe ride home, save the number to your phone.
- **Taxi:** Save the number for a taxi in your phone, and make a note of the party address.
- **Designated Driver:** Make plans to ride home with someone who won't be drinking at all.
- **Stay Put:** Make plans to stay overnight at the party or with a friend who lives a few doors down.

You're having a great time at the party when Matt receives a text from Sarah. She wants him to come to the party she's at just a few miles away. Matt keeps claiming that he's fine to drive, but you're not sure this is a good idea. Matt is over 21, but it's not necessarily safe for him to drive with any amount of alcohol in his system, even if his BAC is under 0.08%.

You think you need to do something, and you suspect others might agree... but what should you do? Explore and consider these options.

- Option 1: Talk to Matt one-on-one.

Matt starts by being defensive. He says things like, "It's a short drive," and "I drive better when I'm drunk." But you're persistent and appeal to your friendship, explaining that you don't want anything to happen to him. Eventually, he gives you his keys.

- Option 2: Get his keys.
While Matt is busy texting Sarah, you grab his keys. He'll probably think he just lost them.
- Option 3: Find a reason for him to stay where he is.
You talk to Sarah's friend and convince her to get Sarah to take a taxi to the party you're at. Meanwhile, you're able to get Matt to eat some food and lay off the alcohol. He isn't yet sober, but at least he's eaten something and has stopped drinking.
- Option 4: Call for a cab.
You tell Matt that you're calling a cab and he can ride with you to the other party – you'll even pay for the cab. On the cab ride over to the party, you go to a drive-thru for food, and you convince Matt to give you his car keys.

Module 10 Part 5: Getting Help

No one wants to believe that someone they know might get hurt, or even die after drinking, but it happens. The key to helping a friend in these situations is persistence. Do what needs to be done, and get help when you need it.

If you need help or you don't know what to do, there are both local and national resources that can help. Below are some national resources available to assist you:

- [Alcoholic Anonymous \(AA\)](#) - Alcoholics Anonymous (AA) is an international fellowship whose primary purpose is to help alcoholics achieve sobriety. It is available almost everywhere, and membership is open to anyone who wants to do something about his or her drinking problem.
- [Al-Anon/Alateen](#) - Al-Anon is an independent fellowship that helps relatives and friends of alcoholics. Al-Anon holds the view that alcoholism is a family illness. Groups share their experience, strength, and hope in order to aid recovery.
- [Substance Abuse Treatment Referral Locator](#) - This site helps people find alcohol and drug abuse treatment or mental health treatment facilities and programs around the country. It is sponsored by SAMHSA, The Substance Abuse and Mental Health Services Administration, an agency within the U.S. Department of Health and Human Services that aims to reduce the impact of substance abuse and mental illness on America's communities.
- National Drug Treatment Referral Routing Service: 1 (800) 622-HELP The Substance Abuse and Mental Health Services Administration's (SAMHSA) toll-free telephone number for alcohol and drug information and local treatment referral assistance. Open 24 hours a day, 7 days a week.

- [Adult Children of Alcoholics World Service Organization, Inc.](#) - Adult Children of Alcoholics is an anonymous program of women and men who grew up in an alcoholic or otherwise dysfunctional home. The program gathers and disseminates meeting information for members; creates and distributes literature for use in groups, and provides information to the general public.
- [The Center on Addition and the Family](#) (COAF, formerly known as the Children of Alcoholics Foundation) - a unit of Phoenix House, the nation's leading provider of alcohol and drug abuse treatment and prevention services. Its mission is to ensure that individuals, families, and professionals receive information and services that support the healing process – for everyone.

Module 10 Part 6: My Notes

In this module, you learned ways to stay safe and to help others. It's really not that hard. Even if you don't drink, you can help by looking out for your friends.

- If I want to keep a friend who has already had too much to drink from drinking more, I can remove all alcohol from his or her sight, tell him or her the alcohol is gone, pour out the drink when he or she isn't looking, or give him or her a non-alcoholic drink.
- Signs of alcohol poisoning can include having passed out or in a semiconscious state, difficult to wake up or get to talk, having abnormally slow or irregular breathing, or having cool, pale, bluish, or clammy skin.
- If I think someone is experiencing alcohol poisoning, I should lay him or her on his or her side, but I should not put him or her in bed to "sleep it off." Then, I should monitor his or her breathing and call 911 or campus emergency medical services. Continue to monitor until help arrives – do not leave him or her alone.
- I should plan ahead by finding out if my school has a safe rides program, saving the number for a taxi in my phone along with the address of the location I'm going to, making plans to ride home with someone who won't be drinking any alcohol, and making plans to stay overnight so that I don't need to be in a car.
- If someone has been drinking and plans to drive, I should talk with him or her one-on-one, get his or her keys, find a reason for him or her to stay put, or call a ride for him or her.

End Part 1 of AlcoholEdu for College

Part 2

Part Two Introduction

Welcome to Part 2 of AlcoholEdu. We hope the information you have learned in this course has helped you make good decisions about alcohol.

This part of the course includes important information, like how to recognize when someone has a problem with alcohol.

Module 11: Recognizing Problems

Module 11 Part 1: Taking Care of Yourself and Others – The Roommate

Even if you choose not to drink, other people's drinking choices can still affect you. How do you know when someone's drinking is becoming a real problem?

Your first year of college is everything you imagined it would be. Actually, it's better than you even expected. You've met some cool people and have started getting used to managing things on your own.

There's only one thing that bothers you: your roommate, Lou. He parties - a lot. And it's starting to worry you. Is this normal? Maybe if you get more information, you'll be better equipped to offer some help.

You think Lou might have a drinking problem, but you're not sure. What should you watch for?

What are some signs of a possible signs of a drinking problem?

- Missing classes and falling behind in schoolwork.
- Family and friends have noticed a difference in behavior.
- Lying to others or hiding drinking habits.
- “Blackouts” or forgetting what happened while drinking.

From what you've seen, you have good reason to believe that Lou may have a problem. You decide to approach him about it.

What are some things you can keep in mind before approaching someone about a possible drinking problem?

- It's a good idea to have the talk in a quiet and convenient spot. Your dorm room is a good place.

- Privacy is important. You don't want to proceed with this discussion if other people are present or expected to visit soon.
- Minimize distractions. This means making sure that cell phones, computers, and TVs are shut off when you talk.
- Make sure that you're both sober. It's not a good idea to bring the topic up if either of you are under the influence.

You find Lou alone and sober in your dorm room. It's a perfect time to have the talk. How can you approach him?

- Refer to things you've observed, including specific behaviors.
It's okay to admit that this is a hard discussion to have. The more that you can express your observations in an objective, nonjudgmental way, the greater the likelihood that Lou will listen to what you have to say. Stick to the facts as you've experienced them, avoiding accusations or threats.
- Express how you feel about the behaviors you're describing.
Your feelings deserve to be expressed, and it is helpful for Lou to understand how his actions have affected you.
- Listen attentively to him, and offer help if he asks for it.
Lou will feel more inclined to open up to you if he feels he's not being lectured to. Give him opportunities to respond, and listen closely to him when he does. Try to be compassionate, understanding, and patient. Don't offer unsolicited advice. If he asks for help, offer your support and point out some places where he can go.
- Stay calm and keep the conversation focused.
Lou may get defensive and even get angry when you approach him. To deflect attention from his behavior, he may try to steer the conversation to you and your habits. Remind him instead that you want to focus this conversation on him.

By approaching Lou with concerns for his welfare, you have done a very good thing, regardless of the outcome.

Know that no one can fix Lou's problem for him – he will have to seek out help himself. Don't expect things to change overnight. Instead, expect to have this conversation again... maybe even a few times.

The key to helping a friend is persistence. And if others come to you to express their concerns, you should encourage them to have their own conversations with Lou.

Remember, be careful about promising confidentiality to a friend who may have an alcohol problem. There may come a point when outside help is needed.

You don't have to face this alone. There are helpful on-campus resources.

If your friend's behavior continues to affect your sleeping and studying, talk to your RA or other campus resources to find out what you can do about it.

Module 11 Part 2: My Notes

In this module, you learned possible ways you might intervene to help others.

- Indicators of a possible drinking problem might include trouble with schoolwork, excessive drinking, lying about drinking, experiencing blackouts, or other friends or family members expressing concern.
- I should voice my concerns in a place that is quiet, private, and has minimal distractions. It's important to have this conversation when both of us are sober.
- When we meet, I should refer to things I've observed, including specific behaviors. I should also express how I feel about the behaviors I'm describing.
- When we meet, I should listen attentively and offer help if requested. I should also stay calm, nonjudgmental, and keep the conversation focused.

Module 12: Course Conclusion

Module 12 Part 1: Summary of Key Topics

In this course, we've learned that when it comes to alcohol, there are a lot of misconceptions. We've provided a summary of key topics to help you recall important facts.

- Standard Drink
 - A standard drink is a unit of measurement.
 - A standard drink contains about 0.6 fluid ounces of alcohol.
 - The percentage of alcohol varies between hard liquor, wine, and beer.
 - The amount of alcohol in mixed drinks can vary greatly, depending on the recipe.
- Blood Alcohol Concentration
 - Blood alcohol concentration (BAC) is the amount of alcohol in the bloodstream. Weight, sex, and how much alcohol has been consumed all play a role in determining a person's BAC level. You can't tell someone's BAC just by looking at them. To estimate your BAC or that of a friend, use the calculator that's in your portfolio.
- Sexual Assault

- Sexual assault is any form of sexual contact that occurs without consent. Someone who has consumed a lot of alcohol is not capable of giving true consent, and intentionally using alcohol to take advantage of someone sexually is sexual assault. If you are unsure if someone is capable of giving true consent, don't have sex. And if you see a situation in which someone is unable to give consent, consider doing something to help them.
- Help Keep Each Other Safe
 - You are part of a college community and it's important to help keep each other safe.
 - Offer assistance to someone who has too much to drink.
 - Never let a friend drive under the influence of alcohol (or other drugs).
 - Offer assistance to a friend who seems to be having a real problem with alcohol.

Module 12 Part 2: Review Goals, Choices, and Plan

It's important to review your goals periodically to assess your progress.

In addition, take a moment to reflect on your recent experiences.

Have you been able to stick to the strategies in your plan?

Module 12 Part 3: Course Completion

Thank you for taking AlcoholEdu. You have now completed the course.

We hope this course will help you make good decisions about alcohol and other important topics throughout your college experience.

If you have any remaining questions, concerns, or comments, please contact us at: alcoholesuggestions@everfi.com