Overview for Facilitator

In this packet, you'll find a detailed outline of how to approach the FY101 alcohol education presentation with your students. Our materials have been created with the specific FY101 student population in mind. The presentation focuses on social norms data and encourages community-building.

Contact Us

If you review our materials and have any questions, comments, or concerns, feel free to email us at wellness@bu.edu.
Talking Points by Slide

<table>
<thead>
<tr>
<th>Intro</th>
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<tbody>
<tr>
<td>• Presentation about alcohol and healthy living at BU.</td>
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<tr>
<td>• Not a pitch to tell you what to do or not do; birds-eye view of the school’s drinking scene.</td>
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<tr>
<td>• <strong>BU doesn’t endorse underage drinking.</strong></td>
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<td>o Safest option is to abstaining from drinking; also the only legal option for underage students.</td>
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<td>o BU recognizes the importance of helping students make safe and informed decisions about drinking.</td>
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<td>• We are going to establish some ground rules:</td>
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<td>o <strong>Confidentiality:</strong> Will not share anything you say unless it is something that makes me concerned for the immediate safety of you or someone else.</td>
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<tr>
<td>o <strong>Respect and privacy:</strong> What is said here, stays here. People have different reasons as to why they choose to drink or not, so refrain for making judgement about others’ decisions. Also,</td>
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</table>
if speaking about other people’s experiences, do not use their name.

Overview

- Topics for today:
  - What the drinking scene at BU is really like,
  - Strategies for safer drinking, and
  - Finding your community during your time here.

Social Norms

- Common (mis)perception: Everyone drinks in college,
and most students drink a lot.

- A recent survey (2016) of BU students found that:
  - 63% of Terriers stop at three drinks when they party,
  - 1 in 4 BU students doesn't drink alcohol, and
  - 4 out of 5 BU freshmen alternate between alcoholic and nonalcoholic drinks.
- Are these numbers surprising to anyone? (*Brief discussion*)
- Why do you think switching between alcoholic drinks and nonalcoholic drinks might be a good idea? (*Brief discussion*)
  - *Switching between alcoholic and nonalcoholic drinks helps to ensure that your body stays hydrated and lessens the chances of you overdrinking or drinking too fast.*
Social Norms (2)

- 77% of our freshmen set a limit for how much they will drink.

Why do you think setting a limit is a safer drinking strategy? (Brief discussion)

  - Setting a limit can help you to monitor how much alcohol you are consuming. This could help prevent drinking too much or more than you anticipated.

- Stats show that not all Terriers drink.

  - Many of those who do drink use strategies to keep their drinking in check.
Safer Drinking Strategies

- BU takes a harm reduction approach when it comes to drinking.
  - Harm reduction → minimize the negative/unwanted effects of alcohol by sharing lower-risk drinking strategies.
- What are people weighing when they think about whether or not they want to drink? (Brief discussion)
  - Pros: drinking can be a social experience, drinking can make people feel more confident
  - Cons: drinking could lead to worse academic performance, drinking underage is illegal and can have serious repercussions.
- We will go over some harm reduction approaches; some of this may be familiar to you from AlcoholEdu.
Standard Drinks

- The size of one drink will look different depending on what you are drinking. One standard drink usually consists of:
  - 12 oz. of beer (5% alcohol by volume),
  - 5 oz. wine (12% alcohol by volume), or
  - 1.5 oz. of hard liquor (shots; 40% alcohol by volume/80-proof).

- Everyone’s body reacts to alcohol differently.
  - The four factors that impact reaction are:
    1. Your birth sex,
    2. Your weight,
    3. How fast you drink, and

- What are some common ways a student could get tripped up around standard drink sizes and drink past their limit? *(Brief discussion)*
  - Common mistakes include:
    1. *Not being sure how much alcohol is being poured, especially in mixed drinks,*
    2. *Assuming that if their friends drink a lot,*
they can, too,

3. Accepting drinks that other people have made for you since they could have varying amount of alcohol in them, and

4. Not realizing that most shot glasses are 2 oz., which is more than one standard liquor drink.

Safer Drinking Strategies

- Generally, three approaches to safer drinking:
  1) Different drinking styles, like counting drinks, setting limits, etc.,
  2) Change the setting where you drink/things you do while drinking, and
  3) Social approaches, like having a buddy with you while drinking, pouring own drinks, planning ways to say no, etc.
- Are there any tips on here that stand out to you? (Brief discussion)
<table>
<thead>
<tr>
<th>Safer Drinking Strategies (2)</th>
<th>These are some popular ones from former and current Terriers.</th>
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<td>Are there any tips that you haven't thought of that think other people should definitely use? <em>(Brief discussion)</em></td>
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### Safer Drinking Strategies (2)

- **Drink slowly** to allow your body to process the alcohol.
- **Stay hydrated** by drinking water throughout the night.
- **Eat before drinking** to slow down the absorption of alcohol.
- **Avoid mix drinks** as they can increase the effects of alcohol.
- **Know your limits** and drink within them.
- **Plan for a sober driver** or designate a sober driver before going to a party.
- **Avoid binge drinking** as it increases the risk of accidents and injuries.
- **Take breaks** between drinks to allow your body to recover.
- **Use a back-up plan** in case you find yourself in a difficult situation.
- **Seek help** if you are struggling with your drinking.

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**Image Note:**

- **Safety Drinking Strategies** from former and current Terriers.
- **Drinking Style, Activities and Settings, Social Ties**
- **Website:** [www.bu.edu/safedrinking](http://www.bu.edu/safedrinking)
**BAC**

- **BAC** → the percentage of alcohol found in blood.
- As BAC changes, so do the physical, cognitive, and behavioral effects.
- BAC is influenced by their birth sex, their weight, how much they are drinking, and how fast they are drinking.

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<th>BAC (2)</th>
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<td>Green zone → the BAC levels where people tend to report more of the desirable effects of alcohol and few of the undesirable ones.</td>
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<td>Moving into other zones → undesirable effects, like feeling dizzy, getting sick, or slurring speech.</td>
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<td>Have you ever seen someone become angry, sad, or upset while drinking? <em>(Brief discussion)</em></td>
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<td>o That is because emotional filters can come down, amplifying whatever emotions you may have felt before you started drinking.</td>
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<td>Very high BAC (red zone) → High risk drinking can have serious health outcomes and consequences, such as blacking out, coma, death, etc.</td>
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<td><strong>Good Samaritan Policy</strong></td>
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<td>• BU has a Good Samaritan policy.</td>
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<td>o &quot;When a Terrier seeks help for themselves or others who've used alcohol or drugs, neither student will ordinarily receive a sanction as long as they complete an educational or counseling program on campus.&quot;</td>
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<tr>
<td>• Community members should look out for one another.</td>
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<td>• If you think someone may be in need of help, please do not be afraid to reach out.</td>
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| Social Scene                                                                 | • Transition to social scene, and making real connections.  
|                                                                             | • Transitioning to college can be a stressful time for a lot of reasons, including making friends.  
|                                                                             | • Social anxiety about forming connections at BU is a very real concern for a lot of Terriers, even if they don’t talk about it.  

| Social Scene (2)                                                            | • Video features quotes from some current Terriers who know what it’s like to be in your shoes.  
|                                                                             | *(Play video by clicking anywhere on slide)*  
|                                                                             | • When asked what advice they would give to freshman, BU upperclassmen wanted to stress that choosing not to drink alcohol is not a big deal—even if your friends do.  
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<th>Wrap Up</th>
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<tr>
<td>• Are there any questions about anything we covered today? <em>(Brief discussion, if applicable)</em></td>
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<tr>
<td>• If you’re looking for more information or support, WPS has your back.</td>
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<td>• Students in recovery and allies are encouraged to check out Collegiate Recovery Program (CRP)! Email <a href="mailto:recovery@bu.edu">recovery@bu.edu</a> for more information.</td>
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<td>• Students who want to chat with a counselor can call WPS at 617-358-0485 to set up a meeting.</td>
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<tr>
<td>• General questions about alcohol safety and other wellness-related topics can be directed to <a href="mailto:wellness@bu.edu">wellness@bu.edu</a>.</td>
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