Step UP!

Be a Leader, Make a Difference!
Step UP! to Alcohol Abuse
BEFORE WE BEGIN

This presentation is meant to generate thought and promote discussion. We recognize that this topic may be sensitive material. Some of you may have had personal experience with this issue. Through the course of this discussion, dialogue may occur that causes an emotional reaction. It is important that the emotional reaction doesn’t impact the learning process. Therefore, if you need to leave the room for something other than a reaction to what is being discussed, please give a cue to the instructor or let a person next to you know that everything is “OK.” Also, please be respectful that someone in the room may have a reaction to what is being said.
Grab Your Clicker!
Have you ever used clickers before?

1. Nope. I’m a clicker virgin.
2. A few times.
3. For your information I am a clicker guru.
What is your gender identity?

1. Male
2. Female
What is your year in school?

1. Freshman
2. Sophomore
3. Junior
4. Senior
5. Grad student
Do you drink alcohol?

1. Yes
2. No
If you answered yes, what is the one main reason why?

1. It makes me feel good, relax
2. For recreational, social reasons
3. To deal with stress
4. Everyone else is
5. None of the above
6. Other
If you answered no, or if you are considering not using, what is the one main reason?

1. Fear of consequences 0%
2. Concerned about health 0%
3. Hurt my performance 0%
4. Don’t like it 0%
5. No desire to get the effect 0%
6. It’s illegal 0%
7. Against my beliefs 0%
8. Other 0%
How many standard drinks are in this Forty?

1. I – it’s only 1 beer
2. 40 - duh! It’s a 40
3. About 7
4. 20
5. No clue
Which of these gets you drunk faster?

1. 12 oz of beer
2. 4 to 5 oz of wine
3. 1 oz 100 proof liquor
4. ½ oz grain alcohol (198 proof)
5. Trick question – they’re all the same!
Alcohol leaves the system at what rate?

1. .015% per hour
2. .025% per hour
3. .08% per hour
4. .10% per hour
5. I have no idea
Sobering Up Takes Time!

- If you go to bed at 2am with a BAC of .20, you will not be sober until 4pm the next day – no matter what you do!
If you choose to drink 5+ alcoholic beverages in 1 night, how many days will it affect your brain and body?

1. 1 day
2. 2 days
3. 3 days
4. 4 days
5. 5 days
6. More than 5 days
### A standard drink equals?

<table>
<thead>
<tr>
<th>Drink Type</th>
<th>Alcohol Content</th>
<th>Standard Drink</th>
<th>Equivalent Drinks</th>
</tr>
</thead>
<tbody>
<tr>
<td>Beer 4%</td>
<td>4%</td>
<td>12 ounces</td>
<td>1 drink</td>
</tr>
<tr>
<td>Icehouse, Sparks, Tilt</td>
<td>-6%</td>
<td>8 ounces</td>
<td>1 ½ drinks</td>
</tr>
<tr>
<td>Smirnoff Ice -6%</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Malt Beer – 8%</td>
<td>8%</td>
<td>6 ounces</td>
<td>2 drinks</td>
</tr>
<tr>
<td>Olde English, Hurricane</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Wine</td>
<td></td>
<td>4.5 ounces</td>
<td>3 drinks</td>
</tr>
<tr>
<td>100 proof liquor (50%)</td>
<td>(50%)</td>
<td>1 ounce</td>
<td>12 drinks</td>
</tr>
<tr>
<td>198 proof grain alcohol (99%)</td>
<td>(99%)</td>
<td>½ ounce (1 Tablespoon)</td>
<td>24 drinks</td>
</tr>
</tbody>
</table>

12 ounces =
KNOW YOUR NUMBERS!
ALL DRINKERS ARE NOT CREATED EQUAL!

- Men/women are not the same
- Weight matters
- Body mass matters
- Genetics matter
- Food matters
  - Eating prior to drinking slows down digestion of alcohol
  - Eating after does not slow down digestion of alcohol
Bartender School

Bartenders must be able to pour 1 ounce. WHY?
Grab your RED cup

- Pour 1 ounce into your RED cup.
- Measure your water with the measuring cup.
- How accurate were you? Grade your effort.
How many ounces are in a red cup?

1. 3-4
2. 5-7
3. 7-9
4. 16-18
5. No idea
Grab your WHITE cup

- Pour 1 ounce into your WHITE cup.
- Measure your water.
- Study what 1 ounce looks like.
- How many ounces fit in the white cup?
- Grade this effort. What did you learn?
Grab a Tablespoon

- Measure out one tablespoon of water and pour it in your white cup.
- Chug it.
- Do you know what grain alcohol is?
How many drinks are in one serving of Jungle Juice?
It depends!
What does BAC stand for?

1. **Blood Alcohol Content**
2. **Blood Assessment Calculator**
3. **Basic Alcohol Content**
Effects of BAC

- **.02 to .04** – Lightheaded
- **.05 to .07** – Buzzed
- **.08 to .10** – Legally impaired
- **.11 to .15** – Drunk
- **.16 to .19** – Very Drunk
- **.20 to .24** – Dazed and confused
- **.25 to .30** – Stupor
- **.31 and higher** – Coma
<table>
<thead>
<tr>
<th># Drinks in 1 Hour</th>
<th>Body Weight in US Pounds</th>
<th>Individual percentages may vary. Based on .08% legal Blood Alcohol limit</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>.03 .02 .02 .01 .01 .01 .01</td>
<td>.00% - .03% Drive With Caution</td>
</tr>
<tr>
<td>2</td>
<td>.07 .06 .05 .04 .03 .03 .03 .02</td>
<td>.04% - .07% Driving Impaired</td>
</tr>
<tr>
<td>3</td>
<td>.12 .10 .08 .07 .06 .05 .05 .04</td>
<td>.08% and UP Intoxicated!</td>
</tr>
<tr>
<td>4</td>
<td>.16 .13 .11 .10 .08 .07 .07 .06</td>
<td>.08% and UP Intoxicated!</td>
</tr>
<tr>
<td>5</td>
<td>.20 .17 .14 .12 .11 .10 .09 .08</td>
<td>.08% and UP Intoxicated!</td>
</tr>
<tr>
<td>6</td>
<td>.25 .21 .17 .15 .13 .12 .11 .10</td>
<td>.08% and UP Intoxicated!</td>
</tr>
<tr>
<td>7</td>
<td>.29 .24 .21 .18 .16 .14 .13 .11</td>
<td>.08% and UP Intoxicated!</td>
</tr>
<tr>
<td>Body Weight</td>
<td># of drinks</td>
<td>Time Spent Drinking</td>
</tr>
<tr>
<td>-------------</td>
<td>-------------</td>
<td>---------------------</td>
</tr>
<tr>
<td>110</td>
<td>1.6</td>
<td>2.0</td>
</tr>
<tr>
<td>120</td>
<td>1.7</td>
<td>2.2</td>
</tr>
<tr>
<td>130</td>
<td>1.9</td>
<td>2.3</td>
</tr>
<tr>
<td>140</td>
<td>2.0</td>
<td>2.5</td>
</tr>
<tr>
<td>155</td>
<td>2.2</td>
<td>2.8</td>
</tr>
<tr>
<td>180</td>
<td>2.6</td>
<td>3.3</td>
</tr>
</tbody>
</table>

Example: A 120 lb. woman who has 3.0 drinks or less in 4 hours is “safer.”
<table>
<thead>
<tr>
<th>Body Weight</th>
<th>Time Spent Drinking</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>1hr</td>
</tr>
<tr>
<td>130</td>
<td>2.2</td>
</tr>
<tr>
<td>150</td>
<td>2.6</td>
</tr>
<tr>
<td>160</td>
<td>2.7</td>
</tr>
<tr>
<td>170</td>
<td>2.9</td>
</tr>
<tr>
<td>185</td>
<td>3.2</td>
</tr>
<tr>
<td>210</td>
<td>3.6</td>
</tr>
<tr>
<td>240</td>
<td>4.1</td>
</tr>
</tbody>
</table>

Example: A 160 lb. man who has 4.8 drinks or less in 4 hours is “safer.”
The drunker you get, the better the buzz.

1. True
2. False
Myth of the bigger, better buzz

Western Washington University
Reality of Bi-phasic Response

- **“Buzz” Stimulant Euphoria**
- **“Drunk” Depressant Dysphoria**

Blood Alcohol Level (BAL): 0.01, 0.03, 0.05, 0.06, 0.07, 0.08, 0.09, 0.10, 0.15, 0.20, 0.30, 0.40

- Normal Sober
- Lower Risk Drinking
How much do college students party?
PERCEPTION VS. REALITY
PERCEPTION - How many drinks does the typical student on our campus have when they party?

1. 0-4
2. 5-6
3. 7-8
4. 9-11
5. 12 or more
SOME THINGS DESERVE CLOSER ATTENTION

IF YOU DRINK
HAVE A PLAN

Alternate with water and non-alcoholic beverages.
Eat high protein food before and while you drink.
Set a limit on the number of drinks you'll have.
Count until you reach your limit, then stop.
Know the alcohol content of your drink.
Don't drive if you drink.
Avoid drinking games.

MEN: no more than 2 drinks per hour
WOMEN: no more than 1 drink per hour

NOTE: For some people, no amount of alcohol is safe.

Call a friend.
Call a cab.
Stay overnight.
Have a sober designated driver.

91% of UA students do not drive while under the influence of alcohol.
89% arrange to have a designated driver if they plan to drink.

HELLO
MY NAME IS
Designated Driver

CAMPUS HEALTH SERVICE
www.health.arizona.edu

We got the facts from you.

Health & Wellness Survey 2008
(1,253 respondents) administered to a random sample of undergraduate classes at the UA.

CAMPUS HEALTH SERVICE
www.health.arizona.edu
PERCEPTION - How many drinks does the typical student-athlete at our school have when they party?

1. 0-4
2. 5-6
3. 7-8
4. 9-11
5. 12 or more
REALITY - How many drinks do you usually have when you party?

1. 0-4
2. 5-6
3. 7-8
4. 9-11
5. 12 or more
THE BOTTOM LINE

ALCOHOL:
Depletes your source of energy
Interferes with preparation and strategy
Affects absorption of nutrients
Leads to weight gain
Affects muscle development
Affects muscle recovery
Impacts your practices and competitions
Second Hand Effects of Alcohol

- Sexual assaults and violence
- Vandalism
- Arguments/Fights
- Impaired academic work
- Being hurt or injured
- Trouble with police
Is it OK to drink “a little” if you are the Designated Driver?

1. Yes
2. No
How important is team/group success to you?

1. A little
2. Moderately
3. Very
4. One of the most important things in my life right now.
If you lose teammates to a DUI do you think it would impact team success?

1. Yes
2. No

0% 0%
Do you think drinking games can impact a team’s/group’s success?
How does the competitive nature of being a student-athlete impact drinking games?
There have been times when I have had too much to drink b/c I felt pressured.

1. True
2. False
Bystander Strategies
The 5 Decision Making Steps

1. Notice the Event
2. Interpret it as a problem
3. Assume Personal Responsibility
4. Know How to Help
5. Step UP!
The S.E.E. Model

Safe  Responding

Early  Intervention

Effective  Helping
Perspective Taking

What would you want someone to do for you?
Obedience to Perceived Authority
Friends Helping Friends

I care
I see
I feel
I want
I will

Adapted from BACCHUS Network's Certified Peer Educator Training
Our Goal

DO SOMETHING!
Encourage your friends to:

- KNOW WHAT IS IN their drink!
- Keep track of the # of drinks they are having
- Determine in advance not to exceed a set number of drinks
- Pace # of drinks to 1 or fewer per hour
- Avoid drinking games
Strategies

- Drink alcohol look-alike beverages
- Choose not to drink *you read correctly; even drinkers sometimes choose not to drink at all at a party*
- Eat before and/or during drinking
- Have or be a designated driver
- Have a friend let you know when you have had “enough”
Strategies

- Carry the same bottle around with you and just sip.
- Don’t use alcohol with stimulants (i.e. Red Bull)
- Alternate non-alcoholic with alcoholic beverages
5th Pocket Strategy

H₂O Strategy

Buddy System Strategy
Creative Cash Strategy

Sip slower strategy

Rubber band strategy
What are some other “party smart” strategies?
How many strategies do you consistently use?

1. 0-3
2. 4-6
3. 7-8
4. 9 or more
Strategies for Alcohol Poisoning

- Check in with someone who is showing signs of possible alcohol poisoning
- If they are unable to answer simple questions or incoherent/unresponsive call 9-1-1.
- If they are passed out roll them on their side
- Monitor breathing and heart rate.
- DO NOT LEAVE THEM ALONE
Scenarios
Alcohol

A student organization you belong to is having a party. 2 new freshmen have confided in you that they don’t drink and aren’t huge “partiers” but since they want to meet more people in the organization they are going to go.

You are there and everyone seems to be having a good time until one of the seniors suggests a drinking game. People start to gather around a table as one of them begins to explain the rules for the drinking game. The freshmen who had confided in you initially decline but others start hassling them. You can see they’re uncomfortable. They look at you. What do you do?
Alcohol

You have been at a party for awhile when you realize that you haven’t seen your friend Jessie for some time. You check in a back room and find Jessie passed out on a couch. It seems Jessie’s breathing is kind of slow. Jessie is a pretty heavy drinker and in the past has been much more drunk than you saw tonight. Your friend Pat assures you that Jessie is OK and just needs to sleep it off. What do you do?
Alcohol

Your friend Jamie who is a freshman, has developed a habit of going out on the Wednesday nights. Sometimes Jamie goes out alone and other times with friends but Jamie always seems to get blind drunk when drinking. This now happens every week and on more than one night. What do you do?
Have you ever been concerned about a situation and wanted to help...but didn’t?
You’re not alone.

This situation is more common than you might think, and is known as the bystander effect. Step UP! is a comprehensive bystander intervention program that will teach you:

- The 5 Decision Making Steps
- Other Factors that Affect Helping, including Perspective Taking
- Strategies for Effective Helping
- The S.E.E. Model: Safe, Early, Effective
- Warning Signs, Action Steps and Resources

Step UP! is used by athletics, Greek life, student affairs, campus health, violence prevention centers, residence life and many others. Learn more now: students or facilitators.

www.stepupprogram.org