



# REALITY CHECK: ALCOHOL, SEX AND THE CAMPUS ENVIRONMENT.

Presented by:





# Wellspring is here for you!

## Do you have questions about:

### DRINKING?

- Did you or someone you know experience a Blackout?
- How much is too much?
- Have you wondered about cutting down?
- Not sure about making an appointment? Take a self-test first: see E-CHUG at [www.udel.edu/wellspring](http://www.udel.edu/wellspring)

### BODY IMAGE?

- What is your ideal weight based on?
- Are you or someone you know constantly dieting or feeling pressured to be thin?

### GAMBLING?

- Have you or a friend ever played cards, video games, bowling or other activities for money?

### POT, POWDER OR PILLS?

- Concerned about yourself or a friend?
- Do you have questions about the real effects of prescription and illicit substances?
- Are you using Adderall to study?
- Not sure about making an appointment? Take a self-test first: see E-TOKE at [www.udeledu/wellspring](http://www.udeledu/wellspring)

### SEX & RELATIONSHIPS?

- Wondering if your relationship (or a friend's) is healthy?
- Have you had sexual experiences that you weren't comfortable with?
- Have you ever wondered, after sex, if you really had consent?

We can help. Contact Wellspring at (302) 831-3457 or via [wellspring@udel.edu](mailto:wellspring@udel.edu) for a confidential CHECK-UP for you or concerns about a friend.

[www.udel.edu/wellspring](http://www.udel.edu/wellspring) • 231 S. College Avenue

**FREE GIVEAWAYS WITH YOUR PARTICIPATION!**

## WELLSPRING RESOURCES

231 S. College Ave  
Newark, DE 19716

302-831-3457

[www.udel.edu/wellspring](http://www.udel.edu/wellspring)  
<http://www.udel.edu/wellspring/parents.html>

[wellspring@udel.edu](mailto:wellspring@udel.edu)



# INSTRUCTIONS ON USING A CLICKER

- Turn on: Use ON/OFF Button until blue light is on in the upper right hand corner.
- To vote: Select the answer you think is correct and select the corresponding letter: A-E
- Return at end of session. No one will be able to leave until every clicker is returned!



# 1. WHY ARE FRESHMAN MORE VULNERABLE TO HIGH-RISK DRINKING, SEXUAL ASSAULT, AND UNSAFE SEX?

- A. Limited family support
- B. Fewer trusted friends
- C. Experimenting with alcohol
- D. Experimenting with sexuality
- E. All of the above



# COLLEGE WOMEN AND SEXUAL ASSAULT

## ○ RED ZONE

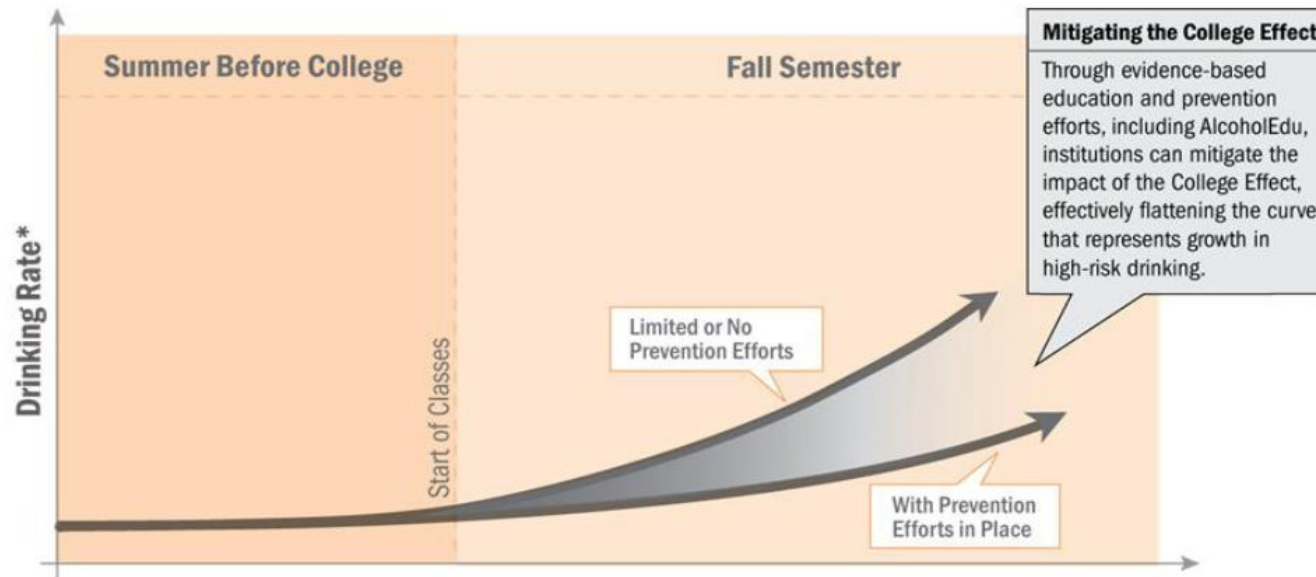
- Female first-year students are at the highest risk for sexual assault between the first day of school and Thanksgiving break.
- While sexual assaults can and do occur in any year of college, a 2008 Study ([Kimble, et. al.](#)) tested this belief and found that freshmen women *are* at higher risk for sexual assault than sophomore women, and the highest risk is early in the first semester.



# THE COLLEGE EFFECT

## Understanding The "College Effect"

Student drinking rates nationally follow a typical pattern: alcohol use generally rises the summer before a student enters college, and then increases substantially after arriving on campus. This phenomenon, known as the "College Effect," is represented by the conceptual graphic below.



\*Drinking rate is the proportion of students who have had more than a taste or sip of alcohol in the two weeks prior to the survey.

# PARENT'S INFLUENCE ON TEENS AND YOUNG ADULTS

## Alcohol:

- Research indicates that talking with your student about alcohol:
  - Reduces drinking and tendencies toward drunkenness,
  - Increases negative perceptions toward drinking activities,
  - Reduces approval of peer drinking,
  - And decreases drinking related consequences.

(Turrisi et al, 2001)

## Sex:

- Research indicates that parents are the most influential on teens decisions about sex.

The Parent Gap



# TIPS FOR TALKING WITH YOUR STUDENT

- Set clear and realistic expectations regarding academic performance.
- Stress to your child that excessive consumption of drugs and alcohol can be fatal.
- Encourage your child to intervene when friends are in trouble with alcohol or other drugs.
- Tell students to stand up for their right to a safe academic environment.
- Know what the scene is on campus so accurate information is used.
- Avoid tales of drinking exploits from your own college years.
- Encourage students to get involved.
- Make it clear that you do not condone breaking the law. Students will face consequences if laws are broken.



# PREVENTION EFFORTS AT UD

- AlcoholEdu
  - 2 hour interactive online education centered around the norms of drinking, signs of alcohol poisoning, reducing risks, sexual assault, and campus resources
  - Students must complete in the first 6 weeks of school. Parents are also able to take AlcoholEdu. A letter will be mailed in August with more information about log-in dates.
- National Collegiate Alcohol Awareness Week – 2<sup>nd</sup> week of October
- Sexual Assault Awareness Month - April
- National Speakers
- Peer Education Programs in Residence Halls
- Workshops with Greek Life and Athletes from professionals and peer educators
- First Year Experience -- Training the mentors in alcohol and sexuality education
- Resident Assistant (RA) Training
- Upcoming Efforts
  - Social Marketing Campaign
  - Environmental Approach



## 2. WHAT IS UD'S AMNESTY POLICY RELATING TO ALCOHOL?

- A. If a student is transported to the hospital for alcohol-related reasons, he will not get sanctioned by the Dean of Students for a violation of the Alcohol Policy.
- B. If you call 911 due to intoxication for yourself or someone else, the Office of Student Conduct may not pursue sanctions against you for a violation of the Alcohol Policy.
- C. UD does not yet have an Amnesty Policy.
- D. If you suffer from documented alcohol poisoning, you will not receive sanctions from the Dean of Students for violating the Alcohol Policy.



### 3. WHAT ACTIVITIES INTEREST YOUR SON OR DAUGHTER?

- A. Movie night
- B. Volunteering
- C. Sports
- D. Student government
- E. Video games



# CONTINUING TO BE INVOLVED ON CAMPUS

- Activities Night (1<sup>st</sup> week of school)- Sign up for Clubs and Over 300 Registered Student Organizations
- V8 (First Fridays)- Free activities on Friday evenings for social
- SCAPB- Student Committee Advisory Programming Board
- Club Sports and Intramurals- Over 25 teams!
- Hens Zone- Place on campus to play pool, video games, and more



<http://www.udel.edu/RSO/>

## 4. WHAT PERCENTAGE OF UD FRESHMAN DRINK?

A. 26%

B. 44%

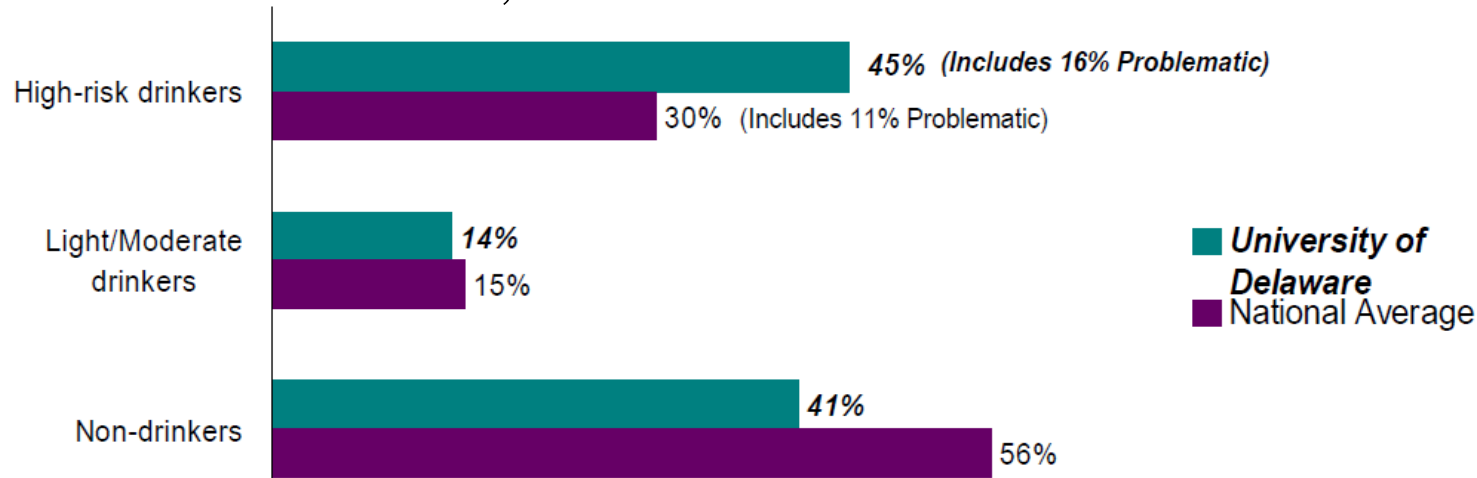
C. 59%

D. 78%



# UD FRESHMAN DRINKING RATES:

- From AlcoholEdu, Fall 2010



- Total Freshmen Drinkers = 59%

## WHAT IS BINGE/HIGH-RISK DRINKING?:

- Binge Drinking is:
  - 5 or more drinks on a single occasion for men.
  - 4 or more drinks on a single occasion for women.
- This amount of drinking within a 2 hours period is defined as binge drinking.



## 5. WHAT PERCENTAGE OF ALL UD STUDENTS DRINK?

A. 25%

B. 44%

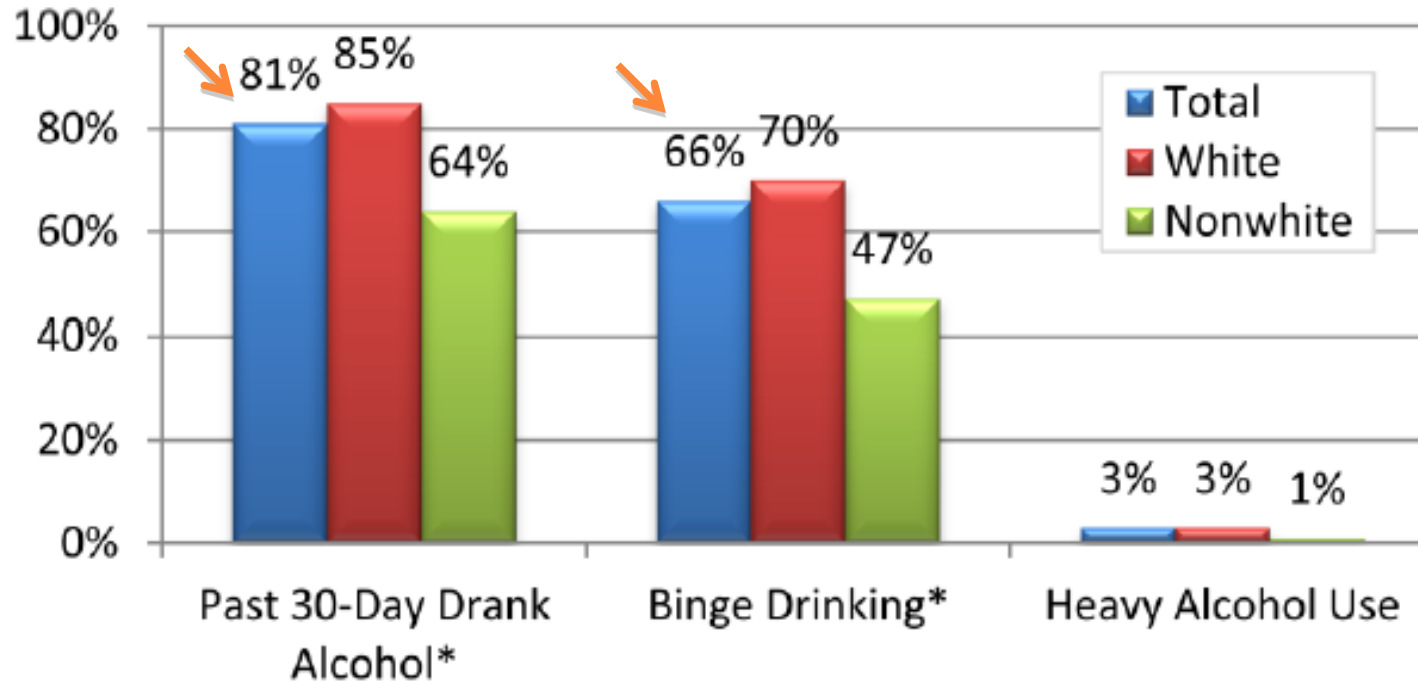
C. 81%

D. 96%



# UD DRINKING RATES

## Past Month Drinking Behaviors by Race/Ethnicity



**Non-Hispanic White students are more likely to drink or binge drink than other ethnicities.**

\* Race difference is significant at the .05 level

CRBS, 2010

(<http://www.udel.edu/cdas/Files/CRBS2010Report.pdf>)



## 6. ALCOHOL USE CAN HAVE AN IMPACT ON WHICH OF THE FOLLOWING AREAS?

A. GPA lower than a 3.0

B. Unprotected Sex

C. Missing Class/Performing Poorly

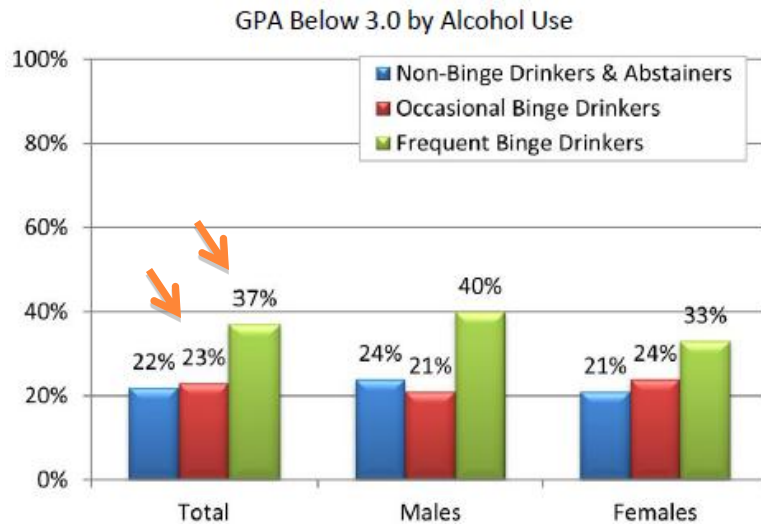
D. No impact



# ALCOHOL USE AND ACADEMIC CONSEQUENCES

All UD Students

UD Freshman

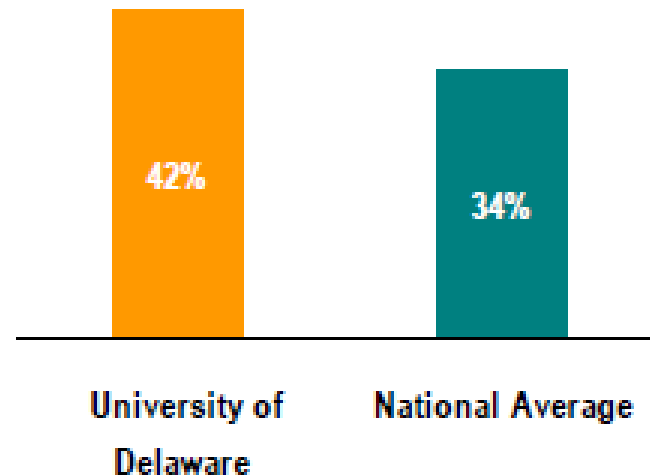


\* Difference is significant at the .05 level

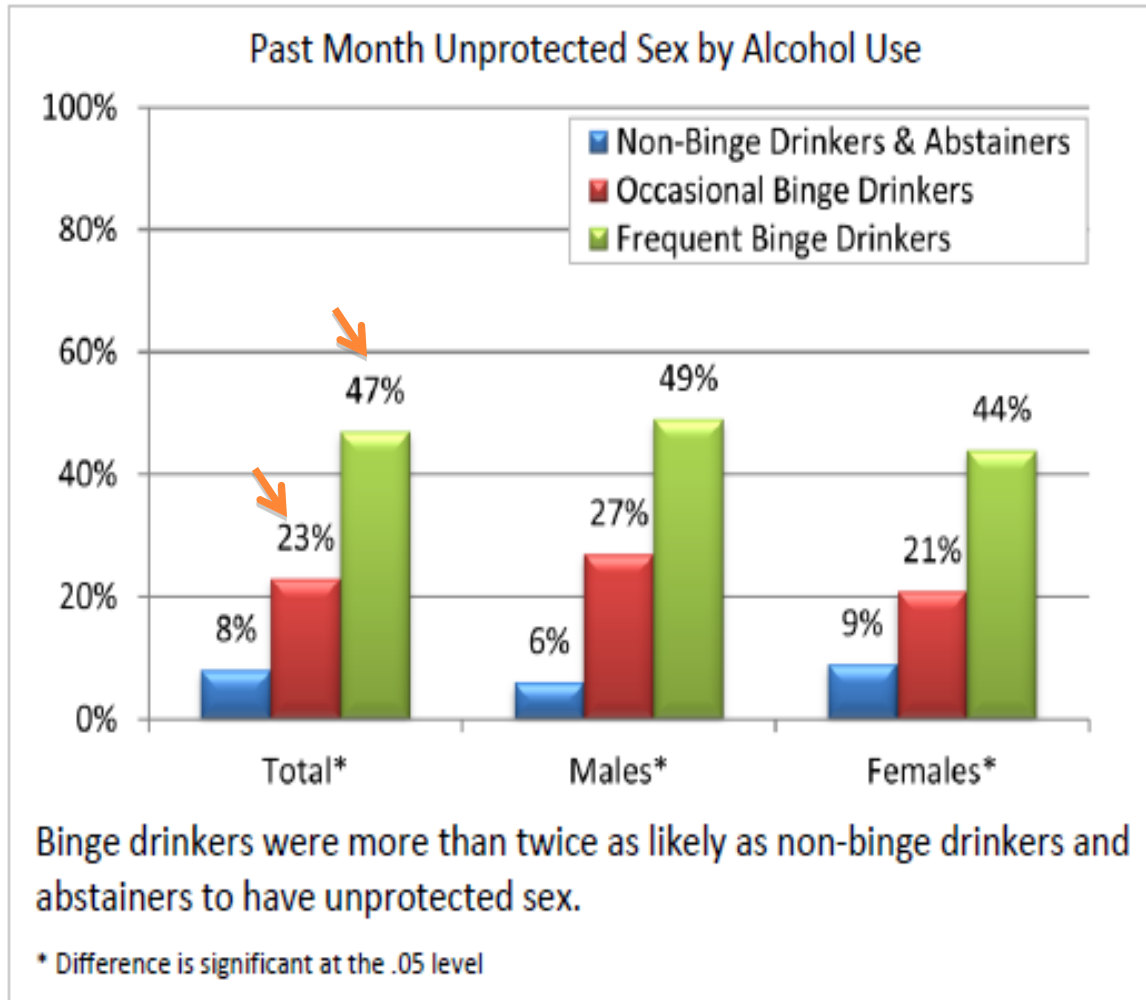
CRBS, 2010

(<http://www.udel.edu/cdas/Files/CRBS2010Report.pdf>)

Missed class, performed poorly on an assignment and/or got behind in school



# ALCOHOL USE AND UNPROTECTED SEX



# ALCOHOL USE AND SEXUAL ASSAULTS

- AlcoholEdu in Fall 2010
  - **18% of freshmen reported they had been “taken advantage of sexually” after drinking**, and 14% reported they “took advantage of someone sexually” after drinking.
- The College Risk Behavior Surveys (2008-2010) indicated that at UD:
  - Binge drinkers were 2 to 3 times *more likely* to experience sexual assault.
  - **7%** of the 850 students who completed the survey in 2010 reported having experienced a sexual assault in the past year. (<http://www.udel.edu/cdas/Files/CRBS2010Report.pdf>)
- Sexual assaults have been historically underreported. It is estimated that **25%** of college age women experience sexual assault.



## 7. WHAT ARE COMMON ALCOHOL VIOLATIONS?

- A. Underage Consumption
- B. Open Container
- C. Noise Violations
- D. Underage Entry to a Liquor Store



# ALCOHOL LAWS & CONSEQUENCES

## Common Alcohol Violations

- Underage Consumption
- Underage Possession
- Open Container
- Underage Entry to a Liquor Store
- Noise Violation
- Disorderly Conduct (stealing, public urination, etc.)

## Consequences

- Off Campus
    - Court Costs and Fines
    - Probation
    - Criminal Record
    - Loss of License
    - Imprisonment
  - On Campus
    - Alcohol Education Class (2hrs.)
    - Substance Abuse Assessment or Brief Intervention
    - Off Campus Counseling Referral
    - Letter to Parent
    - Disciplinary Probation
    - Deferred Suspension or Suspension
    - Fees
- 

VISIT THE PARENT PAGE!



Wellspring Student Wellness Program  
231 South College Ave.  
Newark, DE 19716  
302-831-3457



- Home
- Nutrition & Disordered Eating
- Drugs & Alcohol
- Sexuality
- Wellness

**Welcome to Wellspring!**

This is the launch of our new website, an effort to make access to our services and partners easier than ever before. Wellspring promotes students' behavioral and emotional wellness, and helps students evaluate options for maintaining healthy lifestyles, through prevention, intervention, support, and education.



**What can Wellspring do for you?**

**If you are PARENT of a University of Delaware Student, Wellspring can provide:**

- o Wellness Resources On & Off Campus
- o AlcoholEdu for Parents

Whether your student's wellness concern are newly developed or has been identified for some time, the professionals at Wellspring can help. We can also help parents understand the challenges students face and how to offer their support and input in the decisions that affect the health of students.

For more information, please contact Wellspring at 831-3457.

**Wellness Resources On and Off Campus**

| What do you need? | Where can you find it?<br>Who can help?   |
|-------------------|---|
|                   | On Campus:<br><br><b>Wellspring: Student Wellness Program</b><br>231 S. College Ave |

**Office Hours:**

**Monday - Friday  
8:00 am - 5:00 pm**

- Making an Appointment
- Internships
- Volunteers
- For Faculty & Staff
- For Parents
- Request a Program
- UD Events Calendar



**News**



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[wellspring@udel.edu](mailto:wellspring@udel.edu)

