

UK 101 ALCOHOL AND DRUG SESSION

Introduction (10 minutes max)

- I. Identify your audience (ask the UK 101 instructor to close his or her eyes)
 - a. Those who drink and those who do not
 - i. The purpose of this is for students to begin to feel more comfortable about having dialogue in class.
 - b. Communicate session is for awareness education and reduction of alcohol-related harms for those who choose to drink as well as those who do not choose to drink.

- II. Communicate UK's Substance Policy
 - a. Alcohol & Illegal Drugs
 - i. The possession, consumption, or being in the presence of alcohol is prohibited on University-owned property – even for those who are 21 years of age or older.
 - ii. The possession, use, or being in the presence of illegal drugs is prohibited.
 - iii. The distribution of any prescription pills (even for free) is considered drug trafficking and is considered a felony if done within 1000 feet of a campus.
 - b. Tobacco Policy
 - i. Use of tobacco products is not permitted on any University property, including grounds inside or out, parking areas and student housing
 - ii. Tobacco Treatment Resources
 1. University Health Services – Individual cessation counseling and group classes are available to help students be successful at quitting tobacco. They can explore options, including medications and behavior changes, and select the strategies that work for them. To obtain Nicotine Replacement Therapy patches and/or gum at no cost, email joanne.brown@uky.edu or Fadyia.lowe@uky.edu.
 2. UK Counseling Center – Various formats are offered to help with tobacco cessation, reducing tobacco use, and managed stress and cravings. Call (859)257-8710
 - c. Consequences of Possession
 - i. Low-level, first time alcohol policy violations - \$100 and completion of Coach (2-hour small group session held on Monday or Tuesday nights)
 - ii. Second-time alcohol policy violations or Higher-level violation - \$200 and completion of Prime (8-hour class held on Saturdays)
 - iii. Tobacco: Students who violate the policy will be reported to the Dean of Students. Students who violate the policy in student housing areas will

- be reported to the Office of Residence Life. Students who are repeat offenders of the tobacco policy may be suspended from the institution.
- iv. Drugs: First-time offenders will be mandated to attend a drug education session held on the same nights as the Coach alcohol sessions.

III. AlcoholEdu Completion Reminder (Part II Deadline- October 24th)

Class Discussion on Alcohol and Drugs: “Despite policies and laws, some students will drink or use drugs so here is some information to help keep you and those around you safe.”

(Before class: Go through the attached sheet and highlight the parts that you feel are most important for your class. It may help to poll your class on what they would like to learn more about. Some may not want to hear much about alcohol because they took AlcoholEdu before arriving to campus.)

- I. “Keep it Real” - identify the truth about drinking & ways to stay safe
 - a. Identify High-Risk Drinking vs. Low-Risk Drinking
 - b. Risk Reduction Tips
 - c. Alcohol Edu Findings
- II. “Take-home” points on alcohol
- III. Prescription meds
- IV. Predatory or “Date Rape” drug information
 - a. Describe the different types and ways to determine if they are being used.
- V. “Take-home” points on other drugs

Information and Fact Sheets on Alcohol

High Risk Drinking

- Dry Erase Board Exercise
- Write High-Risk Drinking on board; ask students to identify word(s) that they think describe it or attribute to it (e.g. alcohol poisoning, drinking games, pre-gaming, poor motor skills, sexual assaults, date rape, etc.).
- What turns “low-risk drinking” into “high-risk drinking”?
 - Define “high-risk” drinking as a class (come up with a definition that everyone thinks is suitable).

***Fact:** Prior to arrival on UK Campus- 25 % HIGH-RISK DRINKERS

Midway through Fall semester- 31 % HIGH-RISK DRINKERS

*Research shows a direct correlation between GPA and alcohol use.

Message: It is easy to get caught up in the party scene. Try your best not to lose focus!

Risk Reduction

Ask students how to stay safe and keep drinking low-risk.

Examples:

- Eat before you go out.
- Have a glass of water between each alcoholic beverage.
- Do not drink alcohol if you are unsure of the contents (HOOCH).
- Do not set your drink down or leave it unattended.
- Do not let anyone take your drink and refill it.
- Do not drink before going out to drink (pre-gaming).
- Know the signs and symptoms of **Alcohol Poisoning** (BAC CARDS)
- Never assume an extremely intoxicated individual can “sleep it off.”
- Drink how much your body can handle, not how much your friends tell you to
- Anything else the students say

Alcohol Edu Findings

- Midway through the first semester
 - 14% of freshman reported bring taken advantage of sexually
 - 11% took advantage of someone sexually
 - 18% rode with a driver who had been drinking
 - 39% blacked out

“Take-Home” points

- **Take control of your night** and enjoy it your own way.
- **Don’t force it**, some nights aren’t meant to be.
- If you **stick to your limits – not someone else’s**—the potential of the night is limitless.
- College students across the country are having awesome nights out, **without drinking to extreme** and so can you!

ADDITIONAL INTERACTIVE ALCOHOL EXERCISE:

Pros (advantages) and Cons (disadvantages) of drinking alcohol

Write Pros on one side of the white board and Cons on the other. Ask students to create a list for each side.

Example:

Pros

Have fun
Tastes good
Stress relief
Relaxing
Celebration
Makes you feel attractive/confident
Helps relieve social awkwardness

Cons

Hangover
DUI
Relationship problems
Sexual riskiness
STI's
Sexual Assaults/Rapes
Missing class/GPA
Fines/Education Classes
Embarrassment/Humiliation
Weight gain
Expensive

How to interpret the responses:

- Ask which side consists of mostly short-term outcomes? Students will reply with (PROS)
 - *Write short term*

- Ask which side consists of mostly long-term outcomes? Students will reply with (CONS)
 - *Write long term*

- Ask if the PROS column can be experienced with moderate drinking?
 - Most students will reply with yes.
 - *Write Moderate Drinking on the Pros side*

- Ask if students if you have to be drinking heavily/high-risk to experience a majority of the cons?
 - Most students will reply yes.
 - *Write Heavy/High-Risk Drinking on the Cons side*

Information and Fact Sheet on Drugs

ADHD Drugs (Ritalin & Adderall)

- Perceived safe because it's a RX
- Safe for people they are prescribed for with appropriate doses
- Illegal to buy or sell (trafficking)- Fine and/or jail time
- Addictive
- Works for ADHD patients but does not work effectively or correctly on those not diagnosed

Predatory or “Date Rape” Drugs (e.g., Rohypnol, Ketamine, & GHB)

- Ask students to name the three date rape drugs (no such thing as “Rufalyn”!!)
- Inform them that although these are called “date rape” drugs, alcohol contributes to a far greater number of sexual assaults and rapes of college students than drugs – 97,000 reported cases per year.
- GHB
 - Clear, odorless, nearly tasteless (salty)
 - Used on college campuses for date rape (used at UK)
 - Easily slipped into drinks without detection
 - Victim becomes sleepy, lethargic, and disoriented, and less likely to resist or ward off unwanted advances
 - Powder form/capsule
 - Effects begin in 5 to 20 minutes
 - Hard to detect in ERs and treatment centers
 - Depressant/anesthetic
 - Can cause vomiting, seizures, respiratory depression, and coma
 - Deadly if and when combined with alcohol
- Ketamine (“Special K”, “K”, “Kit Kat”)
 - Often used to sedate animals (veterinary purposes) & humans
 - Used as a date rape drug on college campuses
 - Colorless, odorless liquid or as a white or off-white powder
 - Paralyzes the body, too much and you can't move
 - Causes disassociation, disorientation, hallucinations, sensory illusions, amnesia, depression, high blood pressure, and fatal respiratory problems
- Rohypnol (Roofies, ropes, roches)
 - Marketed outside of U.S. as a sleeping pill
 - Many time more potent than Valium (anxiety medicine)
 - Causes profound amnesia , lowered inhibitions and muscle relaxation

- Decreased ability to resist sexual assault
- Last 16-35 hours

Party Drugs

- Ecstasy/MDMA (“X”, “Xray”, “Lovebug”, “Hug Drug”)
 - Illegal since 1985
 - Produces feelings of euphoria
 - Depletes serotonin (feel good chemical). The brain permanently stops making it (clinically depressed)
 - Causes people to be very emotional (very happy or very sad)
 - Inhibits sweating/extreme dehydration
 - Reduced sexual functioning & extreme jaw clenching
 - Often contains other unknown ingredients (heroin, PCP, methamphetamine, caffeine)

“Take-Home” points

- MOST chemical-related sexual assaults are perpetrated by using large amounts of alcohol!
- Watch your drinks; be aware that drinks such as HOOCH have potential for unknown contents!
- Any drug you put in your body that is not prescribed for you is harmful!

Prescription Pills/Pharm Parties

- Illegal if not prescribed for you; illegal to sell your prescription pills (FELONY-trafficking)
- Can have negative short- and long-term health consequences.
- Stimulant abuse can cause paranoia, dangerously high body temperatures, and an irregular heartbeat
- Opioids abuse can cause drowsiness, nausea, constipation, and, depending on the amount taken, slowed breathing.
- Abusing depressants can cause slurred speech, shallow breathing, fatigue, disorientation, lack of coordination, and seizures
- Abuse of any of these substances may result in physical dependence or addiction.
- Abusing over-the-counter drugs that contain DXM—which usually involves taking doses much higher than recommended for treating coughs and colds—can impair motor function, produce numbness, nausea, and vomiting; and increase heart rate and blood pressure.