

Alcohol Basics & Behaviors

Description

This lesson is intended to provide basic alcohol information to new Aggies so they can stay healthy during their time in Aggieland. Students will be equipped with necessary knowledge and skills about alcohol, alcohol poisoning, and how to take care of intoxicated individuals through a PowerPoint lecture and interactive Zoom activities.

Learning Outcomes

By the end of this lesson, students will:

- Understand motivations and campus norms around alcohol
- Identify how to take care of an intoxicated individual
- Identify signs of alcohol poisoning
- Formulate at least one healthy decision they can make around alcohol use
- Identify campus resources related to alcohol safety and education

Connection to Intended Course Outcomes/Class Objectives

- Self-efficacy: Students need necessary knowledge to be able to enhance their own self-belief in making healthy alcohol use decisions. Providing students the opportunity to self-reflect and identify one healthy decision they can make around alcohol use will enhance their self-efficacy toward healthy decisions around alcohol.
- Self-awareness: Not everyone has the same perspectives and experiences when it comes to alcohol. Students must be aware of the cultural norms around alcohol so they can evaluate their own misconceptions around drinking in college.
- Sense of purpose: It is important for individuals to learn how to identify signs of alcohol poisoning and how to take care of an intoxicated individual. As students interact within their communities, it is important they have a sense of belonging to respond should they experience these types of situations.
- Actively engaged: Students can engage within their social groups, families, and campus communities by responding to individuals who are intoxicated and potentially saving someone's life from alcohol poisoning.
- Socially integrated: Tailoring the motivations and cultural norms existing at Texas A&M connects students to the content. Students also will be able to use the knowledge and skills learned in this curriculum with someone they know within their social groups.

Preparation

- Option A (Classroom Delivery)
 - Review the Alcohol Basics and Behaviors Lesson Plan and PowerPoint
- Option B (Virtual)
 - Review the Alcohol Basics and Behaviors Lesson Plan and PowerPoint
 - Know how to utilize Zoom Polls and Zoom Breakout Rooms
- Direct any questions regarding this lesson plan to [Health Promotion](#)



Materials

- Option A (Classroom Delivery)
 - Alcohol Basics and Behaviors Lesson Plan
 - Alcohol Basics and Behaviors PowerPoint
- Option B (Virtual)
 - Zoom
 - Polling feature
 - Breakout Rooms feature
 - Alcohol Basics and Behaviors Lesson Plan
 - Alcohol Basics and Behaviors PowerPoint

Facilitators and Peer Mentors

Most Aggie freshmen are too young to consume alcohol therefore it is important as university faculty, staff, and peer mentors do not condone underage drinking. It is important to teach students healthy life skills to utilize should they decide to drink when they are legally of age AND if they ever have to take care of their friends who consume alcohol. Ultimately we want freshmen to have a fun, safe, healthy, and legal undergraduate experience.

Instruction Overview

Description	Time
Introduction	2 minutes
Norms Correction	10 minutes
Caring for Intoxicated Individuals	10 minutes
Alcohol Poisoning	10 minutes
Healthy Decision Making	10 minutes
Campus Resources	5 minutes

Facilitator Instructions

- Text in regular font are talking points and should be read out loud to students.
- Text in *italics* are notes for the instructor and should NOT be read out loud to students.
- Text in **bold** are questions for debrief or reflection and should be read out loud to students to encourage group discussion or sharing of ideas



Prior to Class	
	<p><i>Instructor selects the delivery method for class</i></p> <ul style="list-style-type: none"> • <i>Option A - In Class Implementation</i> • <i>Option B - Virtual Implementation</i> <ul style="list-style-type: none"> ○ Prepare poll on Zoom for slide 4 <ul style="list-style-type: none"> ▪ Within the last thirty days, how often do you think the typical student at Texas A&M used alcohol (beer, wine, liquor)? <ul style="list-style-type: none"> ▪ A. 1-10 days ▪ B. 11-20 days ▪ C. 21-30 days ▪ D. Every day
Introduction	
2 min	<p><i>Slide 1</i></p> <p>Today we are going to be talking about alcohol as a health topic. I want to start by acknowledging that this can be a topic with a lot of stigma behind it, particularly when talking about college students. But as Texas A&M students it is really important that you all are knowledgeable about your well-being.</p> <p>As a reminder, the drinking age in Texas is 21 and if you are under the age, you should not be drinking at all by both the law and Texas A&M policy. It is crucial to have healthy life skills should you decide to drink when you are legally of age AND/OR so you know how to take care of any friends who consume alcohol.</p> <p>The goal is for you to have a fun, safe, healthy, and legal undergraduate experience.</p> <p><i>Slide 2</i></p> <p>One of the issues that can affect the academic and personal development of college students is alcohol and their relationship with it. So, we're going to go over a lot of good information about risky drinking, but I want to be sure you walk away with at least three things to be able to look out for yourself and those around you better.</p> <p>First – we want you to understand why some students choose to drink and how peers and social norms can influence alcohol-related behaviors. Second – how to help keep others safe if they do choose to drink. Third – what resources you have access to help in a situation where you or a friend could have an unhealthy relationship with alcohol.</p>



Norms Correction

10 min

Slide 3

So let's start by discussing some reasons students may choose to drink in the first place.

Show of hands, how many people have ever seen college or even high school drinking depicted in a movie?

Allow students to raise hands.

According to the social learning theory, our behavior is learned from our environment. We tend to imitate the actions of influential people in our lives, such as family, friends, teachers, and characters in TV shows, movies, or ads. There are plenty of famous movie examples that depict heavy drinking and partying in college, and that can lead to student expectancies of what college "should" look like before they even get here.

Slide 4

So, I want to know what your perceptions are of alcohol use on our campus.

Read the question aloud.

Within the last thirty days, how often do you think the typical student at Texas A&M used alcohol (beer, wine, liquor)?

Option A: So, show of hands - how many think it was 1 – 10 days in the past month? *Allow students to raise hands.* Ok, 10 – 20 days in the past month? *Allow students to raise hands.* Ok, how many think it was 20 – 30 days in the last month? *Allow students to raise hands.* Does anybody think it was every day? *Allow students to raise hands.*

Option B: *Display poll on Zoom.* So a poll should be showing on your screen and I want you to select if you think it is 1-1- days, 11-20 days, 21-30 days, or every day.

Allow students time to answer the poll. Wait until the majority or all students have answered before moving on.

So it seems the perceptions of alcohol use at Texas A&M are _____ (*Fill in blank with what students thought the answer was.*)

We have actual data on how A&M students answered this question.



Slide 5

Every few years Texas A&M participates in the American College Health Association's (ACHA) National College Health Assessment. It is a huge assessment where students are asked questions about their health behaviors and perceptions. Here is what the responses were when students were asked this same question.

Click next on PowerPoint for transition.

The numbers at the top of each bar are percentages. Students assumed that most other students are drinking 1/3 to 2/3's of the month. But they are also asked another interesting question . . .

Click next on PowerPoint for transition.

Within the last 30 days, on how many days did YOU drink alcohol (beer, wine, and liquor)? So, students were asked what their actual behavior is, and when looking at the results for this and look at them side-by-side, an interesting picture emerges...

Click next on PowerPoint for transition.

From the results we see that most students are actually either not drinking or are drinking for fewer than 10 days per month. This isn't just at Texas A&M –this trend is nationwide – students **think** that others are drinking much more than they actually are. That being said, you might be looking at this critically and thinking, "Okay, maybe students are not drinking every day, but maybe on the days that they are drinking, they are drinking a lot. Maybe that's where the stereotype comes from." And students were actually asked a question to investigate that as well!

Slide 6

Students were asked about their perception of how many drinks they thought the typical student had the last time they "partied", and then we asked students about their own habits the last time they "partied".

Students assumed that most other students were drinking 3-6 drinks when they partied or socialized. But then students were asked about their own habits the last time they "partied", and the results portray the same trend as before.

Students assume others are drinking more than they actually are. This is so crucial to be aware of because incorrect perceptions of how much others drink can affect how much we think we should drink.



Slide 7

Another strong factor for unhealthy alcohol use is the need to drink to help cope with something difficult in one's life. We have actual data that portrays Aggies experience this struggle.

In the ACHA National College Health Assessment, students are asked "Within the last 12 months, have any of the following affected your academic performance?" and students select all that apply from a list of negative health and life events. From this list, the results display the top three components that affect students' academic performance are mental health causes:

Click next on PowerPoint to display the top three results.

Stress, anxiety, and depression. This is worrisome because we know that the rates of these occurring in college students are high and some students will drink to deal with these things instead of seeking help.

Slide 8

Based on this data, we analyzed why students choose to drink and saw this huge problem with peer pressure, how students use alcohol to cope, and their belief that others are drinking more than they actually are. These false perceptions can lead students to drinking more than they want to results in binge drinking. What comes to mind when I use that term? Can anyone think of some examples?

Give students some time to provide examples.

Possible responses:

- *Drinking a lot in a short amount of time*
- *Taking lots of shots*
- *Ring dunk*
- *Funneling beers*
- *Playing drinking games*

Slide 9

The official definition for binge drinking is a pattern of drinking that brings the blood alcohol concentration level or BAC to .08 within two hours. These charts show BAC levels after two hours of drinking based on someone's weight and how many drinks they've had. All the dark yellow, orange, and red boxes have a BAC that is over the legal limit or very close to it. As you can see, for most women and men, drinking to that 4 or 5 drink mark within two hours will put them at a high BAC. Binge drinking over time can put someone at a higher risk for developing a tolerance to alcohol.



Slide 10
 Having a tolerance means your body has adjusted the way it reacts to alcohol. Your body needs to drink more than usual in order to achieve a “buzzed” feeling, and typically that buzz doesn’t feel as good as it used to. When you have a tolerance, any negative moods or feelings caused by overconsumption of alcohol tend to be a lot stronger.

We live in a society where we’re impressed by people who have a high tolerance. But, if the whole point of drinking is to feel good, avoid feeling bad, and not spend a lot of money to do it, then it’s really hard to do that when you have a tolerance. With a tolerance, you spend more money on more drinks to feel kind of good, and when you feel bad, you feel even worse than you did before. It’s not an ideal situation.

It is important to know that your BAC level does not change with when your tolerance increases. Just because you feel fine after 3 beers, does not mean you are good to drive! It is still dangerous and you are just as likely to get into an accident. Police officers do not account for your tolerance when testing your BAC level. You will still get a charge for driving under the influence or while intoxicated.

If you have a tolerance, the best way to lower it is to abstain from alcohol for 30 to 60 days, or gradually decrease the amount of alcohol you are consuming.

Slide 11
 Now that we’ve talked about what binge drinking looks like and some of the motivations behind why students might binge drink, we’re going to move on and talk about how we can help take care of our fellow Aggies when it comes to alcohol.

Caring for Intoxicated Individuals

10 min *Slide 12*
 On this slide are all things that you would either DO or NOT DO for an intoxicated friend. I’m going to state each one, and then I want to see your opinion.

Option A: If you think it is something you should DO, put your hand in the air with a thumbs up. If you think it is something you DON’T do, put your hand in the air with a thumbs down.

Option B: Open the participant panel and locate the thumbs up/thumbs down actions. If you think it is something you should DO, click thumbs. If you think it is something you DO NOT DO, click thumbs down in the participant panel.



First-up, 'Let them exercise', show of thumbs for DO or for DON'T?

Allow majority of students to show their opinion.

Click Next on PowerPoint for transition

It is a DON'T! Can anyone explain why we should not let an intoxicated friend exercise?

Collect Answers, debrief any answers.

Some people think that exercise will "sober you up" more quickly, but time is the only thing that sobers you up. Exercising can just be dangerous for someone who is intoxicated.

Next up - Induce Vomiting - thumbs up or thumbs down for this one

Allow majority of students to show their opinion.

Click Next on PowerPoint for transition

It is a DON'T! Only 20% of the alcohol you drink is absorbed in the stomach. The other 80% is absorbed in the small intestine, so vomiting does not make a significant difference to someone's who's already intoxicated. Keep in mind the only thing that will sober someone up is time. Also, forced vomiting can be dangerous. When you naturally vomit, your throat secretes a lining that protects it from stomach acids. When you force yourself to vomit, this doesn't happen, and you risk damage to your throat.

Ok show of thumbs for Bacchus maneuver - also known as the recovery position.

Many times students will state that they don't know what that is. If that happens, ask if anyone in the class can provide a definition for the Bacchus maneuver or the recovery position. If everyone is still clueless, go ahead and click the clicker to show the answer and de-brief.

Allow majority of students to show their opinion.

Click Next on PowerPoint for transition

This is a DO! Who's heard of the "Bacchus maneuver" or the "recovery position"? Yes, you can see it on the slide – it's a position you can place people in so that they stay on their side and if they vomit, it falls to the floor and they don't choke on it. Notice that the person in the image is lying on their side, with their hand underneath



their chin and their leg hooked over for support. If you forget this image you can always google “Bacchus Maneuver” or “Recovery Position” and images will come up. Note: if your friend is going to sleep and you put them in this position, continue to check-in on their well-being throughout the evening, in case they reach the level of alcohol poisoning in their sleep.

Ok next one, what do we think of keeping them warm? Thumbs up or down?

Allow majority of students to show their opinion.

Click Next on PowerPoint for transition

This is a DO! Alcohol actually reduces your core body temperature. It causes your blood vessels to dilate and blood to move to the surface of your skin. You will feel warm but your body actually starts to get cooler because heat is being drawn away from it toward the surface. So make sure your friend has a blanket or jacket and isn't in a cold area.

What do we think of taking a cold shower?

Allow majority of students to show their opinion.

Click Next on PowerPoint for transition

It is a DON'T! Again, people think this might “sober up” their friend, but it's just decreasing their body temperature more and putting them at risk to shock or hypothermia. Safety is also an issue here. The bathroom is the most dangerous room in the house even for sober people! An intoxicated person could easily injure themselves. Also, if you undress your friend to any extent before putting them in the shower, they could have blurry memories of it later, and that could lead to accusations. You do not want to even risk that. If someone vomited on themselves, that's unfortunate, but it won't ruin your friendship. Wipe them with paper towels and let time sober them up. Don't risk anything by putting them in the shower.

The next one is stay with them - what do we think?

Allow majority of students to show their opinion.

Click Next on PowerPoint for transition

It is a DO! Why would it be important to stay with your intoxicated friend?

Collect answers



Ultimately staying with your friend will help ensure that they are not a danger to themselves or another person.

Next one thumbs up or down for reassure them?

Allow majority of students to show their opinion.

Click Next on PowerPoint for transition

This is a DO! Alcohol can affect people's emotions, and this is a person you have to stick with and monitor. Make it easy on both of you – reassure that person and keep them calm.

Thumbs up or down for give them aspirin, food, or coffee?

Allow majority of students to show their opinion.

Click Next on PowerPoint for transition

This is a DON'T! Aspirin can seriously overwork your liver and cause liver damage if you take it after drinking. Pain-killers are always good to take the day after, and possibly longer than that, depending on how much you drank, how late you got home, and how much you slept. It is important to make sure enough time has passed and the alcohol is all broken down before taking aspirin.

You can give your friend food if they are really hungry, but make sure they take small bites and are not wolfing food down. The reason for this is that when you're drunk, your swallowing mechanism doesn't work as well, so it's possible to choke more easily. Definitely don't try to force someone to eat.

Also coffee does not make you more sober, it makes you more awake. Having a very animated intoxicated person to take of will likely be challenging.

What do we think about giving a friend water?

Allow majority of students to show their opinion.

Click Next on PowerPoint for transition

This is a DO! Dehydration is one of the main factors of hangovers. Alcohol dehydrates the body, so giving someone water could help prevent a hangover the next day.

Last one - thumbs up or down for let them drive?



*Allow majority of students to show their opinion.
Click Next on PowerPoint for transition*

Never never let an intoxicated friend drive, take their keys away.

So we just went over the things you should and should not do when taking care of someone. Now let's discuss what we should be looking for when around others who are drinking.

Alcohol Poisoning

10 min *Slide 13*

Now, most times, people who become drunk will be okay after the alcohol has been broken down, but sometimes people drink far too much, and it becomes alcohol poisoning.

Alcohol poisoning happens when someone drinks so much that the alcohol starts to inhibit the brain's ability to control basic functions like breathing. It's important to be able to recognize alcohol poisoning so you can call emergency medical services as quickly as possible.

Slide 14

We are going to go over all the signs in detail so you know what to look for. As we go through them, notice that many of them result from the inhibition of basic brain functions – like control of breathing, temperature regulation, and consciousness.

Click Next on PowerPoint for transition

Unconscious or Passed out and cannot be woken up: Intoxicated people might fall asleep but if someone loses consciousness and can't be woken up, that's a red flag. An easy way to tell if someone is unconscious instead of asleep is to pinch their inner arm or rub their breastbone very hard with your knuckles.

Click Next on PowerPoint for transition

Slow or irregular breathing: The brainstem controls breathing, and once alcohol starts affecting it, a person is unable to inhale and exhale at a normal pace. Eight breaths or less per minute is a sign that someone's not breathing enough.

Click Next on PowerPoint for transition



Cold, clammy, or bluish skin: Since fewer breaths are occurring a lack of oxygen reaches peripheral body parts causing the skin starts to appear blue. Blue skin is a sign of severe alcohol poisoning, so do not wait to see this sign before assuming alcohol poisoning is taking place.

Click Next on PowerPoint for transition

Difficulty standing or walking: A drunk person will be unsteady, but someone with alcohol poisoning could be crumpling to the ground and need people to help them stand up.

Click Next on PowerPoint for transition

Vomiting while unconscious: This is very dangerous because it carries the risk of someone choking to death on their own vomit. Always put an intoxicated person in the Bacchus Maneuver (the recovery position) so that if they do start vomiting without waking up, they have a clear airway.

Click Next on PowerPoint for transition

To put an intoxicated person in the Bacchus Maneuver position, raise the arm closest to you above the individual's head. Roll their body forward towards you while protecting their head. Lay their head in front of their arm, not on it while tilting their head up to maintain an open airway. Tuck their other hand under their cheek to help hold their head up. Be sure to stay with this person or check on them often!

Click Next on PowerPoint for transition

Poor awareness of surroundings: People should always be able to tell you where they are, who they are, and what they are doing. If you ask someone those questions, and they give you weird answers, you might think they are just drunk or trying to be funny. However, they might actually have alcohol poisoning.

Click Next on PowerPoint for transition

This list of symptoms is not a checklist! Seeing even one of these signs is enough reason to call 911. You are not being a buzzkill; you're not being paranoid – calling 911 when you see a sign is the recommended thing to do.



	<p>If you want to help but are worried about yourself or other people getting into trouble because you are not 21, be aware that Texas has a medical amnesty law. This law gives medical amnesty to people younger than 21 who report alcohol-related emergencies. As long as you're the first person to call, you stay to help first responders, and you're cooperative, you won't be charged with any class c misdemeanors.</p> <p><i>Slide 15</i></p> <p>It's important that you educate yourselves on the alcohol policies at Texas A&M University. While there are community laws for alcohol violations there are also campus laws you need to be aware of. Any violation of these policies on campus could result in student conduct sanctions. A sanction is a type of campus penalty. Failure to comply with a sanction on time could result in even further disciplinary action. There are also policies on alcohol use that affect the student organizations you may be a part of. You and your student group could be held accountable for these violations.</p> <p>For more information, call the Student Conduct Services at 979.847.7272.</p>
--	--

Healthy Decision Making

<p>10 min</p>	<p><i>Slide 16</i></p> <p>So now that we have spent some time learning about alcohol, let's take a moment to reflect with a partner. I would like you to take some time to talk about what are some healthy decisions you could realistically make around alcohol? What are some ways you can make sure you are taking care of yourself in regard to alcohol? If you do not intend to drink, that's ok! Think of ways you could take care of an intoxicated friend.</p> <p><i>Option A:</i> Find a partner and reflect about this prompt together for a few minutes, and then we will share back.</p> <p><i>Option B:</i> I will send you all into breakout rooms and you will have a few minutes to reflect the prompt together and then we will share in large group. <i>Break students into small groups of 3-4 in breakout rooms.</i></p> <p><i>Allow three - four minutes.</i></p> <p><i>Option A: Get everyone's attention to have large group debrief.</i></p> <p><i>Option B: End the breakout rooms and bring students back to the large group.</i></p>
----------------------	--



Can a few volunteers share what their small group discussed?

Possible responses:

- *Limit drinks: That's a great idea, now can anyone tell me if someone wants to limit their drinks, how could they could go about doing that? [De-brief as needed as students come up with answers.]*
- *Counting their drinks*
- *Alternating drinking water between alcoholic beverages*
- *Taking a limited amount of cash only to the bar and once their cash is gone, they can't purchase anymore alcohol.*
- *Establish a maximum drink number prior to going out.*
- *Have a buddy help hold them accountable.*
- *Dilute their drinks with ice.*
- *Find a sober ride home: Finding a sober ride home is great, just make sure you establish how you are getting home before you leave, not after. It can be hard for intoxicated people to make great judgement calls on how to get home safely.*
- *Drink water.*
- *Eat before drinking.*
- *Offer to be the designated driver.*
- *Take care of a friend if they are intoxicated.*
- *Choose not to drink: know that is an also an option! As we talked about with graphs earlier, there is a sizable chunk of the TAMU student body who choose not to drink.*

Those are all great ideas, thank you for sharing!

Slide 17

There are times when you may need to make the decision that right now may not be the best time to consume alcohol.

What could be some situations where it's best to avoid alcohol altogether?

*Collect answers and de-brief as students bring up answers
Click Next on PowerPoint for transition*

- Medication: There are certain types of medication that do not mix well with alcohol. For example, some antibiotics when mixed with alcohol can lead to nausea and vomiting. Always, always check with your doctor or pharmacist



when it comes to medication and alcohol, even if it is something over the counter.

- Medical conditions or are feeling sick: Keep in mind that alcohol dehydrates the body, which could prolong any symptoms you are experiencing.
- Other priorities (test, organization meeting, family time): Likely you came to Texas A&M to earn a degree for a reason: maybe it's because you come from a family of Aggies, or maybe you are the first ever in your family to go to college and want to start an Aggie legacy. As you continue your Aggie journey, keep your priorities in mind and have a healthy consideration on how alcohol may impact them.
- Pregnancy: It is important to never drink while pregnant, as alcohol can harm the fetus
- While operating a vehicle: Even if you have as little as 1 to 2 drinks, your chances of getting in a single-vehicle crash rise by 1.4x.
- Struggling with mental well-being: Sometimes when people are struggling emotionally or mentally, they use alcohol or other drugs to help. An example of this could be a student feels extremely anxious about a test, so they drink to cope with their anxiety. The problem is whatever problem they had before using the alcohol or drug will still exist whenever they are sober again, so it doesn't resolve the root issue. If the behavior continues or becomes a pattern, it could lead to the person developing a substance use disorder. Some ways someone could take care of their mental or emotional health, without using alcohol or others drugs are exercise, talking to someone, visiting Counseling and Psychological Services, seeking out tutoring services, practicing a relaxing activity.
- You just do not want to drink: Maybe you just do not want to drink and that is ok. Given though that peer pressure is real, let's debrief: what are some ways a person could say no if they are getting peer-pressured to drink, and they aren't feeling it?
 - *Sometimes students will say "well they could just say no". Mention that sometimes people don't feel comfortable saying no, or no may not be enough particularly in high-pressure situations. Ask if the students can brainstorm some "excuses" a person could use, if they did not feel comfortable saying no.*
 - I'm sick/I'm on medication.
 - I have a test tomorrow.
 - My parents are coming to town.
 - I am the DD.
 - I don't drink.
 - No, I'm not drinking tonight.



It is ok to not want to drink and hopefully no is enough for your friends but I hope these excuses help if not. the last reason to avoid alcohol is

- If you're underage: The drinking age is 21 and it is important to know that you are held to that expectation both by Texas A&M and by the state of Texas.

Campus Resources

5 min

Slide 18

To wrap-up, we're going to cover some campus resources you or someone you know could utilize to discuss alcohol and other drug related address questions, concerns, or get more information.

Counseling and Psychological Services also known as CAPS provides support for students who are reassessing their use of alcohol and/or other drugs. Services include providing assessments to learn more about your use and its impact on your life, building and maintaining motivation, learning to set personal goals, gaining strategies for leading a more balanced and satisfying life, and making choices that are right for you. CAPS can provide useful information about the nature of addiction and understanding the potential impact of alcohol and other drugs widely used by college students.

Another resource is Student Health Services who offer Behavioral Health Care and medical staff to provide short-term counseling services. The Student Health Services Behavioral Health Care providers are licensed mental health professionals who have a wide variety of experience providing mental health care within a University setting.

The last campus resource is Student Assistance Services provides students with guidance, resources, and support to address a variety of personal and academic matters. Common services Student Assistance Services provides are: referrals/resource connections, concerning behavior follow-up, student welfare checks, student absence notification, Silver Taps/student death, assistance in coordinating family needs, and more.

Slide 19

If you have any questions regarding today's lesson, want to schedule a 1:1 to learn more about interpersonal violence prevention, or want to become more involved in prevention on campus, the Health Promotion office would love to hear from you!! Please feel free to take a picture of their contact information.



Submit Your Feedback

Please take two minutes to complete this survey, and provide us with feedback regarding your facilitation of the Alcohol Basics and Behaviors curriculum as well as your perception of participants' learning the content by completing this survey: tx.ag/HU2024AlcoholQualtrics



Your responses will help Health Promotion improve future programming and curriculum.

