

MODULE:

Focus Area: Alcohol

Objectives:

- Participants will become more knowledgeable about alcohol statistics and how alcohol affects the body.
 - Participants will understand their risk related to alcohol.
 - Participants will become more knowledgeable about specific ways to reduce alcohol related risks.
 - Participants will learn about alcohol resources available to them.
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Materials Needed: Flipchart/Markers

Handouts:

- True/False Quiz
- Who Killed Jane Doe?
- Alcohol Websites Handout
- Alcohol Assistance Resources Handout

Time Needed: 60-80 minutes

Group Size: Entire chapter or a population of the chapter (example: new members)

Physical Settings: Chapter room or classroom

Facilitator Tips: Information in *italics* is not to be read; however, the intent is to help the facilitator with the activities. The information not in italics can be read directly from the page or paraphrased by the presenter.

Facilitator Options: This module is divided into four sections (Introduction, Alcohol Quiz, Who Killed Jane Doe?, and Reducing Risks). You can do all four sections as a complete module or individual modules based on the educational needs of the chapter.

Introduction: Pro/Cons of Drinking and Alcohol Statistics
minutes – 10 minutes

Activity (main content): Alcohol Quiz
minutes – 20 minutes

Activity (main content): Who Killed Jane Doe?
minutes – 20 minutes

Activity (main content): Reducing Risks Related to Alcohol
minutes – 20 minutes

Resources:

AlcoholEdu: Alcohol Assistance Resources

Facts on Tap: <http://www.factsontap.org/default.html>

Miller, E., Kilmer, J.R., Kim, E.L., Weingardt, K.R., & Marlatt, G.A. (2001). Alcohol skills training for college students. In P.M. Monti, S.M. Colby, & T.A. O'Leary (Eds.) Adolescents, Alcohol and Substance Abuse: Reaching Teens through Brief Intervention (pp. 183-215). New York: Guilford Press.

Pi Kappa Phi: "The Choice Is Yours" discussion questions

Triangle Fraternity: Who Killed Jane Doe?

INTRODUCTION

Ask participants the questions below. You can record the answers on a flip chart. The intent in asking these questions is to generate discussion and view the pro/cons of drinking.

- What kinds of positive things do you associate with drinking? How do your feelings about yourself change when you drink?
- What are some less desirable things that can happen when you drink? Have you said or done things when drinking that you would not have done under different circumstances?

Contrary to what you've probably heard about college, you don't have to get liquored up every night in order to have a memorable experience. In fact, one in five college students doesn't drink at all. Besides, you'll have many more memories of your years of higher education if drinking isn't a central part of it. So don't let college folklore influence you to be under the influence.

- Here are a few sobering statistics on how drinking too much, too often can put a serious damper on your dreams of achieving academic glory--or even your dreams of just graduating:
- According to the Core Institute, an organization that surveys college drinking practices, 300,000 of today's college students will eventually die of alcohol-related causes such as drunk driving accidents, cirrhosis of the liver, various cancers and heart disease.
- 159,000 of today's first- year college students will drop out of school next year for alcohol- or other drug-related reasons. The average student spends about \$900 on alcohol each year. Do you want to know how much cash the average student drops on his or her books? About \$450.
- Almost one-third of college students admit to having missed at least one class because of their alcohol or drug use, and nearly one-quarter of students report bombing a test or project because of the aftereffects of drinking or doing drugs.
- One night of heavy drinking can impair your ability to think abstractly for up to 30 days, limiting your ability to relate textbook reading to what your professor says, or to think through a football play.

ALCOHOL QUIZ

Distribute quiz and give participants 5 minutes to answer the questions.

Let's see how much each of you know about alcohol and how it affects your body.

Take this TRUE OR FALSE test to find out how much you really know about what drinking does to your body.

1. Alcohol is toxic to the human body.

TRUE

FALSE

ANSWER_____

2. Devouring a burger after drinking all night will help you sober up.

TRUE

FALSE

ANSWER_____

3. Alcohol, food, and non- alcoholic beverages are all digested the same way.

TRUE

FALSE

ANSWER_____

4. Taking a nap helps you sober up.

TRUE

FALSE

ANSWER_____

5. Alcohol doesn't affect your body's organs unless you get really drunk.

TRUE

FALSE

ANSWER_____

6. You can suffer alcohol withdrawal symptoms after your first time drinking.

TRUE

FALSE

ANSWER_____

7. As long as you've gotten a few hours of sleep, you'll be fine to drive the morning after you've been drinking.

TRUE

FALSE

ANSWER_____

8. Passing out can be life threatening.

TRUE

FALSE

ANSWER_____

9. Getting drunk will help you to perform better sexually.

TRUE

FALSE

ANSWER_____

10. Even though alcohol is a drug, you can't overdose on it.

TRUE

FALSE

ANSWER_____

11. Your family history can influence your drinking habits.

TRUE

FALSE

ANSWER_____

12. Every time you drink alcohol, you kill 10,000 brain cells.

TRUE

FALSE

ANSWER_____

Answer Sheet

Read each question and by a show of hands, see how the members answered the questions. Review the correct answers and the explanation for each question.

- 1. TRUE** There is a limit to how much alcohol the human body can tolerate. When you drink too much, your blood alcohol level can rise to a point where it actually becomes poisonous.
- 2. FALSE** The liver can break down alcohol at a rate of about .5 oz. per hour, which is about half the alcohol in an average drink. Once alcohol is in your bloodstream, nothing can speed this rate. Not caffeine. Not food. Not water. You might be full, but you won't be any less drunk.
- 3. FALSE** Alcohol is not digested like other foods or beverages. It passes directly into the bloodstream through the tissue that lines the stomach and small intestine.
- 4. FALSE** Sleeping does not increase the rate at which your body can process the alcohol in your system. It will still be metabolized at .5 oz. per hour, even while you snooze. So you can wake up and still be drunk.
- 5. FALSE** When you have an empty stomach, alcohol is absorbed into the bloodstream through the small intestine within about five minutes. As soon as it's in the bloodstream, it takes about 90 seconds for it to be carried to all of the body's organs, including the brain. So you don't have to be drunk for your whole body to be feeling alcohol's effects.
- 6. TRUE** Alcohol, like other drugs, has withdrawal symptoms. The common hangover has symptoms like headache, nausea, dehydration, and the shakes similar to the symptoms of withdrawal from narcotics, like heroin, and depressants, like tranquilizers.
- 7. FALSE** Your motor coordination can be affected for as many as ten hours after you finished your last drink. So before you get in the car to drive home the morning after a party, think twice about your ability to drive safely.
- 8. TRUE** If you drink so much that you pass out, it's because the alcohol has caused your brain to start shutting down, resulting in your loss of consciousness. The amount of alcohol it takes to make you pass out is dangerously close to the amount of alcohol it takes to kill you.
- 9. FALSE** Consumption of alcohol may loosen up your sexual inhibitions, but excessive drinking can cause impotence in men and decreased vaginal or clitoral sensation in women.

10. FALSE When you drink too much, that's the same thing as overdosing on alcohol. Alcohol is a depressant drug that slows the central nervous system, decreasing your heart and breathing rates and lowering your blood pressure. A dangerously high blood alcohol level can cause your heartbeat and breathing to stop altogether, which means you can die from drinking too much.

11. TRUE Children of alcoholics are three to four times more likely to become alcoholics themselves. So if you've got a family history of heavy alcohol use, you are at a greater risk of developing alcohol problems.

12. FALSE Not exactly. It's unlikely that a single drink will kill brain cells. However, long-term, chronic drinking can cause permanent memory loss and brain damage. Almost 70% of people in treatment for alcohol-related problems suffer severe impairment of memory formation, abstract thinking, problem solving, and ability to concentrate.

For more information:

<http://www.factsontap.org/default.html>

WHO KILLED JANE DOE?

Distribute handout. The case is called Who Killed Jane Doe? Have participants read the information and rank order. Depending on the size of the group, you can either have a group discussion or break into small groups to discuss the decision each person reached and the rationale behind the rankings. As a group, decide on the 2-3 things that most likely would have prevented Jane's death from occurring if they had been done in time.

The intent of the case study is to spur discussion and let people see the many different viewpoints that could be taken in a given situation and how responsibility could be attributed to many parties. Therefore, people are supposed to be always thinking about their actions and the far-reaching implications. What is usually decided is that everyone has some level of responsibility for the end result because individuals in this case all had opportunities to act in a manner that could have reduced the likelihood of problems developing.

Who Killed Jane Doe?

Jane Doe, age 20, was dead on arrival. Several fraternity members, concerned by her unconscious vomiting, drove her to the emergency room at 2:30 a.m. But even before they pulled into the emergency drive, her breathing had stopped. Successive attempts by the hospital staff to revive her failed.

The sisters of Mu Epsilon were sorry. She had lived in the chapter house for two years. All her sisters knew about her drinking problem and more than a few had escorted/carried her home from past parties and held her hand as she threw-up all night.

Karen, her best friend and pledge mom was sorry. Jane and Karen had decided to get primed for the Alpha Lambda mixer later that evening. Each had done several shots at their favorite campus bar.

The brothers of Alpha Lambda were sorry. The chapter had successfully dodged their National Fraternity's risk management policy all year. No one else on campus was following it, so why should they? Besides, if they didn't provide alcohol and serve minors, no women would come to their parties.

Joe, an Alpha Lambda pledge and designated bartender, was sorry. Nobody ever told him not to serve people that were already drunk. Jane didn't look any drunker than anyone else at the party. Besides, Jane was hanging all over Mike, and a little more beer might have helped him get lucky.

The IFC was sorry. Twelve of the 15 chapters on campus have national risk management policies specifically prohibiting the purchase and serving of alcoholic beverages. The IFC rep from Beta Rho had brought up the idea of a unified IFC Risk Management Policy earlier in the year, but the idea had been voted down.

The Panhellenic Council was sorry. They voted to send flowers to Mu Epsilon to show their support. Men's fraternities are the source of the campus alcohol problem, so the Panhellenic didn't feel like there was much more they could have done.

The local bar staff members Jane and Karen had visited were sorry. They had stamped Jane's hand "underage" but hadn't bothered to monitor bar patrons beyond the front door. Underage dollars made up the largest percentage of their profit and they simply couldn't afford to enforce the drinking age when other bars didn't.

Jane's parents were sorry. She started drinking during her sophomore year of high school. But what could they do? All kids are going to drink with or without their parent's permission.

Who was to blame for the death of Jane Doe? Rank the eight in order of most to last.

- | | |
|----|----|
| 1. | 5. |
| 2. | 6. |
| 3. | 7. |
| 4. | 8. |

Discussion Questions

You can utilize the discussion questions below to encourage the participants to discuss Jane Doe and the incidents.

Alcohol

- Why do people drink?
- Describe the habits of someone who drinks responsibly versus irresponsibly.
- If alcohol related health risks become apparent how do you intervene?
- What keeps us from making good decisions about drinking?

Personal Responsibility

- Why does it take something so tragic for us to think about our behaviors?
- How can we make sure that an incident like that of Jane Doe does not happen within our fraternity/sorority?
- What are you willing to do to be more personally responsible?
- What can you specifically do to help hold members in your organization accountable for their behavior?

Risk Reduction

- What responsible steps can you and your organization take to reduce risk and the likelihood of a tragedy?
- Does your chapter understand the Risk Management Policy for your organization?
- Does your organization have a detailed written crisis management plan?
- Is your organization aware of resources provided by the campus, community and your sorority/fraternity?

Liability

- Who do you think was liable in the Jane Doe case?
- Can you be liable for an occurrence even if you are not present?
- What observations can you make about your risk management practices and policies in light of the Jane Doe case?

REDUCING RISKS

Listed below are specific ways/strategies that can be discussed/reviewed with the participants to reduce risks related to alcohol. To make this a group project, you can have the participants work in small groups and identify ways to reduce risks and then have each group share in the large group. As the facilitator, you can provide the strategies below.

Once the discussion has concluded, distribute the final handouts with alcohol resources.

Moderate Drinking Strategies

- Set your drinking limit before a social drinking occasion.
- Keep track of how much you drink.
- Space your drinks.
- Alternate alcoholic drinks with nonalcoholic beverages.
- Drink for quality, not quantity.
- Avoid drinking games.
- Learn drink refusal skills.
- Find other things to do.

Tips of Reducing Risks of Negative Consequences Associated with Alcohol and Sex

- Unwanted or unprotected sex often occurs under the influence of taking alcohol. More than 75% of acquaintance rapes involved alcohol.
- On initial dates or in larger parties, being selective about when and how much you drink is important.
- Alcohol doesn't improve sexual performance or enjoyment.
- Watch out for friends – a friend who has been drinking may have impaired judgment and may need help to avoid making poor decisions about sex.

Tips for Reducing Risks of Negative Consequences Associated with Drinking and Driving

- Arrange for all transportation needs well in advance of a party or drinking occasion.
- Select a reliable designated driver who agrees to stay sober throughout the party.
- Leave the car keys at home or in the possession of the designated driver.
- Bring enough cash for a cab.
- A student under age 21 can be cited for driving under the influence (DUI) or minor in possession (MIP), even if his is below the legal limit.

Alcohol Websites

HIGHER EDUCATION CENTER FOR ALCOHOL AND OTHER DRUG PREVENTION
<http://www.edc.org/hec/>

NIAAA – NATIONAL INSTITUTE OF ALCOHOL ABUSE AND ALCOHOLISM
<http://www.niaaa.nih.gov/>

NIAAA – COLLEGE DRINKING, CHANGING THE CULTURE
<http://www.collegedrinkingprevention.gov/>

CORE INSTITUTE – CENTER FOR ALCOHOL AND OTHER DRUG STUDIES
http://www.siu.edu/departments/coreinst/public_html/

HARVARD COLLEGE ALCOHOL STUDY
<http://www.hsph.harvard.edu/cas/Home.html>

FACTS ON TAP ALCOHOL AND YOUR COLLEGE EXPERIENCE
<http://www.factsontap.org/default.htm>

US DEPARTMENT'S OF HEALTH AND HUMAN SERVICES AND SAMHSA'S NATIONAL
CLEARINGHOUSE FOR ALCOHOL & DRUG INFORMATION
<http://www.health.org/>

CENTER FOR DISEASE CONTROL – NATIONAL CENTER FOR HEALTH STATISTICS
<http://www.cdc.gov/nchs/releases/01facts/alcoholuse.htm>

WHAT YOU NEED TO KNOW ABOUT ALCOHOL
<http://alcoholism.about.com/library/?once=true&>

THE CENTURY COUNCIL
www.centurycouncil.org

Alcohol Assistance Resources

1-800-662-HELP (toll-free) or <http://findtreatment.samhsa.gov>

Providing your geographical location over the phone or online will give you treatment options in your area. This helpline and website are maintained by The Substance Abuse & Mental Health Services Administration, a U.S. Dept. of Health & Human Services agency.

1-800-ALCOHOL

The Alcohol Treatment Referral Hotline provides 24-hour help and referrals for people with concerns about alcohol or drug use.

To Find Self-Help and Support Groups

212-870-3400 or www.alcoholics-anonymous.org

Alcoholics Anonymous (AA) is for people who want to stop drinking.

1-800-344-2666 or www.al-anon.org

Al-Anon can help you if you have a friend or relative with a drinking problem.

310-534-1815 or www.adultchildren.org

Adult Children of Alcoholics can help you if you have a parent with a drinking problem.

To Find Information

1-800-487-4890 or www.health.org

The National Clearinghouse for Alcohol and Drug Information provides various information and resources.

1-800-438-6233 or www.madd.org

Mothers Against Drunk Driving (MADD) works to prevent drunk driving and underage drinking.