A Prosocial Behavior/Bystander Intervention Program for Students

Developed By:
The University of Arizona
C.A.T.S. Life Skills Program
In Partnership with the NCAA
STEP UP! to: Alcohol Abuse

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Before we begin, please read the following:

This presentation is meant to generate thought and promote discussion. We recognize and appreciate that these topics contain sensitive material. Many 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.
CLICKER TIME!
What is your gender?

1. Male
2. Female
3. Transgender
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

0% 0%
If you answered yes, what is the one main reason why?

1. It makes me feel good
2. To improve my performance on the field
3. For recreational, social reasons
4. To deal with the stress of college and of being a student-athlete
5. Everyone else is
6. None of the above
If you answered no, or if you are considering not using, what is the one main reason?

0% Fear of getting caught
0% Concerned about health
0% Hurt my performance
0% Don’t like it
0% No desire to get the effect
0% It’s illegal
0% Against my beliefs
0% Fear of suspension
0% Other
When/If I drink, I believe I should: (click all that apply)

1. Keep track of the number of drinks I have
2. Determine in advance not to exceed a set # of drinks
3. Pace my drinks to 1 or fewer per hour
4. Avoid drinking games
5. Alternate non-alcoholic with alcoholic drinks or drink alcohol look-alike beverages
6. Choose not to drink [you read correctly; even drinkers sometimes choose not to drink at all at a party]
7. Eat before and/or during drinking
8. Use a designated driver
9. Have a friend let me know when I have had “enough”
Are all drinks equal?

1. Yes
2. No

表决结果:

- Yes: 0%
- No: 0%
KNOW YOUR NUMBERS!
How many standard drinks are in this Forty?

1. 1 – it’s only 1 beer
2. 40 - duh! It’s a 40
3. About 7
4. 20
5. No clue
## A standard drink equals?

<table>
<thead>
<tr>
<th></th>
<th>Volume</th>
<th>Drinks</th>
</tr>
</thead>
<tbody>
<tr>
<td>Beer 4%</td>
<td>12 ounces</td>
<td>1 drink</td>
</tr>
<tr>
<td>Icehouse, Sparks, Tilt Smirnoff Ice -6%</td>
<td>8 ounces</td>
<td>1 ½ drinks</td>
</tr>
<tr>
<td>Malt Beer – 8%</td>
<td>6 ounces</td>
<td>2 drinks</td>
</tr>
<tr>
<td>Olde English, Hurricane</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Wine</td>
<td>4.5 ounces</td>
<td>3 drinks</td>
</tr>
<tr>
<td>100 proof liquor (50%)</td>
<td>1 ounce</td>
<td>12 drinks</td>
</tr>
<tr>
<td>198 proof grain alcohol (99%)</td>
<td>½ ounce (1 Tablespoon)</td>
<td>24 drinks</td>
</tr>
</tbody>
</table>
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!
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 absorption of alcohol
  - Eating after does not slow down absorption 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
# BAC Chart

<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></td>
<td>100</td>
<td>120</td>
</tr>
<tr>
<td>1</td>
<td>.03</td>
<td>.02</td>
</tr>
<tr>
<td>2</td>
<td>.07</td>
<td>.06</td>
</tr>
<tr>
<td>3</td>
<td>.12</td>
<td>.10</td>
</tr>
<tr>
<td>4</td>
<td>.16</td>
<td>.13</td>
</tr>
<tr>
<td>5</td>
<td>.20</td>
<td>.17</td>
</tr>
<tr>
<td>6</td>
<td>.25</td>
<td>.21</td>
</tr>
<tr>
<td>7</td>
<td>.29</td>
<td>.24</td>
</tr>
</tbody>
</table>
### Safer* Drink Level Guidelines for WOMEN

<table>
<thead>
<tr>
<th>Body Weight</th>
<th>Time Spent Drinking</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>1hr</td>
</tr>
<tr>
<td>110</td>
<td>1.6</td>
</tr>
<tr>
<td>120</td>
<td>1.7</td>
</tr>
<tr>
<td>130</td>
<td>1.9</td>
</tr>
<tr>
<td>140</td>
<td>2.0</td>
</tr>
<tr>
<td>155</td>
<td>2.2</td>
</tr>
<tr>
<td>180</td>
<td>2.6</td>
</tr>
</tbody>
</table>

**Example:** A 120 lb. woman who has 3.0 drinks or less in 4 hours is “safer.”
# Safer* Drink Level Guidelines for MEN

<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.”
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!
The drunker you get, the better the buzz.

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

Graph showing the relationship between blood alcohol level (BAL) and mental state, with a line indicating "More is better" cultural myth.
Reality of Bi-phasic Response

"Buzz" Stimulant Euphoria

Normal Sober

"Drunk" Depressant Dysphoria

Blood Alcohol Level (BAL)

.01 .03 .05 .06 .07 .08 .09 .10 .15 .20 .30 .40

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.

If you drink, have a plan:
Call a friend.
Call a cab.
Stay overnight.
Have a sober designated driver.

CAMPUS HEALTH SERVICE
www.health.arizona.edu

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

Health & Wellness Survey 2008
(1,259 respondents) administered to a random sample of undergraduate classes at the UA.
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
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
If you choose to drink 5+ alcoholic beverages on 2 consecutive nights, how many days will it affect your brain and body?

1. 3 days
2. 4 days
3. 5 days
4. 6 days
5. 7 days
6. More than 7 days

0% 0% 0% 0% 0% 0% 0%

3 days 4 days 5 days 6 days 7 days More than 7 days
Depletes your source of energy

- Alcohol constricts aerobic metabolism
- Alcohol disrupts the water balance in muscle cells
- Alcohol alters your muscles cells’ ability to produce fuel and energy as well as increase endurance
- Interferes with preparation and strategy

Alcohol inhibits your ability to learn and store new information
- Affects absorption of nutrients.

- **Thiamin (Vitamin B1)** –
  - Metabolism of proteins, fat, and carbohydrates
  - Assists in the formation of hemoglobin

- **Vitamin B12**
  - Maintains healthy red blood and nerve cells
Leads to weight gain

- High in Calories
  - 150kcal per drink or more
- Alcohol calories are not available to your muscles
  - Alcohol sugars are converted into fatty acids
Affects muscle development

- Alcohol can reduce production of Human Growth Hormone (HGH) as much as 70%
- Alcohol triggers the production of a substance in your liver that is a direct toxin to testosterone
Affects muscle development

- Long term use diminishes protein synthesis which results in decrease in muscle build up
- Short term use impedes muscle growth
Affects muscle recovery

- Alcohol causes dehydration which
  - Slows healing from injury and
  - Recovering from sore muscles

- Alcohol interferes with sleep and stages of sleep associated with muscle repair
Impacts your practices and competitions

- Consumption prior or during a practice can lead to injury
- Consumption after a workout, practice, or competition can cancel out the physiological gains from the activity
Second Hand Effects of Alcohol

- Sexual assaults and violence
  - Up to 75% of sexual assaults on college campuses involve the use of alcohol by assailants, victims or both
- Vandalism
- Arguments/Fights
- Impaired academic work - study/sleep is disrupted
- Being hurt or injured
- Trouble with police
Value Based Decisions

Is it worth it?
STRATEGIES FOR EFFECTIVE HELPING
Would you support a friend who chose not to drink?

1. Yes
2. No

0% 0%
Is it OK to drink “a little” if you are the Designated Driver?

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

1. A little
2. Moderately
3. Very
4. One of the most important things in my life right now.
How do you think drinking games impact your team’s success?
How does the competitive nature of being a student-athlete impact drinking games?
If you lose teammates to a DUI do you think it would impact team success?

1. Yes
2. No
There have been times when I have had too much to drink b/c I felt pressured.

1. True
2. False
During the last month, if you 'partied'/socialized, how often did you... ?

- Keep track of the number of drinks you were having
- Determine in advance not to exceed a set number of drinks
- Pace your drinks to 1 or fewer per hour
- Avoid drinking games
- Alternate non-alcoholic with alcoholic beverages
- 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
- Use a designated driver
- Have a friend let you know when you have had “enough"
How many strategies did you use?

- 0-3
- 4-6
- 7-8
- 9 or more
Action Steps

- KNOW WHAT IS IN YOUR DRINK!
- Set a limit ahead of time and stick to it
  - Count “standard” drinks
  - Pace your drinks
- Alternate with non-alcohol drinks
- Put a non alcoholic drink in your cup.
Action Steps

- Avoid drinking games
- Drink alcohol look-alikes
- Carry the same bottle around with you and just sip.
- Don’t use alcohol with stimulants (i.e. Red Bull)
- Eat before/during
- Have or be a Designated Driver
- Choose NOT to drink
5th Pocket Strategy

H₂O Strategy

Buddy System Strategy
Creative Cash Strategy

Sip slower strategy

Rubber band strategy
What are some other “party smart” strategies that might benefit your team?
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
KNOW YOUR NUMBERS!
Calculated risks

Winning

Losing
SCENARIOS
Scenario 1
Alcohol

Some upperclassmen are hosting a party. Some freshmen have confided in you that they don’t drink and aren’t huge “partiers” but since it’s their teammates and they want to make a good impression, 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. You know the danger of consuming alcohol quickly and are concerned. Teammates 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?
Scenario 2
Alcohol Poisoning

You are at a party when someone runs up to you and screams for you to come to a room because your teammate is not breathing. You go to the room and there are lots of empty alcohol bottles and cups around. The other student is hysterical about the passed out individual drinking too much at the party. You see that the person’s breathing is irregular and the person is cold and clammy. What do you do?
Group Work

- **Worksheets**

- **Script**
Resources

For resources used in this presentation please see the STEP UP! website:
www.stepupprogram.org
SO...

Where will I go from here?
DO SOMETHING!

STEP UP!

Be a Leader, Make a Difference!