



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

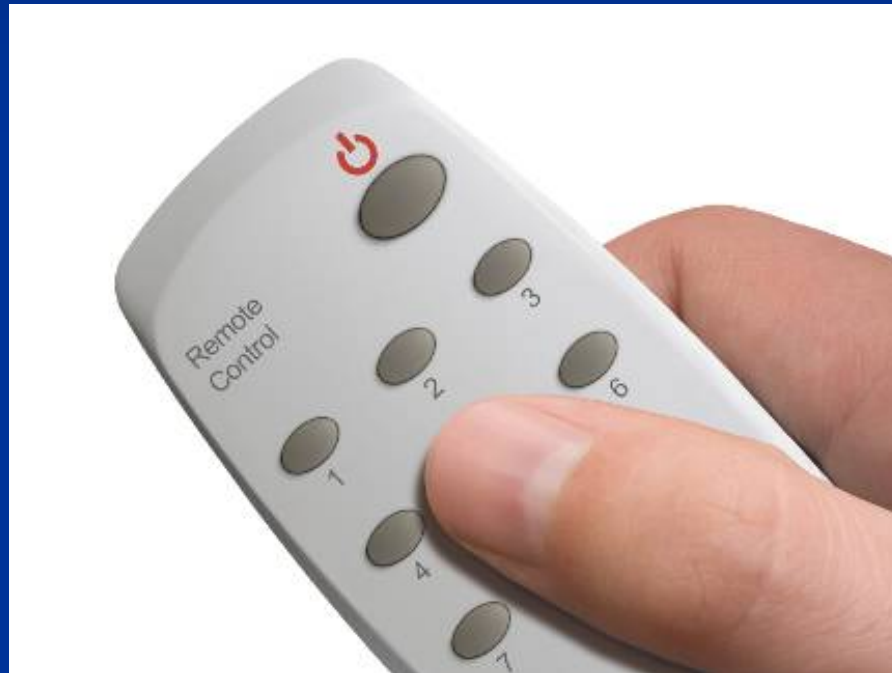
Created, written and designed by Becky Bell

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Before we begin, please read the following:

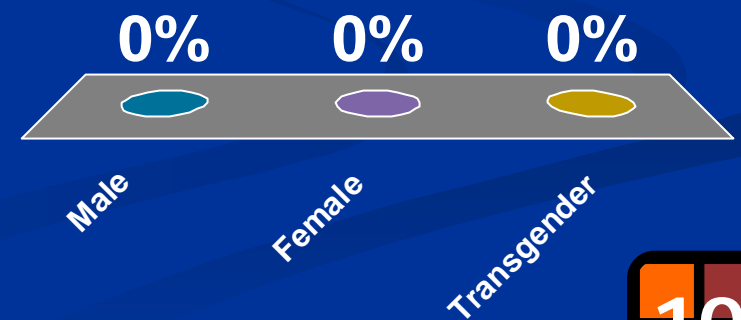
This presentation is meant to generate thought and promote discussion. We recognize and appreciate that these topics contain sensitive material. Many of you may have had personal experience with this issue. Through the course of this discussion, dialogue may occur that causes an emotional reaction. It 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!



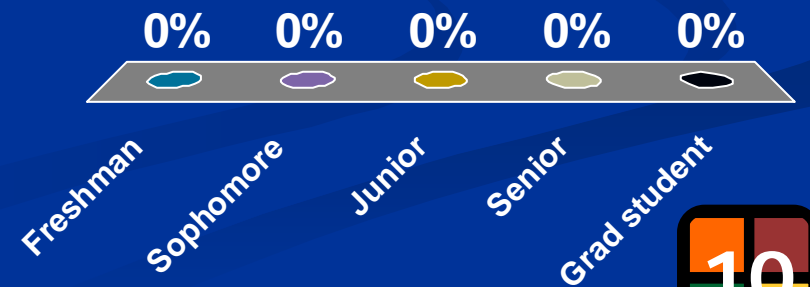
What is your gender?

1. Male
2. Female
3. Transgender



What is your year in school?

1. Freshman
2. Sophomore
3. Junior
4. Senior
5. Grad student



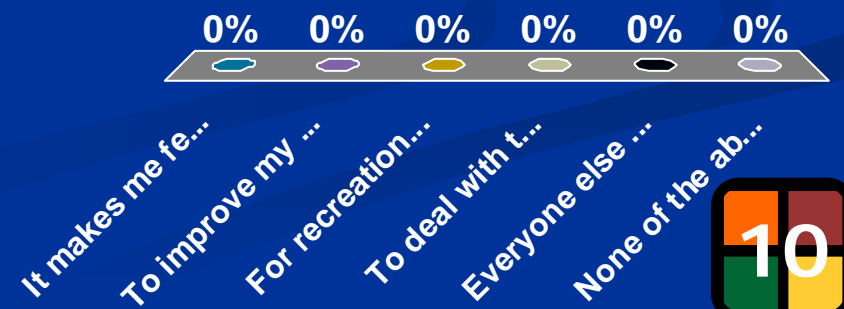
Do you drink alcohol?

1. Yes
2. No



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

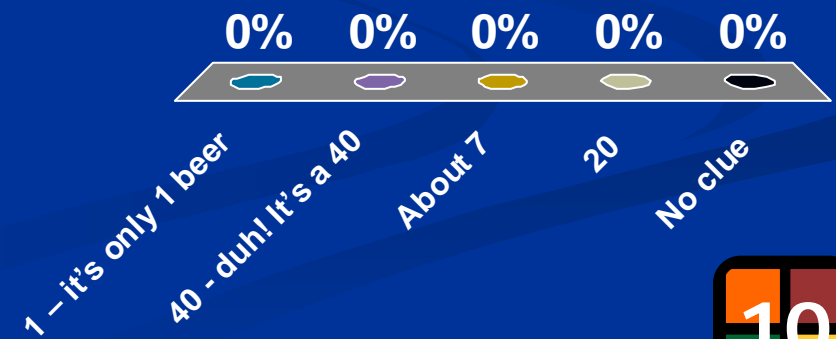


**KNOW
YOUR
NUMBERS!**

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?

12 ounces =

Beer 4%	12 ounces	1 drink
Icehouse, Sparks, Tilt Smirnoff Ice -6%	8 ounces	1 ½ drinks
Malt Beer – 8% Olde English, Hurricane	6 ounces	2 drinks
Wine	4.5 ounces	3 drinks
100 proof liquor (50%)	1 ounce	12 drinks
198 proof grain alcohol (99%)	½ ounce (1 Tablespoon)	24 drinks

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. $\frac{1}{2}$ 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



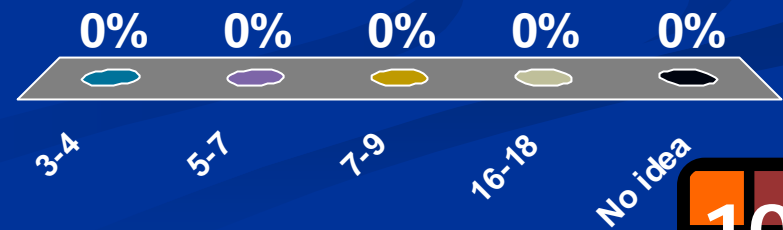
Bartenders must be able to pour 1 ounce. WHY?

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?






What is this?

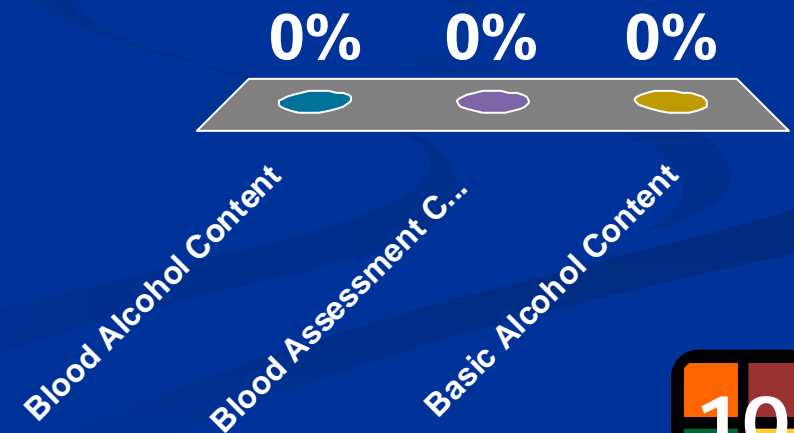


**How many drinks are in
one serving of Jungle Juice?**

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
- 0.11 to .15 – Drunk
- .16 to .19 – Very Drunk
- .20 to .24 – Dazed and confused
- .25 to .30 - Stupor
- .31 and higher - Coma

BAC Chart

# Drinks in 1 Hour	Body Weight in US Pounds								Individual percentages may vary. Based on .08% legal Blood Alcohol limit
	100	120	140	160	180	200	220	240	
1	.03	.02	.02	.01	.01	.01	.01	.01	.00% - .03% Drive With Caution
2	.07	.06	.05	.04	.03	.03	.03	.02	
3	.12	.10	.08	.07	.06	.05	.05	.04	.04% - .07% Driving Impaired
4	.16	.13	.11	.10	.08	.07	.07	.06	
5	.20	.17	.14	.12	.11	.10	.09	.08	.08% and UP Intoxicated!
6	.25	.21	.17	.15	.13	.12	.11	.10	
7	.29	.24	.21	.18	.16	.14	.13	.11	

Safer* Drink Level Guidelines for WOMEN

Body Weight	Time Spent Drinking				
	1hr	2hrs	3hrs	4hrs	5hrs
110	1.6	2.0	2.4	2.8	3.2
120	1.7	2.2	2.6	3.0	3.5
130	1.9	2.3	2.8	3.3	3.8
140	2.0	2.5	3.0	3.6	4.1
155	2.2	2.8	3.4	4.0	4.5
180	2.6	3.3	3.9	4.6	5.3
# of drinks					
WOMEN		Example: A 120 lb. woman who has 3.0 drinks or less in 4 hours is "safer."			

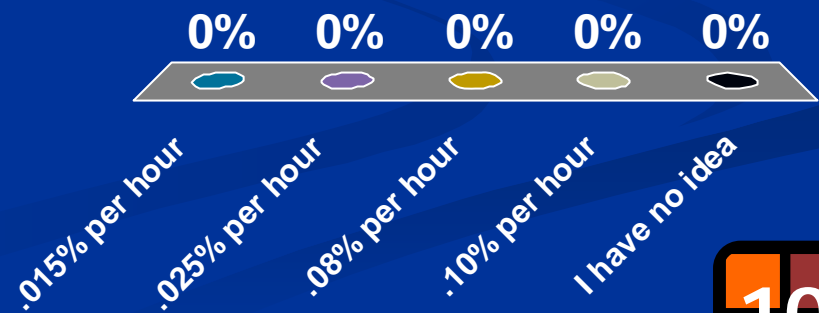
Safer* Drink Level Guidelines for MEN

Body Weight	Time Spent Drinking				
	1hr	2hrs	3hrs	4hrs	5hrs
130	2.2	2.8	3.3	3.9	4.5
150	2.6	3.2	3.9	4.5	5.2
160	2.7	3.4	4.1	4.8	5.5
170	2.9	3.6	4.4	5.1	5.9
185	3.2	4.0	4.8	5.6	6.4
210	3.6	4.5	5.4	6.4	7.3
240	4.1	5.2	6.2	7.3	8.3

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!**

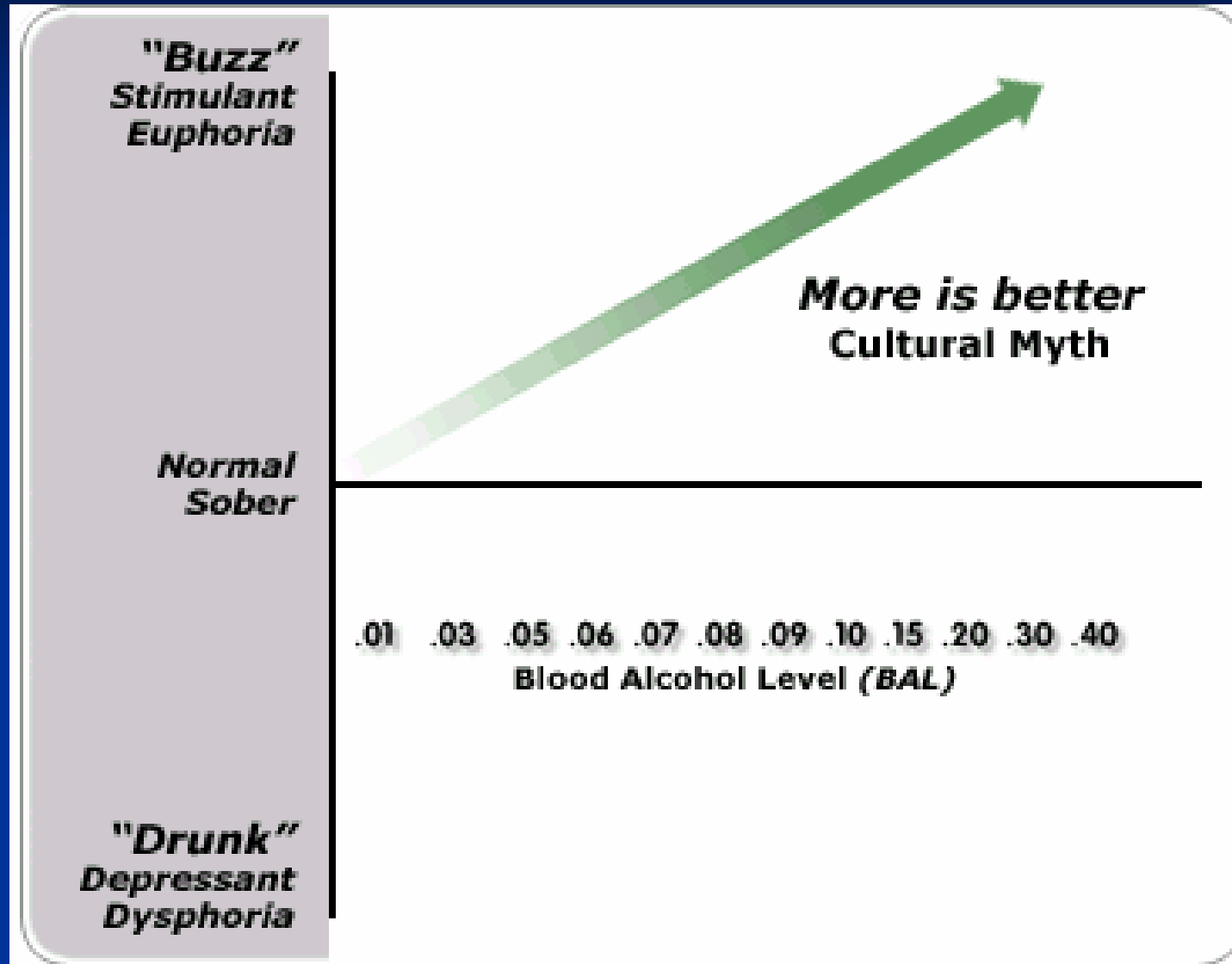


The drunker you get, the better the buzz.

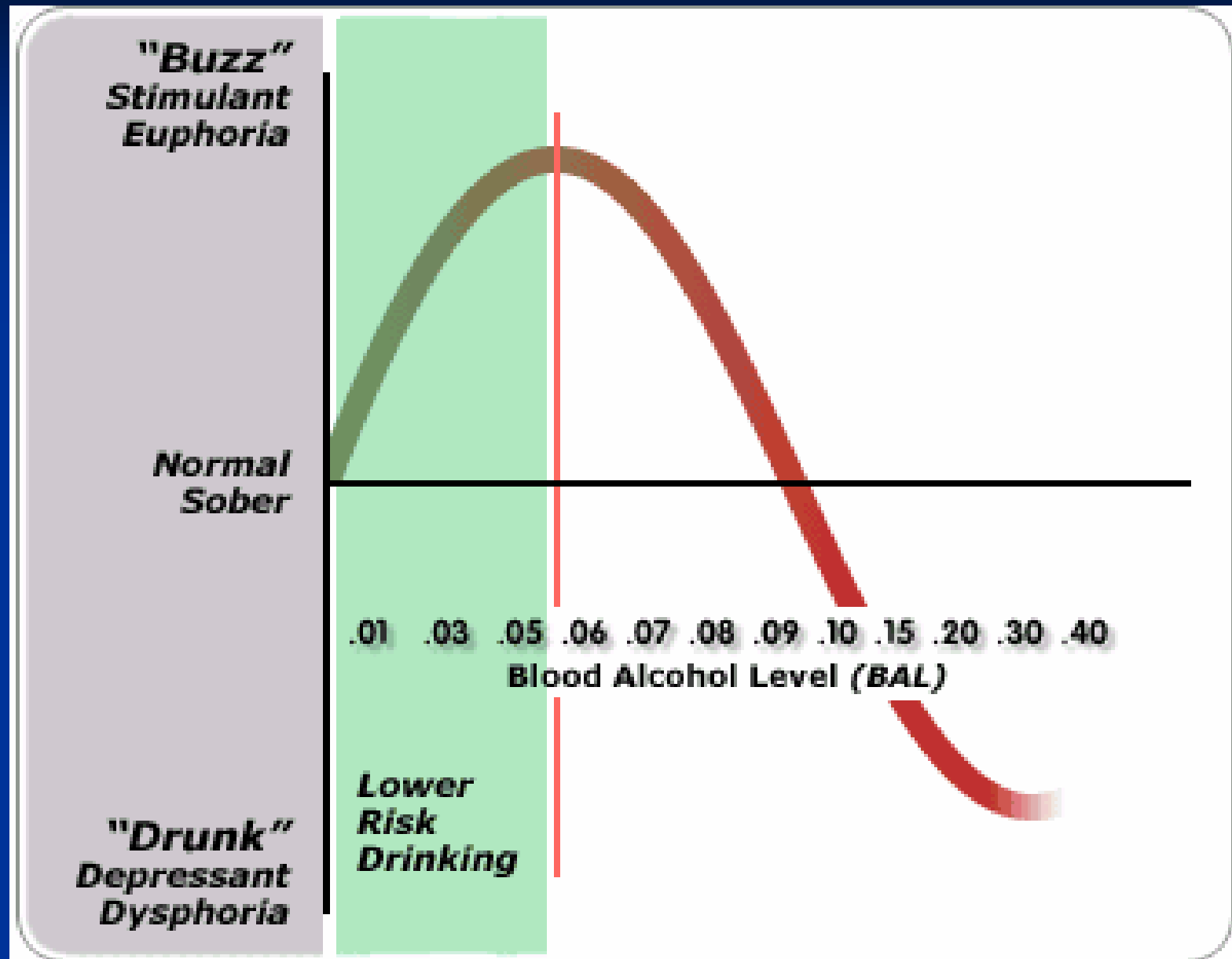
1. True
2. False



Myth of the bigger, better buzz

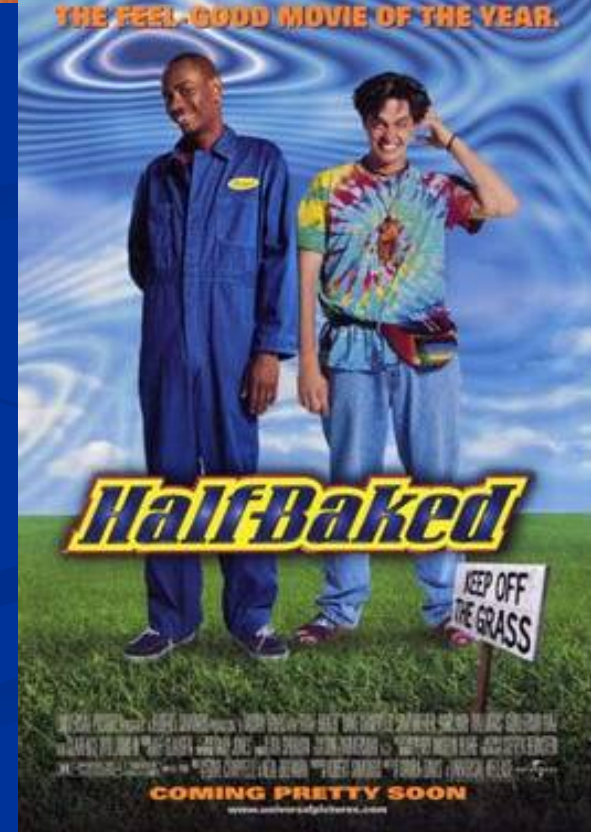


Reality of Bi-phasic Response





How much do
college students
party?



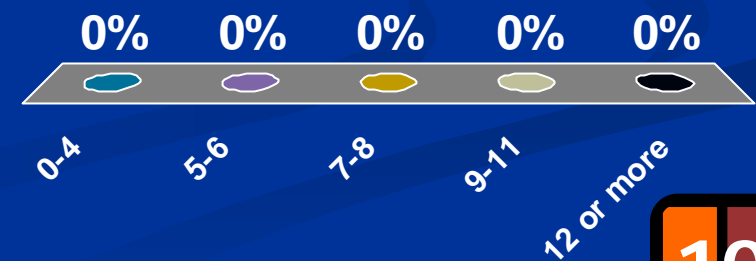
PERCEPTION

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.

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MEN: no more than 2 drinks per hour
WOMEN: no more than 1 drink per hour

 **1 DRINK =**
12 oz. beer
4-6 oz. wine
1 oz. liquor

NOTE: For some people, no amount of alcohol is safe.

 THE UNIVERSITY
OF ARIZONA

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.

**If you drink,
have a plan:**

Call a friend.
Call a cab.
Stay overnight.
Have a sober
designated driver.

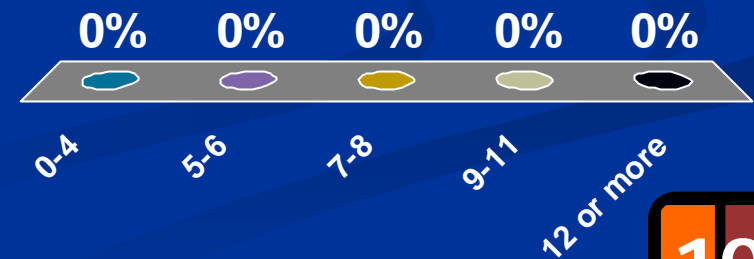
 we got the
facts
from you.

Health & Wellness Survey 2008
(1,250 respondents) administered to a random
sample of undergraduate classes at the UA.

 **CAMPUS
HEALTH
SERVICE**
www.health.arizona.edu

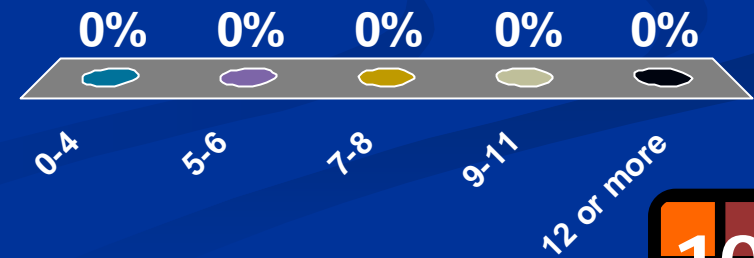
PERCEPTION - How many drinks does the typical **student-athlete at our school** have when they party?

1. 0-4
2. 5-6
3. 7-8
4. 9-11
5. 12 or more



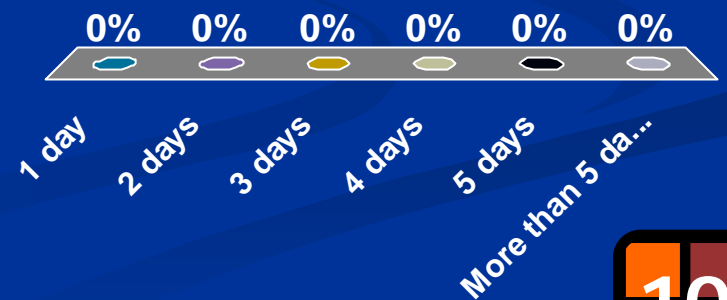
REALITY - How many drinks do **you** usually have when you party?

1. 0-4
2. 5-6
3. 7-8
4. 9-11
5. 12 or more



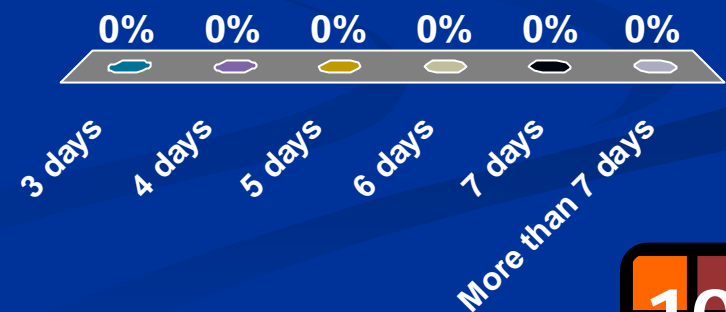
If you choose to drink 5+ alcoholic beverages in 1 night, how many days will it affect your brain and body?

- 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**



THE BOTTOM LINE

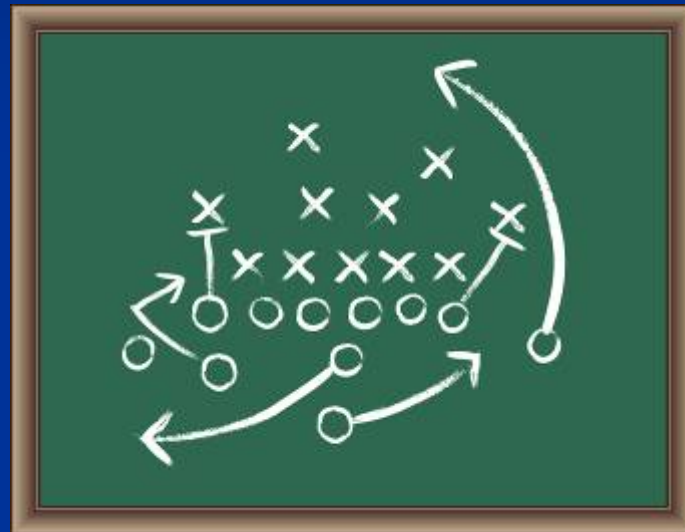
ALCOHOL:

■ 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



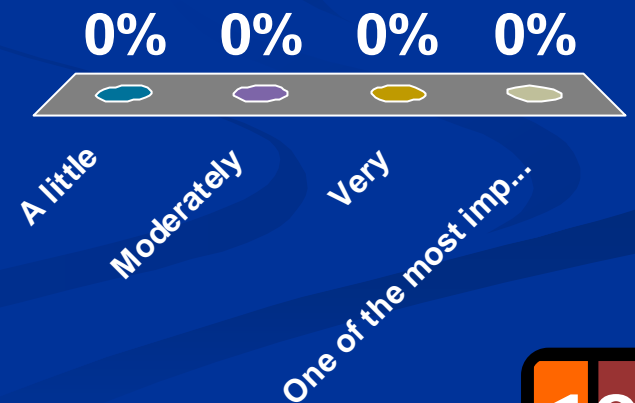
Is it OK to drink “a little” if you are the Designated Driver?

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

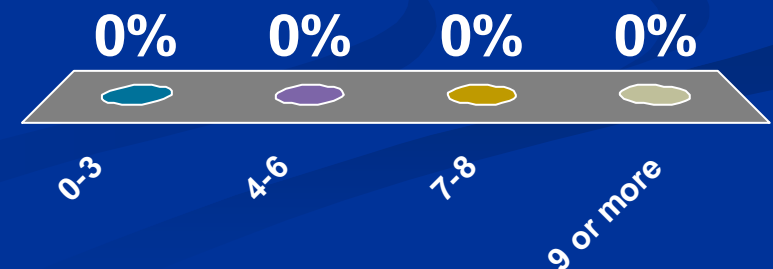


During the last month, if you 'partied'/socialized, how often did you... ?

- 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 I

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!

