

PROMISING
PRACTICES:

CAMPUS
ALCOHOL
STRATEGIES

FOCUS ON HIGH RISK DRINKING

To ensure that your students know...

... that most students typically make healthy choices about their use of alcohol.

... how to reduce their risks, should they choose to drink alcohol.

... that choosing not to drink alcohol is acceptable.

... where they can socialize and/or participate in low-risk activities.

... how to determine what their blood alcohol level will be, based on such factors as the number of drinks, body weight, gender, and length of time drinking.

... what the campus policies, state DWI/DUI and other laws and local ordinances are, particularly for those under 21, and the consequences of violation.

... that alcohol misuse is linked to lower academic performance, property damage, and violence – including sexual assault.

... how dangerous it can be to "celebrate" a birthday with a number of drinks marking the years (e.g., 21 shots for 21 years).

... that they can drink enough to die.

... how to assist a friend who has had too much to drink.

... that they can discuss with someone on campus that they are experiencing negative effects from their own or others' drinking.

Take Action!

- Convene an alcohol task force with members that are representative of a variety of campus departments, student groups, and community members. Meet with the task force regularly.
- Review and revise your campus alcohol abuse prevention program. Find out what is working and what is not working and make appropriate changes.
- Encourage others to "buy into" your efforts. Solicit support from non-traditional campus departments.
- Make a plan for the coming academic year and future years by setting measurable short-term objectives and long-range goals.
- Get your students involved in the planning and execution of campus programs.

For a free Sourcebook & Task Force Planner or other assistance, visit the **Promising Practices: Campus Alcohol Strategies** web site (www.promprac.gmu.edu) or call (703) 993-3697.

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