

Freshman Seminar CPO101
Alcohol/Depression/Sexual Assault Module
Fall 2009
40 minute sessions

Hello everyone. Welcome to another year of CPO 101s. We have made some minor modification to the curriculum from the last year. Here is what is new this year:

We Included a pre and post assessment to be given out to all the students at the beginning and the end of the class.

The time distribution to the module has been altered to incorporate the time needed for the assessment. Currently Introduction and pre assessment -5 minutes, AOD-15 minutes, Sexual assault-10 minutes, depression-10 minutes, post Assessment – 5minutes.

This 101 Module is designed as an overview on the critical student issues of alcohol abuse, depression/suicide and sexual assault among college students. The goals are 1) to introduce the Center for Prevention and Outreach as a campus resource and 2) to engage the students in discussion on these topics though an interactive format. Students will be asked to participate by sharing their assumptions, thoughts and feelings on these issues. Facilitators will be encouraging about all student involvement, even when their responses may not be 100% accurate. It will be the facilitator's responsibility to separate the facts from the fiction! The first part of the class is devoted to listening and recording what the students have to say about alcohol abuse, depression/suicide and sexual assault. The second half of the class the facilitator will 1) be sure the key points have been written on the board and 2) make the connection between these three issues by finding similarities/commonalities within the lists. Class will always end with clear campus resources so the students will know where to go and how to reach out for help.

I) Introductions and Pre assessment

- Individual Facilitator introduce yourself
- The Center for Prevention and Outreach 2-CR4U

The CPO is a dept. on campus located in the 2nd floor of Stony Brook union. Our mission is to raise awareness on some issues we are going to talk about today and also respond to any problems or situation that arises. You will see our peer educators from the health education office around the campus providing information and education regarding various health related issues that impact students. Our hope is with educating you guys that these situations will never happen, well it is your campus and it will be what you make of it. You belong here for the next few years and you have the power to change it.

Turn to the person sitting next to you and say hello and ask them how they are doing? Today we are going to talk about some serious topics like sexual assault, depression /suicide and alcohol. They are likely to evoke different feeling, I will be available at the end of the class if you want to talk to me and you can also talk to any counselor on campus.

Opening Question: Ask Students what are the 3 things that college students struggle with most?

Write Alcohol, Sexual Assault and Depression on the board and tell them that we are going to talk about these high risk issues and provide you with resources that you can access for yourself or a friend.

The first topic we will cover is Alcohol: Ask students to call out words, thoughts, feelings...anything that comes to mind and you write it down on the board.

Interactive Questions

To introduce the topic ask students

What comes to mind when they hear the word alcohol or alcohol abuse.

Write down all they say on the board.

Other interactive questions during the presentation

Raise your hand if you know someone with an alcohol problem.

What is it about them or their drinking that leads you to believe it is a problem?

How would you recognize an alcoholic? What are the clues?

What are the consequences of drinking?

How does drinking look on college campuses? Where does it occur (Drinking games, chugging)

(Answers will vary from class to class.)

Necessary information presented to class on Alcohol

Drug Alcohol: Alcohol is a depressant drug which alters the activity of neurons in the brain. In other words, “wreaks havoc in the brain, affecting just about everything the brain does at one dose or another.” Among other things it impairs judgment as it is a mood altering drug

Binge Drinking: Binge drinking is defined as a large consumption of alcohol per sitting that leads to physical and cognitive impairment. 5 or more drinks in one sitting for men and 4 or more drinks in one sitting women (by sitting it means any one occasion- one evening out, ballgame or wedding). **One will also binge drink if they are drinking take *one drink per hour for 5 hours***

Drinking alcohol impairs judgment. When students binge drink they increase their risk of physical injury, fighting, unwanted sexual contact, sexually transmitted infections, blackouts, and alcohol overdose leading to death.

Alcohol is filtered through your liver. The liver can only process some much alcohol at a time. Though several steps are involved, it is eventually broken down into carbon dioxide and water for removal from the body. However, the purpose of the liver is to regulate the body's blood sugar level, not to break down alcohol. When presented with both jobs, it chooses to work on the unnatural chemical first (the alcohol). What it can't get rid of immediately continues to circulate in the body, passing through the liver time and again, until all the alcohol is processed. This process takes several hours, (up to seven or more hours for four drinks) all the while alcohol is circulating through your blood stream.*

So binge drinking is all opportunities to drink excessive amounts of alcohol in a short period of time. The absorption rate is slower than the drinking rate when you *chug*, so when you start to feeling the effects of the alcohol, you can't "stop drinking" because the alcohol is already ingested.

IN SBU Students call this toxic drinking...

When/Where typically does Toxic drinking occur? (ask audience for their input)

High Risk Environments – house/room parties, spring break/vacations

High Risk Behaviors – CHUGGING: drinking games, birthday toasts, celebrations (win or loss, exams ending, school starting, summer starting, etc.)

Alcohol is a Depressant Drug and some signs of life threatening overdose:

- ✓ Person is passed out or semi-conscious and cannot be awakened
- ✓ Person vomits while sleeping or passed out and does not wake up
- ✓ Rate of Breathing seems slow or irregular
- ✓ Person has cold, clammy, pale or bluish color skin

Myths to Avoid – people tend to believe in quick methods to sober someone up...NOT TRUE! The only thing that can help someone sober up without medical intervention is TIME. The liver must clean out the bloodstream, and that takes time. Here you can ask the students some of these myths and help them understand why none of them are effective.

Drinking coffee: All you get when you drink coffee is a wide awake drunk person!

Taking a cold shower or bath: Just makes for a cold, wet drunk person

Walking it off: Intoxicated people are clumsy and unpredictable. Walking will not help!

Sleeping it off: This could be VERY dangerous. More alcohol may be in the stomach waiting to be absorbed into the blood stream. Do not "babysit" a sleeping drunk friend. If you are worried enough to stay up to watch them...Trust your Worries!

Interventions –

If you see someone passed out Call 911 on campus phone or 632-3333 as you do not know how much alcohol they have consumed and slowly they can slip away and die as drug alcohol starts shutting down there body mechanisms.... The best bet for you is to call 911 as the students stomach needs to be pumped

- If you are worried about someone's drinking- there are resources on campus to seek out- Alcohol and other drug counselors at UCC.

Sexual Assault

Segue-What is the number one date **rape** drug? Alcohol...

Why alcohol- socially acceptable, easily available and renders the victim helpless as it impairs judgment and memory

To introduce the topic ask students what comes to their mind when they hear the word rape or sexual violence.

Other interactive Questions

What does a rapist look like?

What does a victim look like? Who is at risk of getting raped?

What is the impact of rape on the survivor?

Necessary information presented to class on Sexual Assault

Briefly discuss the **sexual assault misconduct code** (university community standards website, under student conduct code, Page 10) and stress the fact that the conduct code mirrors the NY state law.

State that 1 in 5 women and 1 in 33 men are likely to experience attempted or completed rape during the 4 years of college. Out of which 86% of the crimes are committed by acquaintances.

Emphasize the fact that sexually assaulting someone under the influence of alcohol and drugs is a legal offence. Being under the influence is not an excuse (compare it to driving under the influence). But do not let the class debate on this topic, establish it as the law.

Individuals under the influence of drugs and alcohol cannot give consent.

So they are taking a risk when they decide to have sex with an intoxicated person.

This information will help them to be safe and also protect them from inadvertently committing a crime.

State that most men do not commit rape but there is a small number of men who commit the majority of the acts. They are repeat offenders and will continue to offend if not stopped.

“Bystanders say something if you see something” e.g. a guy trying to get a woman drunk to get her to sleep with him (Lisak and Miller, 2002).

What is the impact of rape on the survivor? Ask the students-

There is a wide range of physical, emotional and behavioral impact on the survivor. Some common ones are- Shock, disbelief, self blame, shames, intense emotions (fear, depression, anger, anxiety), increased concerns about safety, sleep and appetite changes, social isolation. Important to remember that no 2 rape survivors react the same way and absence of symptoms does not mean that they have dealt with the trauma. So important not to judge people who might not fit your understanding of how a rape survivor looks.

Important information for the students

- ✘ Students who report a sexual assault are not required to press charges

- ✘ Survivors of sexual assault can access the Sexual Assault Nurse Examiners (S.A.N.E.) Program at SBU Hospital across the street where forensic evidence is collected and medical care provided to SA victims in a safe environment.
- ✘ **SANE nurse:** A registered nurse specially trained to provide care to sexual assault patients. The sexual assault nurse examiner conducts medical forensic examinations and can serve as an expert witness
- ✘ The timeframe for evidence collection in NY State is **96 hours**. And the evidence is stored in the hospital for a minimum of 30 days so the survivor can decide later whether they want to prosecute or not.
- ✘ **NOTE: SANE center services are free of cost to all survivors and no insurance will be charged. Using SANE services does not require one to file a police charge and if you don't want your parents or any other authority won't be notified.**

Intervention

Listen without judgment (there is no rape able offense), encourage them to get help
 If it is within the 96 hours inform your friend about the SANE program at SBUMedical center
 Inform your friend of counseling services on campus

Sexual Misconduct Policy (Student Conduct Code, Page 10-11)

The University considers the following violations of the CODE as extremely serious. If a violation occurs, the sanction will ordinarily be SUSPENSION from the University. In such cases, the Exceptional Procedure of EXECUTIVE SUSPENSION may also be invoked.

- a. **Sexual Harassment.** No student shall participate in creating an environment that is sexually intimidating, abusive, hostile or offensive to others. This includes, but is not limited to, unwelcome sexual reference or gestures, sexual exploitation, sexual comments, teasing; sexual slurs, derogatory statements, or other verbal abuse; graphic or sexually suggestive comments about an individual's attire or body; inquiries or discussions about sexual activities; sexually suggestive letters or other written materials; sexual touching, brushing up against another in a sexual manner, graphic or sexually suggestive gestures, cornering, pinching, grabbing, kissing, or fondling.
- b. **Sexual abuse and/or assault.** No student shall engage in sexual contact with another person without consent.* This includes but is not limited to nonconsensual sexual contact, attempted non-consensual penetration, attempted nonconsensual anal intercourse, oral sex, or the insertion of a foreign object into the vagina, urethra, penis, or rectum of another. In addition no student shall engage in nonconsensual physical assault during a consensual sexual contact, such as punching, choking, burning or otherwise intentionally causing serious physical harm without consent of a partner.
- c. **Rape.** No student shall engage in sexual intercourse with another without that individual's consent.* If intercourse takes place without consent, it is considered rape. If an individual says "no," regardless of the circumstances, it is not a matter for interpretation. "No" means NO. Sexual intercourse following a spoken "no," or any other expression of refusal, even without further resistance of any kind by the individual, is rape.

***Consent cannot be given if an individual is under the age of 17, physically helpless, mentally incapacitated, impaired and/or incapacitated because of drug or alcohol**

intoxication. If a person is unconscious or their judgment is impaired by alcohol or drugs, they cannot give consent. The offender is responsible for their actions no matter how intoxicated they themselves may be. Consent is the agreement to engage in specific sexual contact; this may be given by verbal agreement or active and willing participation in the sexual activity. Silence, previous sexual relationships, current relationships, or the use of alcohol and/or drugs cannot be taken as an indication of consent. The use of force, threat of force, threat of immediate or future harm, or use of physical intimidation to secure compliance with sexual activity implies lack of consent. Although consent may be initially given, it may be revoked at any point, either verbally, through physical resistance, or by losing consciousness. Failure to respond promptly to a withdrawal of consent constitutes sexual assault.

Depression/Suicide

Segue: there are some serious consequences for the rape survivor and one of them is depression.

Interactive Questions

How would you know if your friend was depressed?

What are the consequences of depression?

How does depression affect day to day life of a student?

Suicide- more depressed a person gets, more withdrawn they get and people have a tendency of leaving them alone.... Which leads to further isolation and higher risk for suicide?

Necessary information presented to class on Depression

Depression is a health problem that affects the whole person

Depression effects the way you think, the way you feel, and the way you act, not something that people are going to snap out of and people recover through professional intervention. It is not a personal weakness and sign of laziness.

- **33% SBU students report feelings seriously depressed that impaired their functioning (ACHA)**

Red flags to be aware of in friends who might be going through depression

- Emotion (irritable, sad, distant, hopeless, anger)
- Physical (changes in sleep, appetite, energy level)
- Behavior (Social isolation, decreased interest in pleasurable activities, decreased personal hygiene)
- **Most serious outcome of depression is Suicide**

Suicide: Most people who kill themselves give clear signs beforehand and all signs of suicide would be taken seriously.

Vast majority of people who kill themselves give definite signals (talking about it, giving away belongings, withdrawal from friends, impulsiveness, making a plan) beforehand.

90% of people who committed suicide communicated directly or indirectly and gave clear indication in the week preceding the act.

Some of the signs are as follows:

Behavioral Signs

- ⊙ Any previous suicide attempt
- ⊙ Giving away prized possessions
- ⊙ Drug or alcohol abuse, or relapse after a period of recovery
- ⊙ Unexplained anger, aggression and irritability

Situational Clues

- ⊙ Being fired or being expelled from school
- ⊙ Loss/death of any major relationship
- ⊙ fear of punishment (gambling debts, sentenced to prison, not getting into med school)
- ⊙ Anticipated loss of financial security
- ⊙ Fear of becoming a burden to others

Talking about suicide with someone who is depressed will not put the idea in their head as it likely the idea is already there. If you are thinking about it for someone chances are very high that they are too. Asking someone directly about suicidal intent lowers anxiety, opens up communication and lowers the risk of an impulsive act.

3 steps to intervene with someone who is suicidal

1. Show you care , Non judgmental listening
2. Ask about suicide (non confrontational, but direct), if you can't find someone who can
3. Get help (take them to a counselor, tell your RA or advisor about your suspicions)
4. In an emergency situation call 911 (person has a means-gun, walking towards train tracks)

II) Make the Connection

When all issues are discussed the facilitator will *Make the Connection* between all three issues though similar words, concepts, etc.

For ex. Sleep difficulties or nervousness can be represented in all the 3 areas, so as an instructor you visually make circles and draw lines between the 3 areas to show the commonalities.

Also, under sexual assault you can ask what the number one rape drug is and then make a large circle on alcohol and draw a line to sexual assault column, noting that alcohol is a depressant drug and that is how all 3 again get connected.

We are talking to you guys about this as no one on campus is talking about these issues and these are some of the potential dangerous issues that become hurdles to student success on campus....if you are aware of them then you can not only keep yourself safe but look out for others and your friends.....(introduce the next section)

III) Wrap up/Q&A

Take out your cell phones (this must be the only time you are encouraged to use cell phone during the class).

Write on board the numbers of UCC (631-632-6171), CPO (631-632-2748) and University police- from campus phone- 911, from cell phone- 631-632-3333.
Encourage the students to program these numbers in their cell phone.

Helpful resources on campus- Hand out CPO wallet cards

How they can contribute to make this campus a caring community

“Say something when you see something” tell your RA, staff, faculty, police... anyone...

If unsure, consult to find out what you saw was serious or not

It is not only that you are looking out for someone but always remember that someone else will be doing the same for you.

Give out the post assessment