AlcoholEDU and SAPU: What You Need to Know

AWARE Program
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Alcohol Consequences on College Campuses

A National Concern for College Students (and Parents)

In a year...
- 1,825 college student deaths
- 97,000 sexual assaults
- 696,000 assaults
- 4.8 million students report driving while intoxicated
- 19% of college students met the criteria for alcohol abuse or dependence, but only 5% of these students sought treatment.

Sources:
National Institute of Alcohol Abuse and Alcoholism (2015)
Prevention Needs Assessment Survey
2016 survey of Wyoming High School 12th graders

<table>
<thead>
<tr>
<th>BEHAVIOR</th>
<th>WYOMING</th>
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<tbody>
<tr>
<td>Lifetime Alcohol Use</td>
<td>64.5%</td>
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<tr>
<td>Recent (Past 30-Days) Alcohol Use</td>
<td>35.8%</td>
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<tr>
<td>Heavy/Binge Drinking</td>
<td>18.6%</td>
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<td>Drank (more than sips) before age 13</td>
<td>12.6%</td>
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More information at www.pnasurvey.org

What is UW doing?

Alcohol, Wellness Alternatives, Research, & Education (AWARE) Program

• Harm Reduction Approach
  – “Safe, Legal, Responsible”

• Educational services at 3 levels:
  – UW and surrounding community
  – UW student population as a whole
  – Individual student

• UW has received multiple national awards for our work in alcohol abuse prevention
AlcoholEdu® For College  Sexual Assault Prevention For Undergraduates

• Required of ALL UW freshmen and transfer students with less than 60 credit hours
• Online alcohol and sexual assault/relationship violence prevention education programs
• Used by nearly 1,700 U.S. colleges/universities
• Personalized, interactive program, designed specifically for college students
• Non-opinionated, research based

Alcohol EDU and SAPU Logistics

• Part One
  – Opens Monday, July 23rd
  – Total estimated time: 3 hours
  – Deadline: Friday, August 24th
  – Students must pass test at end with 75%

• Part Two
  – Email invitation 45 days after completing Part 1
  – Total estimated time: 15 minutes
  – Deadline: Friday, October 26th
Incentives and Consequences

• Incentives (prizes) for completing the courses on time
• Penalty for not completing the courses by deadlines: registration hold will be placed on account.

Research Findings

• UW Freshmen high risk drinkers have decreased from 32% in 2008 to 19% in 2017
• Top 3 reasons for not drinking:
  • I’m going to drive
  • I don’t want to spend the money
  • I have other things to do
• Parents who talk to students before they leave for college can have a big impact on social behavior and academic success
Questions During the School Year

• How are you spending your free time?
• Is the drinking environment what you expected? Why/why not?
• How are you handling the drinking environment?
• What decisions are you making about alcohol?
• What consequences (positive and negative) are you seeing from your choices?

Any Questions?

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