

Hampton University Policy on Student Alcohol Use

"The illegal use or possession of alcoholic beverages is prohibited. Students observed or found to be under the influence of alcohol will be subject to disciplinary action, up to suspension from the University." (Hampton University Official Student Handbook 2012-1013, p. 78).



Hampton University Student Counseling Center's Alcohol and Drug Education Classes (ADEC)

This series of psycho-educational classes is offered to Hampton University students. The classes take place in a group format and focus on substance use/abuse, history of alcohol & marijuana, consequences of substance abuse, sexual assault, domestic violence & stress management. The objectives are for students to be able to identify:

- ☞ Triggers for substance abuse,
- ☞ The differences among substance abuse, dependence & addiction,
- ☞ Characteristics of addictive behavior,
- ☞ Physical and social effects of drug use,
- ☞ Negative and positive ramifications of substance abuse both on & off campus,
- ☞ Substance-free coping skills and social activities.

Students receive certificates of completion when they have fulfilled all class expectations and assignments.

HU Student SOBER CHILL Tips

For a Safe Spring Break

- ☞ "Stay classy"
- ☞ "Know why you drink"
- ☞ "Know your limits"
- ☞ "Stay safe by staying with friends"

What I Wish I Had Known About Alcohol BEFORE I Got to HU

- ☞ "Hangovers"
- ☞ "Blackouts"
- ☞ "Getting sick"
- ☞ "Peer pressure is real"
- ☞ "Don't mix drinks"

References

Antonia, A. (no date). Alcohol-Related Sexual Assault: A Common Problem among College Students. <http://www.collegedrinkingprevention.gov/SupportingResearch/Journaling/abbey.aspx>.

* Loubert, L. (2012). "Student Drinking Behaviors at Historically Black Colleges and Universities." Baltimore: Morgan State University.

Virginia Department of Alcohol Beverage Control (2010). "Taking Responsibility."

www.collegedrinkingprevention.gov/StatsSummaries/Snapshot.aspx. 2013

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THE SOBER CHILL PROJECT



HAMPTON UNIVERSITY STUDENT COUNSELING CENTER

"Dedicated to enriching our students' character, academic excellence and psychological well-being"

VA Department of Alcohol Beverage Control
Operation Undergrad 2012-2013 Grant

Morgan State University 2012 Study of Alcohol-using HBCU Students

- Drinking prior to college may pose a slight risk for binge drinking, and younger students binge more than older peers;
- Nearly 80% believe that they have a good grasp on, and stay within their limits;
- Nearly 50% say they never or rarely get drunk compared to 38% of students surveyed in predominantly white institutions (PWIs);
- Nearly 67% pre-game – drink to get a buzz before going out – compared to 38% of PWI students; and
- The most common negative effect of binge drinking is “becoming a totally different person.”

Alcohol Facts

Alcohol's impact on the human body is contingent on a few factors: weight, mood, genetics, rate of consumption, proof / percentage of alcohol in the type of liquor, and gender. The alcohol:

- Is absorbed into the blood stream & impairs the entire body;
- Alters the ability to make appropriate decisions & impairs judgment;
- Impairs motor skills;
- Reduces natural inhibitions;
- Can impair learning and memory.

Alcohol abuse = repeated use in inappropriate situations and/or despite negative consequences to self and others.

Alcohol dependence = abuse, plus increased use, tolerance, and/or desire yet inability to cut down or stop.

Binge drinking = excessive drinking in a short period, e.g., 4 (female) or 5 (male) drinks within a 2-hour period.



Alcohol Impaired Judgment

Alcohol is harmful to every organ in the human body. In the brain, alcohol depresses nerve cells, thus disrupting brain chemistry and processing. Impaired judgment and decreased inhibition lead to increased risk of negative behaviors such as aggression and assault, unsafe sex, drunk driving, and neglecting responsibilities. Consequences can be injury to self and others, police involvement, academic problems, alcohol abuse & dependence, and death.

Alcohol – THE #1 DATE RAPE DRUG

Alcohol abuse is frequently linked to men's increased aggression toward women, and women's decreased ability to assess, avoid and react to danger effectively. Alcohol does not cause sexual assault, being 'under the influence' is not a legal defense, and being impaired by alcohol rules out being able to give consent. Other contributing factors in both heterosexual and same-sex assaults:

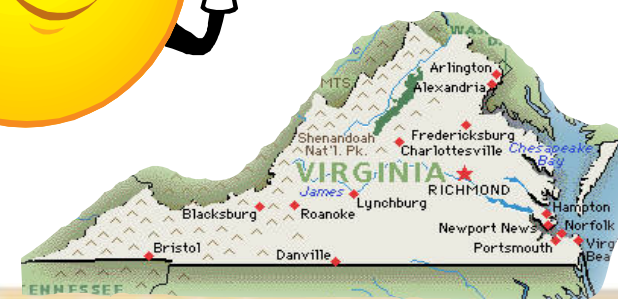
- Personality traits;
- Past life experiences;
- Traditional gender role beliefs about dating and sexuality;
- Stereotypes about women who drink;
- Men's misperceptions of women's sexual intent;
- Alcohol's effects on perceptions of responsibility;
- Environments (e.g., college life) that encourage heavy drinking and sexual assault. (Abbey, 1991).

The cause of sexual assault is the person's belief in being entitled to hurt a date, friend, associate or stranger to get what he (or she) wants. It is a choice and a crime. College victims frequently can't fathom this and are reluctant to "ruin" the assaulter's life by filing a police report. Even if illegal drinking was involved ... **NO MATTER WHAT, REPORT ASSAULT!!**

Some things to Think About*

"Those extra couple of drinks can mean crossing a line from fun person to idiot, saying something to ruin a friendship or texting something desperate to an ex. You know where your line is . . . try not to cross it."

"Just because some of our friends may chose to drink dangerously, doesn't mean everyone else does too. College students across the country are having awesome nights out without drinking to extreme . . . so can you."



Virginia Underage Drinking Laws

- It is illegal for persons under 21 to possess/purchase alcohol. Anyone in violation may get jail time, fines and community service.
- It is illegal for any person to purchase or distribute alcoholic beverages for another person who is less than 21 years of age.
- The legal Blood Alcohol Concentration (BAC) for persons 21+ is .08 and under, but for persons under 21, it is .02. Anyone driving in violation of this law may forfeit their license & pay a fine.
- Sitting behind the wheel even with the engine off while under the influence of alcohol can result in charges.