Hangovers
Sobering Up

- Coffee?
- Exercise?
- Cold Shower?
- Boot and Rally?
- 1 Standard Drink per Hour
Strategies

- Alternating alcohol with Water
- Eating beforehand/during
- Counting Drinks
- Bring X amount of drinks
- Abstinence
Strategies

&

^VS^
Alcohol Overdose

- Inability to Wake
- Inability to Communicate
- Blue Lips
- Shallow, Irregular Breathing
- Uncontrollable Vomiting
- Confusion
- Low Body Temperature
- Seizures
Opioid Overdose

1. Pinpoint pupils
2. Unconsciousness
3. Respiratory depression
Medical Amnesty & Good Samaritan

→ No repercussion for calling for help

→ Wake, Turn, Call, Stay

→ 207-581-4040 for UMPD
COVID-19: Monitor Your Health

Symptoms May Include

- Fever or chills
- Cough
- Shortness of breath/difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

STAY HOME IF SICK

Get a Flu Shot

Cutler Health Center:
207-581-4000
Bystander Intervention

1. Notice the Incident
2. Interpret Incident
3. Assume Responsibility
4. Know How to Help

"You knocked down both our towers, I collapsed at the same time you did. Your damage was concrete; stripped of titles, degrees, enrollment. My damage was internal, unseen, I carry it with me. You took away my worth, my privacy, my energy, my time, my safety, my intimacy, my confidence, my own voice, until today."

- Turner's victim
Title IX - Student Services

- Provides support/response
- Reporting options
- Academic/living accommodations
- Advocacy, education, training, prevention to UM/UMM community
- Pregnancies, Miscarriages, abortions, parenting
Title IX

Rights for students:

- “No person in the U.S. shall, on the basis of gender be excluded from the participation in, or denied the benefits of, or be subjected to discrimination under any education program or activity receiving federal aid.”

- Gender discrimination includes sexual harassment, sexual assault, dating violence, domestic violence, stalking, etc.
Title IX - Compliance Elements

Once a “Responsible Employee” knows of a Title IX incident, we must:

- Take prompt and effective action to:
  - Stop the harassment
  - Remedy the effects
  - Prevent a recurrence
- Take immediate and appropriate steps to investigate what occurred

Note: Supportive measures enacted regardless of a formal complaint
## Facts

### Nationally
- 1/5 women, 1/33 men, 1/3 Black women
- Most complainants knew their attacker
- SA most underreported crime
- 50% involve alcohol
- 1/4 women & 1/7 men experience IPV
- ~2/3s SA occur from 6pm–6am

### UMaine
- Occurs within initial weeks of school
- ResLife most common referral source
- 9/10 involve alcohol use
- **Student-Athletes are at a higher risk of SA by another Student-Athlete**
Definitions

- **Sexual Harassment**
  - unwelcome sexual advances, requests for sexual favors, and other verbal/physical conduct of a sexual nature, including sexual assault and sexual violence.

- **Sexual Violence**
  - an offense that meets the definition of rape, fondling, incest, or statutory rape.

- **Dating Violence**
  - violence committed against a person, by an individual who is/has been in a social/romantic/intimate relationship with that person