College....

SWell
&
Title IX Student Services
Follow us on Instagram!

Instagram: @um.swell
Student Wellness Resource Center (SWell)

- Room 149
- LiveWell: Peer Mentoring
- Peer Educators
- Bystander Intervention Training
- BASICS
- Black Bears for Change
Our Focus

Health and Safety
Expectations

EXPECTATIONS

EXPECTATIONS EVERYWHERE
Expectations & Perceptions
In the study they all walk into a bar scene:
1. Given alcohol
2. No alcohol
3. Given seltzer
4. Told they were given alcohol but it was seltzer with alcohol on the rim

Our expectations of alcohol play a huge role in our experience with it.
Nationally

- College students more likely to be heavy drinkers
- 2 in 5 students heavy drinkers (5+ drinks)
- Males more likely to drink heavily than females
- High risk drinking affects even those who don’t drink
  - Other Students
  - Residents
  - Businesses
  - Communities
Drinking License Exam
Standard Drink

1 BEER = GLASS OF WINE = SHOT OF LIQUOR
Standard Drink

12 fl oz of beer = 4-5 fl oz of wine = 1.5 fl oz of 80 proof liquor

5% = 12% = 40%
Red Solo Cup

- Beer (2nd from top line)
- Malt Liquor
- Wine (2nd from bottom line)
- Liquor (bottom line)
APPARENTLY BEING A SUPERHERO

DOESNT STOP ALCOHOL POISONING
**Alcohol Overdose**

**Signs:**
- Vomiting uncontrollably
- Incoherent/Unable to communicate
- Shallow breathing
- Cannot be woken up
- Pale/Blue Lips/Cold to the Touch
Strategies

Counting Drinks

Using Red Solo Cups

Abstinence

Others
Medical Amnesty and Good Samaritan

No punishment for calling for help

Wake, Turn, Call, Stay

Call (207) 581-4040 (UMPD)
Cannabis & Cigarettes

Both of these substances are NOT allowed on campus.