

College....

SWell
&
Title IX Student Services



Follow us on Instagram!



Instagram: @um.swell





Student Wellness Resource Center (SWell)

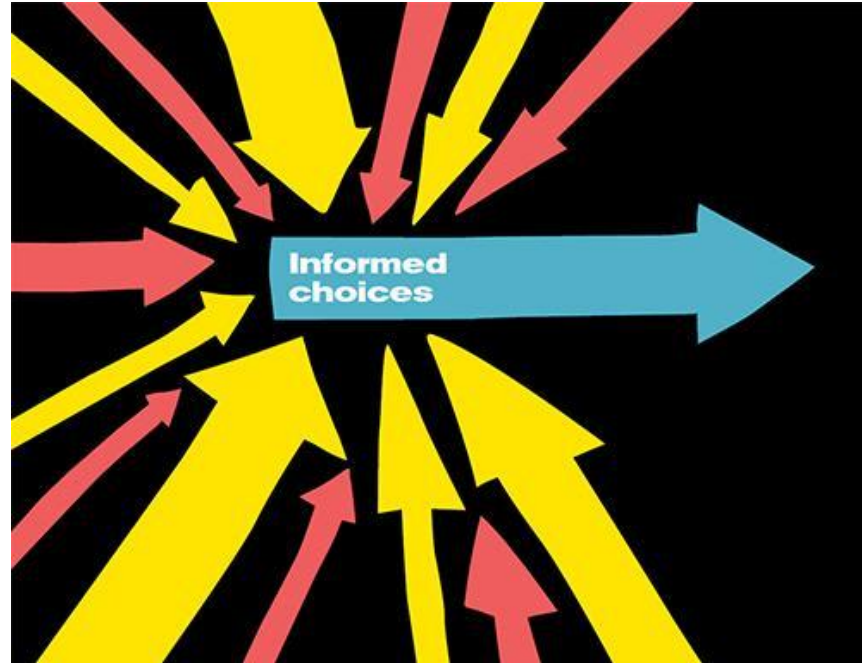
- Room 149
- LiveWell: Peer Mentoring
- Peer Educators
- Bystander Intervention Training
- BASICS
- Black Bears for Change





Our Focus

Health and Safety



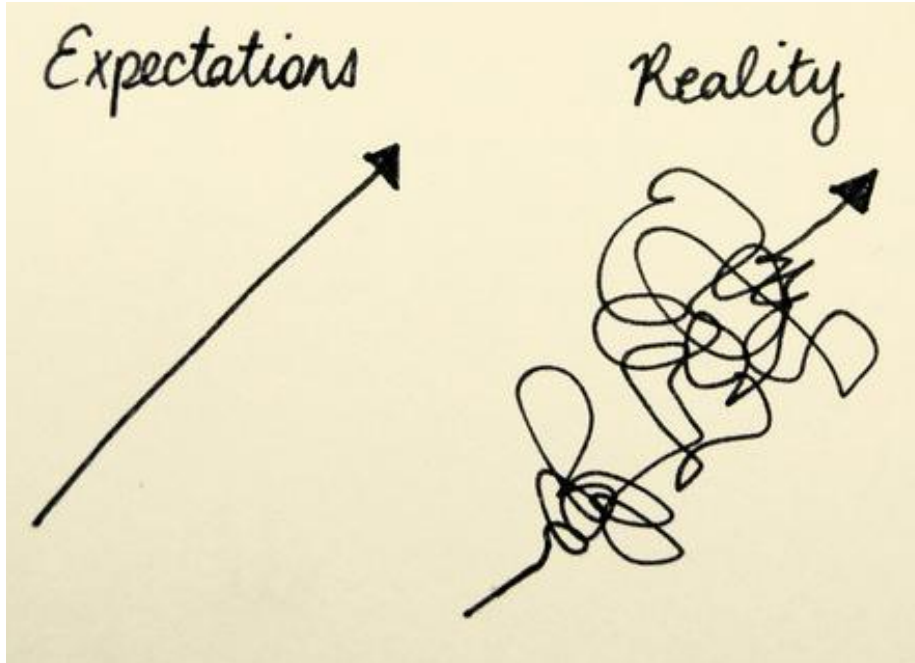


Expectations





Expectations & Perceptions





Bar Lab



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



Facts

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



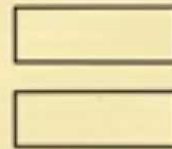


Standard Drink

1 BEER



**GLASS
OF WINE**



**SHOT
OF LIQUOR**





Standard Drink



12 fl oz
of beer

5%

=



4-5 fl oz
of wine

12%

=



1.5 fl oz of
80 proof liquor

40%

A Standard Drink



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





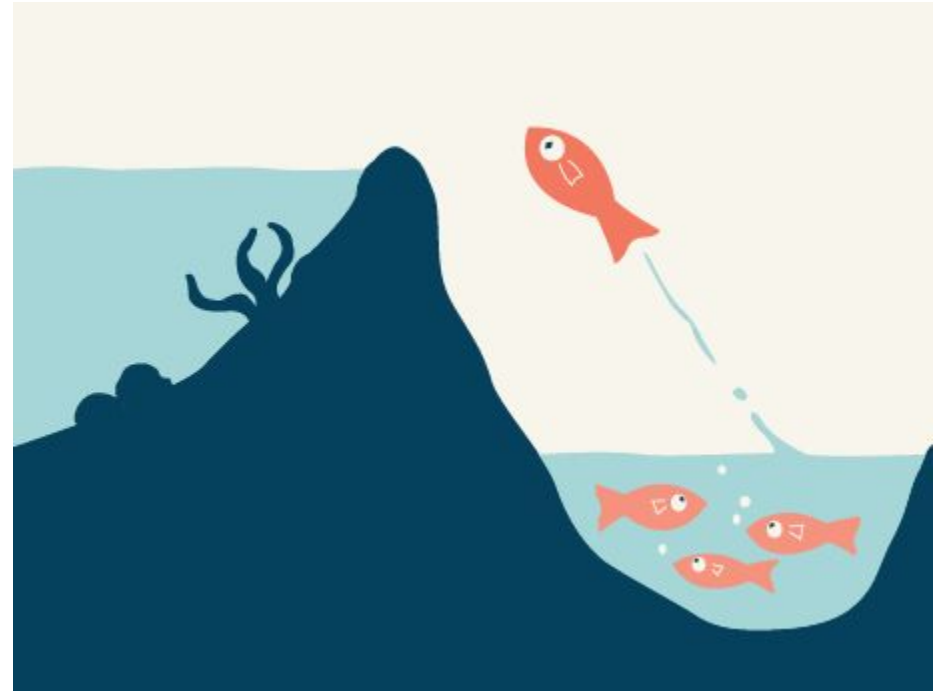
Strategies

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 substance are NOT allowed on campus

