

# Alcohol and the Princeton Social Scene Workshop

## RCA Facilitation Plan

### 1. WELCOME AND INTRODUCTION

#### A. Explain the Purpose of the Discussion

- At the end of the discussion, participants will:
  - Understand that students do not have to engage in high-risk drinking in order to have successful social lives at Princeton.
  - Know the facts about alcohol and alcohol use at Princeton in order to use this information when making decisions about alcohol.
  - Know the policies at Princeton regarding alcohol and that it is expected that Princeton students will help anyone who may be intoxicated and need help.

Sample Script:

*"We know making decisions in the Princeton Social scene can be tricky, especially when you throw alcohol into the mix. Students are constantly making decisions in regards to alcohol. Do I drink tonight? Is it okay to have only one drink? Will others question me if I don't drink on any given evening? The point of our time together tonight is not to make those decisions for you, but rather to help you to make informed decisions that are consistent with your values."*

### 2. QUIZ

#### A. Distribute Quiz - Have Advisees Complete

- Review correct answers.
- Key messages to communicate:
  - Many students have misperceptions about their peers' drinking behaviors and alcohol-related issues and policies at Princeton. These misperceptions may influence you to make decisions that might not be right for you.
  - Know the policies at Princeton regarding alcohol.

### 3. HELPING IN AN EMERGENCY

#### A. Introduce Advisees to Going "Beyond Being a Bystander"

- Key messages to communicate:
  - Bystander: someone who wants to act and help but doesn't.
  - Intervening when others are in need of assistance or are in a situation that may lead to a crisis is an expectation of community citizenship at Princeton.
  - There are 5 alcohol-related problematic situations in which participants are expected to intervene with others related to alcohol:

*Emergencies:*

1. Excessive intoxication (can't stand up, can't speak coherently, is passed out etc.)
2. Behavior toward another person which is aggressive or in some way threatening

*Non-emergencies:*

3. Excessive drinking (excessive drinking can turn into an emergency VERY quickly)
4. Chronic problematic drinking
5. Behavior that may be viewed as risky or could become risky/dangerous

Sample Script:

*"Princeton students have both personal and community responsibilities. This means not only taking care of yourself, but also taking care of others. An expectation of being a part of the Princeton community is that you will act when you see a fellow student in need of help. As per Rights, Rules, Responsibilities, it is each community member's obligation to seek medical assistance for a severely intoxicated person, and failure to do so may result in disciplinary action. "Bystanding" during a crisis or when a student needs assistance is not a viable option once you sign on for community membership. A bystander is someone who wants to act and help but doesn't. At Princeton, you are expected to intervene in problematic or potentially problematic situations rather than to be a passive observer, or to assume someone else will help."*

**B. Review Signs That Someone Needs Medical Help**

**Hand out *Limits Matter***

- **General signs: (*Limits Matter* BAC chart p. 7-8)**
  - Vomiting
  - Passed out (if unable to be woken up, may be near comatose)
  - Severely disoriented or unable to walk (indicates impairment of cerebellum and high blood alcohol level)
  - You know how much they've drunk (they may appear fine now, but could worsen later)
- **Very serious signs a person needs medical help immediately: (*Limits Matter* BAC chart)**
  - Clammy hands (indicates a lack of oxygen in the body)
  - Difficult/shallow breathing (indicates impairment of brain stem)
  - Convulsions (indicates a dangerously high BAC)
  - Blue color underneath fingernails (indicates a lack of oxygen to the brain)
  - One last point: Depending on a person's tolerance, they may or may not show any of these symptoms. For example, the person could be able to walk, but still has a BAC higher than .35 (above .40, most people are comatose and only half the people who enter the ER at this level survive).

- **What you can do while waiting for help to arrive: (*Limits Matter* “What Should I Do If...?” p. 13)**
  - If they are unconscious (you can't wake them up), check for breathing
  - Make sure you put the person on their side so they don't suffocate on their vomit
  - If someone has thrown up and calmed down a bit, try offering them water to re-hydrate.
  - If someone is throwing up uncontrollably, don't force them to drink water because that may just aggravate the vomiting.
  - If someone is feeling ill, do NOT give them Tylenol or any other acetaminophen - this can cause severe liver damage when mixed with alcohol.
  - If someone is paranoid, confused, or disoriented, keep them away from any more alcohol, try to calm them down and keep them awake

## 5. RESOURCES

### A. In *Limits Matter* booklet

- Point out resources on pages 27-28. Point out the section about helping a friend on page 14. Point out U\_Matter website: [umatter.princeton.edu](http://umatter.princeton.edu).

### B. In an Emergency:

- Call Public Safety at 911 from a campus phone or 609-258-3333 from a cell phone.

### C. On-going Concerns:

- Contact your RCA or DSL, Counseling and Psychological Services, Religious Life.