PRE-ASSESSMENT

Use a smartphone to complete!

https://tinyurl.com/RWBFall2019Pre
RED WATCH BAND

It Starts With Us.
PROGRAM AGENDA

- Background/History of RWB
- Knowledge and Skills
- Recognizing the Signs
- Scenarios
- Wrap – Up
WHAT IS RED WATCH BAND?

Our Mission is to provide students with the knowledge, awareness and skills to prevent toxic drinking deaths and to promote a student culture of kindness, responsibility, compassion and respect.
LET'S CHAT ABOUT INTERVENTION
GOOD SAMARITAN POLICY

What is it?

3C’s
- Care
- Conduct
- Call
WHAT DO WE KNOW ABOUT ALCOHOL?
### The Standard Drink

<table>
<thead>
<tr>
<th>Standard Drink</th>
<th>Approximate Number of Standard Drinks In:</th>
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</thead>
<tbody>
<tr>
<td>Beer or Cooler: 12 oz.</td>
<td>12 oz.: 1</td>
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<td></td>
<td>16 oz.: 1.3</td>
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<td></td>
<td>22 oz.: 2</td>
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<tr>
<td></td>
<td>40 oz.: 3.3</td>
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<tr>
<td>Malt Liquor: 8-9 oz.</td>
<td>12 oz.: 1.5</td>
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<tr>
<td></td>
<td>16 oz.: 2</td>
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<tr>
<td></td>
<td>22 oz.: 2.5</td>
</tr>
<tr>
<td></td>
<td>40 oz.: 4.5</td>
</tr>
<tr>
<td>Table Wine: 5 oz.</td>
<td>a 750 mL (25 oz.) bottle = 5</td>
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<tr>
<td>80-proof Spirits: 1.5 oz.</td>
<td>a mixed drink = 1 or more*</td>
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<tr>
<td></td>
<td>a pint (16 oz.) = 11</td>
</tr>
<tr>
<td></td>
<td>a fifth (25 oz.) = 17</td>
</tr>
<tr>
<td></td>
<td>1.75 L (59 oz.) = 39</td>
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</tbody>
</table>

*Note: Depending on factors such as the type of spirits and the recipe, one mixed drink can contain from one to three or more standard drinks.
HIGH RISK ENVIRONMENTS
THE BIPHASIC EFFECT
MYTHBUSTERS - WHAT IS REALLY THE TRUTH?

Myth

Fact

Caffeine stimulates the body, but does nothing to counteract the effects of alcohol on the body.

Cold water will shock the system, but lowers one’s body temperature even more which could get dangerous because drinking already lowers body temp.

More alcohol may be in the stomach waiting to be absorbed - absorption still happens even though one may have passed out.

Your body will absorb bread quicker than alcohol. Eating will not change the rate at which your body processes alcohol.

It’s important to drink water before, while, and after drinking alcohol to stay hydrated. While doing so won’t sober you up, it’ll help you pace alcohol consumption and may reduce hangover symptoms.
SIGNS TO LOOK FOR

Signs of a life-threatening overdose:

• Cannot be woken up
• Gets sick and does not wake up
• Slow breathing
• Cold, clammy, or altered skin
EARLY INTERVENTION IS KEY

Securing medical help

- **Call** 911 or campus police (Emergency: 1-414-288-1911)
- Provide accurate information such as location, condition of the individual, name, etc.
- **Gather**, if possible, information about the amount of alcohol consumed by the individual to share with the emergency services personnel
- **Stay** with the person/friend until help arrives
SCENARIOS

• Break up into groups
• Read through each scenario
• Discuss what you could do if this situation presented itself in real life
FINAL THOUGHTS

What does it mean to be a Red Watch Band member?

❖ We all have the INSTINCT to do the right thing. Now as RWB members, YOU have the KNOWLEDGE and COURAGE to act to save a life.

❖ Seen wearing your Red Watch Band? You could get a discount at the Brew and an awesome t-shirt! Stay tuned for more details!
RED WATCH BAND
FREE T-SHIRT

❖ Pick up at the Student Wellness Center, 1st floor of the 707 Building, Suite 130!

❖ Show your Red Watch Band = Get a Shirt....easy!
“WE ALL HAVE THE INSTINCT TO DO THE RIGHT THING, NOW AS RWB MEMBERS, YOU HAVE THE KNOWLEDGE AND COURAGE TO ACT TO SAVE A LIFE”

Red Watch Band

• 10% discount off of EVERYTHING at the Marquette Spirit Shop
• $1.25 drip coffee at the Brew every Friday

PRESENT YOUR RED WATCH BAND OR SHIRT TO REDEEM
CAMPUS RESOURCES

Marquette University Medical Clinic
(414) 288-7184 | www.mu.edu/medical-clinic/

Counseling Center
(414) 288-7172 | www.mu.edu/counseling

MUPD
(414) 288-1911 | http://www.marquette.edu/mupd/

Want more info on the Good Samaritan Policy? Check out more at this link:
www.marquette.edu/osd/policies/good-samaritan-policy.shtml

Sexual Violence Advocate
(414) 288-5244 | http://www.marquette.edu/sexual-misconduct/victim-advocacy.shtml

Student Wellness Center
707 Building, Suite 130 | https://www.marquette.edu/medical-clinic/phe.shtml
POST-ASSESSMENT

Use a smartphone to complete!

https://tinyurl.com/RWBPostFall2019
ASSESSMENT

• Please fill out the assessment that will be sent to you via email following the training to rate how effective this program was for you, and let us know what could be better.

• Thank you for coming and participating!