HEALTH PROMOTION

PREVENTION EDUCATION ON CAMPUS AND IN THE COMMUNITY

Health Promotion
Offices of The Dean of Student Life
Division of Student Affairs
Health Promotion

Our objective is to support academic achievement and personal development by improving health outcomes of TAMU students.

We provide prevention education around significant public health issues that affect college students, including Aggies:

- Alcohol and drug prevention
- Interpersonal violence prevention
- Mental health
- Nutrition and physical activity
- Sexual health and sexuality
- Sleep
- Stress and relaxation
Alcohol & Other Drug Education
Risky Alcohol Consumption

• Social reasons
  o Consumption based on what we perceive as normal or acceptable

• “Drunkorexia”
  o Attempting to manage calories from alcohol

• Coping
  o Something difficult affecting one’s life

• Addiction
  o “A chronic, relapsing brain disease that is characterized by compulsive drug seeking and use, despite harmful consequences.”
    – National Institute on Drug Abuse
Alcohol on Campus

Within the last thirty days, on how many days did you use: Alcohol (beer, wine, liquor)?

62.9% of undergraduates & 66.6% of graduates used alcohol on fewer than ten days or on zero days

The last time you “partied”/socialized, how many alcoholic drinks did you have?

73.1% of undergraduates & 78.4% of graduates had fewer than 5 drinks or had zero drinks

Source: American College Health Association, National College Health Assessment, TAMU 2015
Interpersonal Violence Prevention
Interpersonal Violence

*Interpersonal violence* refers to threats or acts of physical, sexual, psychological, verbal, financial, and legal violence and abuse.

These acts can be committed by any person with the purpose of exerting control and/or causing significant harm.

Interpersonal violence is always about power and control.
<table>
<thead>
<tr>
<th>Category</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Experienced nonconsensual penetration or sexual touching due to physical force or incapacitation</td>
<td>14.8% of female and 4.8% of male undergrads</td>
</tr>
<tr>
<td>Experienced sexual harassment</td>
<td>40.6% of students</td>
</tr>
<tr>
<td>Experienced intimate partner violence</td>
<td>9% of students in a partnered relationship</td>
</tr>
<tr>
<td>Experienced stalking that caused fear/emotional distress</td>
<td>3.5% of students</td>
</tr>
<tr>
<td>Witnessed someone acting in a sexually violent or harassing manner</td>
<td>12%</td>
</tr>
<tr>
<td>Did not intervene</td>
<td>56%</td>
</tr>
<tr>
<td>Suspected a friend had been sexually assaulted</td>
<td>11%</td>
</tr>
<tr>
<td>Stepped in to help</td>
<td>68%</td>
</tr>
</tbody>
</table>

AAU Campus Climate Survey on Sexual Assault and Sexual Misconduct 2014-2015

n=4,914
GRADUATE AND PROFESSIONAL STUDENTS

- Enrolled students: Resources are available
- Graduate Teaching Assistants, Research Assistants, or employees: Responsibility to report
- 8.8% of female students | 2.2% of male students: Experience rape or sexual assault through physical force or incapacitation
- 33% of female students | 20% of male students: Experience sexual harassment during graduate school
Physical abuse or sexual misconduct committed by a former or current romantic/intimate partner

**Domestic Violence** *(Student Rule 24.4.3.1)*
Physical abuse or sexual misconduct committed by a former or current spouse; person with whom the victim shares a child in common; a cohabitant or household member

**Dating Violence** *(Student Rule 24.4.3.2)*
Physical abuse or sexual misconduct committed by a former or current romantic/intimate partner

**Stalking** *(Student Rule 24.4.3.3)*
Engaging in a course of conduct directed at a specific individual that would cause a reasonable person to fear for their safety or the safety of others (family, friends, pets), and/or experience emotional distress

**Sexual Abuse** *(Student Rule 24.4.20.1)*
Oral, anal, and/or vaginal penetration by any means that occurs without the victim’s consent

**Sexual Contact** *(Student Rule 24.4.20.2)*
Attempting or making sexual contact, including but not limited to touching and fondling, without the victim’s consent

**Sexual Exploitation** *(Student Rule 24.4.20.3)*
Taking non-consensual or abusive sexual advantage of another for one’s own benefit

**Sexual Harassment** *(Student Rule 24.4.2.1)*
Unwelcome sexual advances, requests for sexual favors, and other verbal, nonverbal or physical conduct of a sexual nature that negatively affects employment, education, or campus participation
What is Consent?
Clear, voluntary, and positive verbal or non-verbal communication that all participants have agreed to sexual activity (Student Rule 24.1.6)

Consent must occur prior to or at the same time as the sexual activity.

Consent must remain clear, voluntary, and positive throughout the sexual activity.

Consent must be given for the current sexual contact. The existence of a prior relationship or prior sexual activity does not automatically ensure consent for current or future sexual contact. There must be consent for each specific type of sexual contact throughout the sexual activity. Consent must be given by each participant involved.

A person must be 17 years of age or older to be able to consent to sexual activity if the other participant(s) involved are more than three (3) years of age older than that person.

A person who is clearly or visibly incapacitated is not able to give consent to sexual activity.
LOCAL RESOURCES (CONFIDENTIAL)

Baylor Scott and White Medical Center
(979) 207-0100
700 Scott and White Dr, College Station, TX 77845
Sexual Assault Nurse Examiner on staff 24/7

Sexual Assault Resource Center (SARC)
979-731-1000 | 24/7 Hotline
http://www.sarcbv.org/

TAMU Student Counseling Service
979-845-4427
scs.tamu.edu

TAMU Student Health Services
(979) 458-8310
shs.tamu.edu

Twin City Mission (Phoebe’s Home)*
979-822-7511
Twincitymission.org
*Religiously affiliated organization
LOCAL RESOURCES (NON-CONFIDENTIAL)

University Police Department
Emergency-Campus Phone 911
Non-Emergency 5-2345
upd.tamu.edu

TAMU Student Assistance Services
979-458-3113
sas.tamu.edu

Report concerning behavior on Campus at: TellSomebody.tamu.edu

TAMU Student Conduct Office
979-847-7272
studentlife.tamu.edu/sco

TAMU Title IX Office (Civil Rights and Equity Investigations)
979-845-0977
Urc.tamu.edu/title-ix
Sexual Health & Sexuality
Sexual Health and Sexuality

- Methods of contraception
- Reproductive health
- Sexual responsibility/communication
- Sexually transmitted infection (STI) prevention

Health Promotion encourages students to use Student Health Services for:
- Wellness exams
- STI testing
- Pregnancy tests
- Birth control and prescription counseling
Sexual Health on Campus

• 60% of TAMU students have engaged in sex (vaginal, oral or anal) in the last 12 months
• 48% used a method of contraception the last time they had vaginal intercourse
• Approximately 4.1% of TAMU students were treated for an STI
  ○ That’s almost 2,788 students for you math majors!
• The most common STI on campus is Chlamydia, followed by genital herpes

Source: American College Health Association, National College Health Assessment, TAMU 2015
Resources & Responsibility
Taking Action

There are several ways you can become involved in these efforts on campus. We offer trainings, workshops, and leadership programs every semester.

Trainings
• Green Dot (Bystander intervention)
• Stand Up (Trauma-informed care)

Standard Workshops
• Interpersonal Violence Prevention, Consent, In Their Shoes, Man/Lady Box, Love the Way You Lie, Women’s Self-Defense
• Alcohol 101, Mixed Feelings about Drinks, Policy Pong
• Sex in the Dark
• Healthy Relationships; Communication and Relationships
• Stress/Time Management

Aggie Elevate
• Peer education group that values leadership and well-being
Health Promotion has established partnerships with campus offices and community organizations that work in tandem to support students.

**Aggie Recovery Community**
Recognized student organization at Texas A&M University that provides a **safe, sober, and supportive environment** for college students struggling with or recovering from addiction.

**Sexual Assault Resource Center**
Referrals to SARC as a confidential community resource where victims or survivors (and/or their family and friends) can receive advocacy and other support services.

**Twin City Mission (Phoebe’s Home)**
Referrals to Phoebe’s Home as a confidential resource for victims or survivors of relationship violence who are in need of emergency shelter and other support services.

**The Sex Project**
Recognized student organization at Texas A&M University that strives to empower individuals to make informed decisions regarding sexual and reproductive health.

**Awareness Events**
- Domestic Violence Awareness Month (October)
- Stalking Awareness Month (January)
- Dating Violence Awareness Month (February)
- Sexual Assault Awareness Month (April)
- LessThanUThink Binge-Drinking Campaign
HEALTH PROMOTION

Offices of The Dean of Student Life
979-845-3111 | healthpromotion@tamu.edu | studentlife.tamu.edu/hp
Location: Student Life #1 – building number 0070
Address: 837 West Campus Blvd., College Station, TX 77840