HEALTH PROMOTION

INTERPERSONAL VIOLENCE PREVENTION
ALCOHOL & OTHER DRUG PREVENTION

An Overview of Education, Responsibility, and Resources

Health Promotion
Offices of The Dean of Student Life
INTRODUCTION TO HEALTH PROMOTION

• Office within the Offices of the Dean of Student Life (ODSL)
• Strives to support academic achievement and personal development by improving health outcomes of TAMU students
• Content areas:
  • Alcohol and drug prevention
  • Interpersonal violence prevention
  • Fitness and nutrition
  • Sexual health
  • Stress relief
  • Time management
OBJECTIVES

- Recognize Signs of IVP and AOD
- Understand Responsibility to Community
- Identify Strategies and Resources
DEFINING THE ISSUES

WHAT DO THESE ISSUES LOOK LIKE ON CAMPUSES?
21% of college students report having experienced dating violence by a current partner and 32% by a previous dating partner.

4.2% of college students have been stalked and feared for their safety as a result.

11.2% of college students experience rape or sexual assault through physical force, violence, or incapacitation.

Two-thirds of college students experience sexual harassment.

21% of TGQN college students have been sexually assaulted, compared to 18% of non-TGQN females and 4% of non-TGQN males.
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
INTERPERSONAL VIOLENCE PREVENTION 101

WHAT INFORMATION SHOULD YOU BE AWARE OF?
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
VIOLENCE AND STALKING

**DATING VIOLENCE**
Physical abuse or sexual misconduct committed by a former or current romantic/intimate partner

**DOMESTIC VIOLENCE**
Physical abuse or sexual misconduct committed by a former or current spouse; person with whom child custody is shared; a cohabitant or household member

**STALKING**
Pattern of repeated, unwanted attention that causes fear and concern for one’s safety or the safety of their loved ones (family, friends, pets)

SEXUAL MISCONDUCT

**SEXUAL ASSAULT**
Penetration without consent

**SEXUAL CONTACT**
Other forms of sexual contact without consent

**SEXUAL EXPLOITATION**
Taking non-consensual or abusive sexual advantage of another for one’s own benefit

**SEXUAL HARASSMENT:**
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.

CONSENT IS:

Ongoing and Active
Consent can be withdrawn at any time, regardless of whether sexual activity has started.

Willing
Silence ≠ consent. A reluctant or fearful “yes” ≠ “yes.” Incapacitation (alcohol and other drugs, sleep deprivation, mental health) ≠ “yes.”

Clear/Specific
Saying “yes” to one sexual activity does not imply “yes” to other types of sexual activity or having sex with that person in the future.

Enthusiastic
It is about wanting to have sex, not because you feel obligated. When someone says “no”, they mean “no”.

Informed
There is no deception. For instance, if your partner says they will use a condom and then does not, this is not consent. Also, you are responsible for making sure your partner is of legal age.

Asked for and Granted
Consent should be asked for every time and granted before sexual activity occurs or continues. Recognize boundaries, verbal and nonverbal.
ALCOHOL & OTHER DRUG PREVENTION 101

WHAT INFORMATION SHOULD YOU BE AWARE OF?
ALCOHOL 101

Other Factors Affecting Alcohol Absorption

- Hydration
- Weight
- Age
- Sex
- Medication
- Food
- Drinking rate
- Carbonated beverages
TOLERANCE

How Much Alcohol Affects Mood

Positive Mood

Negative Mood

TIME

Before Tolerance

After Tolerance
COPING

Top 3 Problems in College/University Counseling Centers

#1 Anxiety

#2 Stress

#3 Depression

“The problem is, if you are drinking to detour something unpleasant, that unpleasant thing is still going to be there tomorrow.”

- Dr. Katherine Goyne, MD Psychiatrist
ADDICTION

“...a chronic, relapsing brain disease that is characterized by compulsive drug seeking and use, despite harmful consequences.”

– National Institute on Drug Abuse
RESPONSIBILITY

HOW CAN AGGIES TAKE CARE OF OTHER AGGIES?
CARING FOR YOURSELF
CARING FOR AGGIES
GRADUATE AND PROFESSIONAL STUDENTS

- Enrolled students: *Resources are available*
- Graduate Teaching Assistants, Research Assistants, or employees: *Mandated reporters*
- 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*
“It is up to us – students, faculty, and staff – to step in as active participants to end sexual harassment and sexual violence in our community, and stand up to support the survivors of these behaviors. What harms even one of us, harms us all.”
Title IX Coordinator

- Jennifer Smith
- 979-845-0977
- TitleIX.Coordinator@tamu.edu
- General Services Complex (GSC), Suite 2101

Any complaint of sexual discrimination, sexual harassment, or sexual violence can be reported to the Title IX Coordinator.
RESOURCES

- Nutrition Consultations
- Office of Health Promotion
- Free STI testing each semester
- Aggie Recovery Community
- Body Composition Analysis
- FREE Wellness programs, events, & swag!
- Peer Health Education
- Alcohol and Drug Education Workshops
LOCAL RESOURCES (NON-CONFIDENTIAL)

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

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

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

Student Health Services
979-458-8310
shs.tamu.edu

Baylor Scott & White Clinic
(979) 691-3400
Locations in College Station and Bryan
Sexual Assault Nurse Examiner on staff

Report concerning behavior on Campus at: TellSomebody@tamu.edu
RESOURCES (CONFIDENTIAL)

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

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

Twin City Mission (Phoebe’s Home)*
979-822-7511
Twincitymission.org
Connect With HEALTH PROMOTION

Texas A&M Health Promotion

@TAMU_HP

tamuhealthpromotion
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