Health Promotion

Prevention Education on Campus and in the Community

Health Promotion
Offices of The Dean of Student Life
Division of Student Affairs
Join Our Poll

1. Grab your phone
2. Open a new text message
3. In the message box, type TAMU
4. In the recipient box, type 37607
5. Hit send

You should receive a reply from Poll Everywhere saying “you’ve joined Health Promotion’s session (TAMU)".
Health Promotion

Health Promotion empowers all Aggies to embrace a culture of holistic well-being that fosters their academic, personal, and professional success.

- Alcohol and Other Drugs
- Interpersonal Violence Prevention
- General Wellness

Dimensions of Wellness:
- Physical
- Spiritual
- Emotional
- Social
- Intellectual
- Environmental
- Occupational
Alcohol & Other Drug Education
First Poll:

Do you know someone who has experienced a drug or alcohol addiction?

Yes

No
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
Alcohol and Drug Prevention Programming

- Binge Drinking - LessThanUThink
- Alcohol & Drug Education
- Safe Spring Break
- Collegiate Recovery | Aggie Recovery Community
Interpersonal Violence Prevention
Second Poll:

Have you or someone you know experienced violence in a relationship?

I think so, but I'm unsure of what I saw or heard about was really relationship violence.
Interpersonal Violence

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

These acts can be committed by any person with the intention of exercising force or power and/or causing significant harm.

Interpersonal violence is always about power and control.
At Texas A&M:

42.7% of students on the TAMU campus...
...experienced sexual harassment from another student, faculty or staff member.

17.6% of female, 2.3% of male, and 14.7% of TGQN grad/professional students...
...experienced at least one type of sexual assault due to physical force or incapacitation

12.9% of Aggies experienced intimate partner violence.

19.4% of Aggies experienced stalking on our campus or in the community.

Association of American Universities Survey, 2019
Interpersonal Violence Prevention Programming

- Sexual Assault Awareness
- Domestic Violence Awareness
- Stalking Awareness
- Women's Self Defense
Step In as an active bystander

Green Dot is a bystander intervention training and call to action for Aggies to prevent potential acts of violence.

STAND Up to support victims & survivors

Stand Up teaches Aggies how to have positive & helpful conversations with those impacted by a traumatic event.
Resources

In your NGSO materials:

**Confidential Resource:** a place that can provide guidance and help and typically does not have to tell anyone else.

**Non-confidential Resource:** a place that can provide guidance and help, but will have to tell the Title IX office (Civil Rights & Equity Investigations).
General Wellness
Third Poll

What parts of your general wellness are you most concerned about balancing with graduate/professional school commitments?
Wellness Programming

- Nutrition
- Sleep
- Sexual Health
- Health Coaching
- Peer Education
Consultations

Healthy Relationships
- Sexuality
- Condoms
- Birth Control

Stress Management
- Time Management
- Schedule Mapping
- Stress Responses

Nutrition
- Nutrition Consults
- Goal Setting
- Body Composition Analysis
Resources & Responsibility
Campus/Community Outreach

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

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