

NOVEMBER  
ISSUE  
2016

# CAMPUS WELLNESS AT PACIFIC UNIVERSITY

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WANT TO WIN A \$20 STARBUCKS  
GIFT CARD?



TAKE OUR QUIZ ON PAGE 15!

GET  
THE  
FACTS



Most Pacific students who choose to drink or do drugs are responsible. Read to find out how to keep yourself and your community safe.

## UPCOMING EVENTS

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November 25: Wellys Videos Due!

December 1: Wellys Video Contest 6-7:30pm

### **Ongoing:**

Let's Talk About Sex and Pizza Workshops

Tuesday and Wednesday Nights  
7:30-9, Sunday 2:00-3:30 by  
Residence Hall

Campus Wellness Weekly  
Meetings: Tuesdays 11:30-12:30 in  
Clark 124

Weekly Wellness Booth: Thursdays  
11:00-1:00 in the UC

Boxer Breather: Thursdays 4-5 in  
Clark 124

Body Project: Mondays 4-5

## Wellys Video Contest

Do you want to make a difference on our campus and earn fame, glory and up to \$200 in prizes?



### WHAT ARE THE WELLYS?

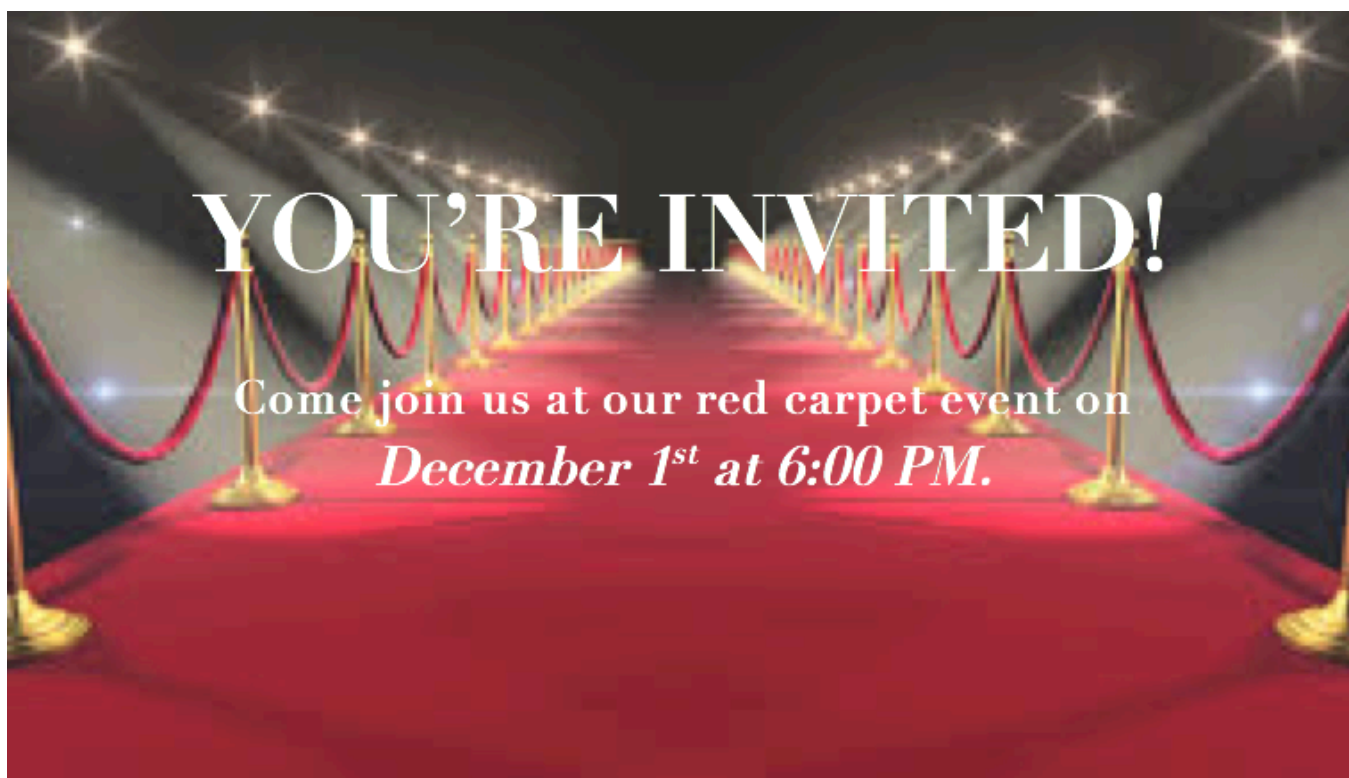
The Wellys are a video contest, where students produce short videos about bystander intervention that are shown at a red carpet award show where students vote for their favorite videos.

- **When:** Thursday December 1, 6:00PM
- **Where:** Taylor Meade Auditorium (formal dress is encouraged)

Videos are due in YouTube format by **November 25**. Come join our event on Facebook [here](#).

### PRIZE UPDATE

You could win: Gift cards to Amazon, Starbucks, Outdoor Pursuits, Migets, and Coffee House in the Grove.



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# Wellys

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*Come dressed in your most formal attire.*

*Take photos in our photo booth.*

*Enjoy some drinks.*

*Watch and vote for your favorite videos!*

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# Stop by our **PARTY SMART** WEEKLY WELLNESS BOOTH

Campus Wellness invites you to visit their PARTY SMART Weekly Wellness Booth **every Thursday from 11-1 in the UC**. Most Pacific students who choose to drink, or party, do it responsibly, and many students choose not to drink at all.

Whatever your choice, we want to make sure we are keeping our community as safe as possible. Stop by to educate yourself and win prizes by playing fun, informative games.



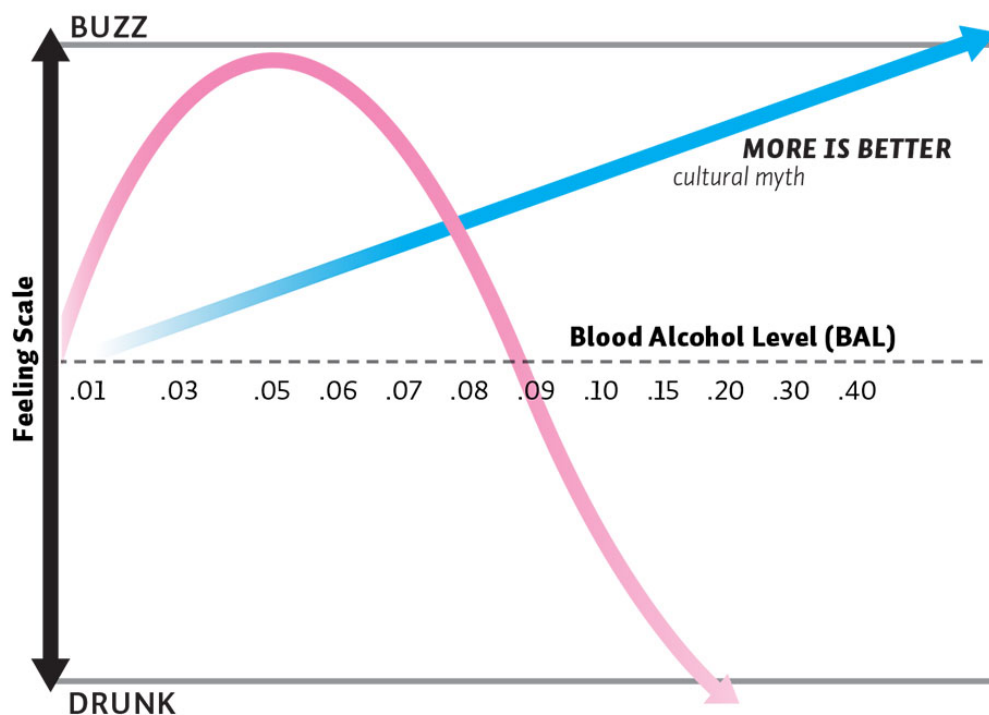
**Remember to be a BRAVE bystander! If you see something that looks like it could be a risky situation, step in and say something!**

To learn more about drug and alcohol harm reduction visit our website: <http://www.pacificu.edu/about-us/offices/campus-wellness/alcohol-drugs>

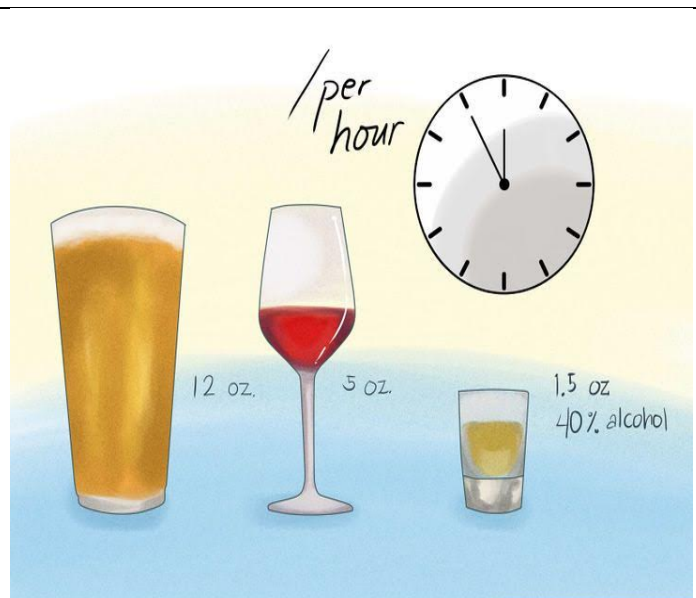
Or sign up for a workshop with the Wellness Educators

## PARTY SMART: Stay in the FUN ZONE!

- The positive effects of alcohol occur with a BAC below 0.08g/dl. After that there is a period of diminished returns. There is a myth that the more you drink the more fun it will be. This is just not true. The fun zone is where you have a BAC lower than .08.



It's important to know how many drinks are in your cup: 1 drink is equivalent to 12oz of beer, 5oz of wine, or 1.5oz of hard liquor. Most students over pour shots by 26%, mixed drinks by 80%, and beer by 25%.





People are impacted differently according to sex/gender, body weight, and how much you've eaten that day.

- BAC example: If you're a 180lbs male, you can have three drinks in 1-2 hours and be in the fun zone.
- Alcohol leaves the system at .015% per hour. If your BAC is 0.20 at 1:00 a.m., it will not return to normal until 3:00 p.m. the next day.

Male 180 lbs BAC		Blood Alcohol Concentration														
		<span style="color: green;">●</span> buzzed <span style="color: orange;">●</span> drunk <span style="color: red;">●</span> danger <span style="color: grey;">○</span> medical emergency														
drinks	hours	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
0	0	.021	.043	.064	.086	.107	.129	.150	.172	.193	.215	.236	.258	.279	.301	.322
1	1	.009	.031	.052	.074	.095	.117	.138	.160	.181	.203	.224	.246	.267	.289	.310
2	2	.000	.019	.040	.062	.083	.105	.126	.148	.169	.191	.212	.234	.255	.277	.298
3	3	.000	.007	.028	.050	.071	.093	.114	.136	.157	.179	.200	.222	.243	.265	.286
4	4	.000	.000	.016	.038	.059	.081	.102	.124	.145	.167	.188	.210	.231	.253	.274
5	5	.000	.000	.004	.026	.047	.069	.090	.112	.133	.155	.176	.198	.219	.241	.262
6	6	.000	.000	.000	.014	.035	.057	.078	.100	.121	.143	.164	.186	.207	.229	.250
7	7	.000	.000	.000	.002	.023	.045	.066	.088	.109	.131	.152	.174	.195	.217	.238
8	8	.000	.000	.000	.000	.011	.033	.054	.076	.097	.119	.140	.162	.183	.205	.226

## PLAN to stay in the FUN ZONE

Pace yourself at one drink an hour

Limit yourself to a maximum number of drinks

Alternate alcoholic and non-alcoholic drinks and eat before drinking

Never drive home, arrange a safe way home ahead of time

## WHAT IS BINGE DRINKING?

A pattern of drinking that brings blood alcohol concentration levels to 0.08 grams per deciliter.

**FOR WOMEN:**

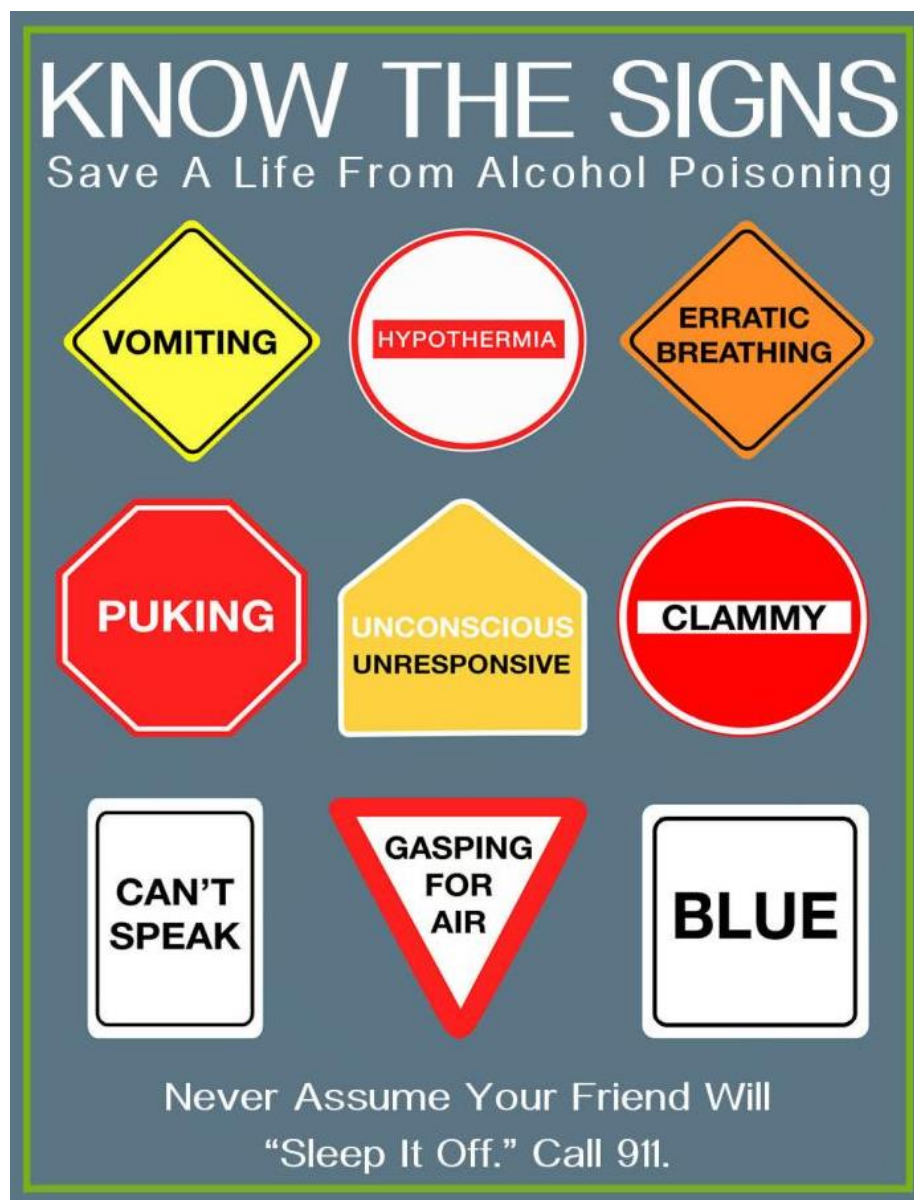


four drinks  
in two hours

**FOR MEN:**



five drinks  
in two hours



### **Pacific's Medical Amnesty Policy:**

After an incident involving medical emergencies related to use of alcohol or other drugs, the student who receives medical assistance – and the student who summoned help – will have the option to participate in educational follow-up, rather than have a conduct hearing for potential violations of the alcohol or drug policies that may have occurred during that incident.

For more information: <http://www.pacificu.edu/about-us/offices/student-conduct/conduct-process/amnesty-protocol>

## Pot at Pacific: What You Need to Know

Pacific University is a SMOKE-FREE campus. Under the Drug Free Schools and Communities Act, the use of marijuana is **not allowed** on campus, even for students who are 21+. This includes edibles.

# 100% SMOKE-FREE

<h2 style="font-size: 2em; margin: 0;">21+</h2> <p style="font-size: 0.8em; margin: 5px 0;">You can possess and use recreational marijuana if you are 21 and older. If you are younger, it's illegal.</p>	 <p style="font-size: 0.8em; margin: 5px 0;">You can use recreational marijuana at home or on private property. <b>PUBLIC USE IS ILLEGAL.</b></p>	 <p style="font-size: 0.8em; margin: 5px 0;">You can possess up to 8 oz of usable marijuana in your home &amp; 1 oz of usable marijuana outside the home.</p>
 <p style="font-size: 0.8em; margin: 5px 0;">You can grow up to 4 plants per residence, out of public view.</p>	 <p style="font-size: 0.8em; margin: 5px 0;"><b>WHAT'S LEGAL?</b> Educate Before You Recreate</p>	 <p style="font-size: 0.8em; margin: 5px 0;">Driving under the influence of marijuana remains illegal. Please be responsible.</p>
 <p style="font-size: 0.8em; margin: 5px 0;">You can share or give away recreational marijuana. You can't sell it or buy it until licensed retail shops open.</p>	 <p style="font-size: 0.8em; margin: 5px 0;">You can't take marijuana in or out of the state. That includes Washington.</p>	 <p style="font-size: 0.8em; margin: 5px 0;">You can make edible products at home or receive them as a gift, and can only use them in private places.</p>



## Dabbing: Know the Risks

Dabs, also known as butane hash oil can have a THC content of up to 90 percent.

**Health Risks:** Due to its high potency health risks include a rapid heartbeat, blackouts, loss of consciousness, psychotic symptoms, paranoia, and hallucinations.

**Consumption Risks:** Users have an increased risk of negative consequences due to the tools used such as butane torches and brittle glass products. There is an increased risk of houses and apartment buildings exploding as a result of the extraction process, leaving individuals in need of reconstructive surgery for severe burns or broken bones and can even lead to death.

## Edibles

Marijuana edibles are allowed to have 5 mg of THC per serving. **The effects of the THC start to appear 30-60 minutes after consuming the marijuana edible** but can take up to 2 hours to reach full effects, depending on the dosage and an individual's tolerance levels.

## SAFETY TIPS:

- Start slow - Begin with small doses compared to larger doses
- Be aware of time - May take up to 2 hours to activate and can last for several hours
- Don't mix - Refrain from taking stimulants including alcohol while under the influence of THC
- Don't drive or operate vehicles under the influence of THC
- Consulting with your health professional for advice about dosage or interference with other medications may be wise<sup>1</sup>

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<sup>1</sup> Here's the scoop on Oregon's rollout of recreational edibles, oil extracts. Retrieved October 10, 2016, from <http://www.thecannabist.co/2016/06/02/oregon-marijuana-edibles-debut-recreational-market/55460/>

John, T. (2015, March 24). DABBING: WHAT YOU NEED TO KNOW ABOUT THE LATEST MARIJUANA CRAZE [Web log post]. Retrieved October 28, 2016, from

[http://www.centeronaddiction.org/the-buzz-blog/dabbing-what-you-need-know-about-latest-marijuana-craze?gclid=COKc\\_aST\\_s8CFcNlfgodRsMN1w](http://www.centeronaddiction.org/the-buzz-blog/dabbing-what-you-need-know-about-latest-marijuana-craze?gclid=COKc_aST_s8CFcNlfgodRsMN1w)

Loflin, M., & Earleywine, M. (2014). A new method of cannabis ingestion: The dangers of dabs? *Addictive Behaviors*, 39(10), 1430-1433. doi:10.1016/j.addbeh.2014.05.013

## DO YOU WANT TO LEARN MORE ABOUT SOCIAL HEALTH TOPICS THAT IMPACT OUR COMMUNITY?



## REGISTER FOR SOCIAL HEALTH AND WELLNESS PH/SW 255

**Spring 2016: T/Th 2:45-4:20**

This course introduces students to a variety of wellness topics related to health education, including: alcohol and other drugs, healthy relationship promotion, sexual and relationship violence prevention, stress management, and other relevant wellness issues. Further, this course prepares the student for an active role as a Wellness Educator through developing knowledge and skills requisite to providing individual and community-based peer health education, fostering a healthy campus culture, and empowering positive change.

## WORKSHOPS: LET'S TALK ABOUT SEX AND PIZZA!



**“LET’S TALK  
ABOUT SEX  
AND PIZZA”**

**FREE PIZZA!**

**WHEN:**  
SEPTEMBER-  
NOVEMBER

**WHERE:**  
BURLINGHAM  
CONFERENCE ROOM

**It is our expectation at Pacific that all incoming freshman and transfer students attend these workshops during their first semester. The workshops focus on healthy sexuality and relationships in college, as well as bystander intervention strategies to create a safe environment on campus for all students.**

 **CAMPUS WELLNESS**

Interested in signing up for a workshop with Campus Wellness?  
E-mail [wellness@pacificu.edu](mailto:wellness@pacificu.edu) or visit our website for more  
information.



## THE OASIS

Need a place around campus to unwind, meditate, or just looking for peace and quiet? Come check out the Oasis in Clark 124, it's free! Check out the key from the Student Life desk in the Clark lobby.

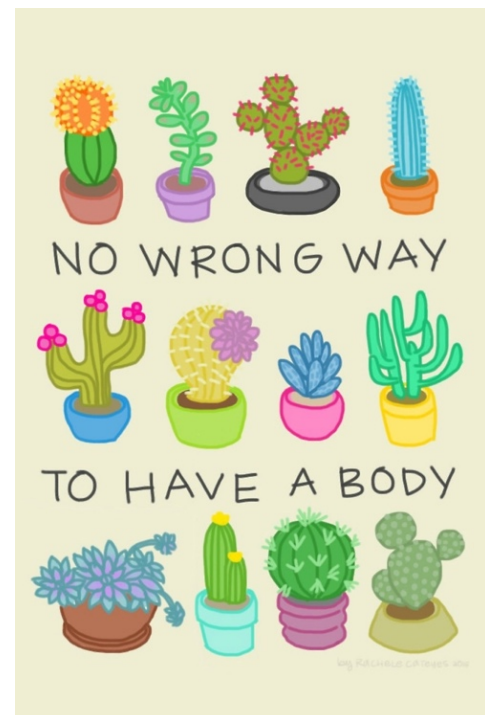
## BOXER BREATHER

The Student Counseling Center wants to welcome you to join us at Boxer Breather, a weekly drop-in group to help students learn new skills, strategies, and ideas to increase

your ability to cope with stress and to improve your overall wellness. We will be in **Clark 124** every **Thursday from 4-5** to teach new skills. You can attend as little, or as often as you want. Look forward to seeing you there!

## BODY PROJECT

Female students are invited to join the Body Project—a group aimed at helping young women feel better about their bodies. About 91% of women feel unhappy with their bodies, and resort to dieting to reach their ideal body. 58% of college-aged girls feel pressure to be a certain weight. Attend four, one-hour classes designed to improve body image. **Mondays in October from 4-5. Interested in joining? E-mail [kathleenconverse@pacificu.edu](mailto:kathleenconverse@pacificu.edu)**



We are developing additional programs for all genders. Stay tuned!



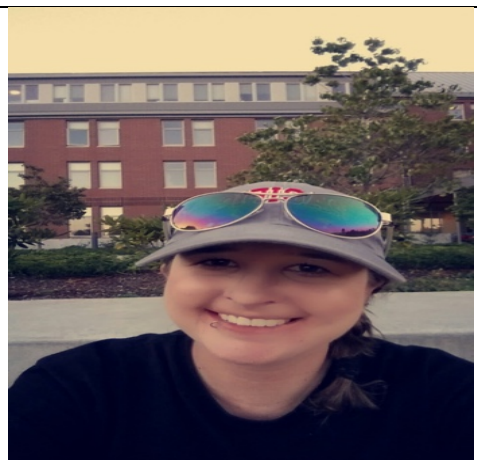
# RESOURCES

<p><b>Campus Wellness at Pacific University</b>          Location: Clark 124          Email: <a href="mailto:wellness@pacificu.edu">wellness@pacificu.edu</a>          Phone: (503)352-2273</p> <p>Kathleen Converse-Campus          Wellness          Coordinator/Confidential          Advocate</p>	<p><b>Student Counseling Center</b>          Location: Next to Knight Hall (Admissions)          Phone: (503)352-2191</p>	<p><b>Student Health Center</b>          Location: Next to Knight Hall (Admissions)          Phone: (503)352-2269</p>
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## NOTE FOR GRADUATE/PROFESSIONAL STUDENTS

Every Thursday 12-1 and Friday 8-12 I will be located in the Atrium of building two, behind a booth labeled Campus Wellness. I will be focusing on stress this month. Swing through for information. Don't have time or not on campus those hours? I understand. Email me anytime.

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 Sami Boroski [boro6496@pacificu.edu](mailto:boro6496@pacificu.edu)



## Interested in volunteering with Campus Wellness?

Stop by our meetings on Tuesdays from 11:30-12:30 in Clark 124, or email us at [wellness@pacificu.edu](mailto:wellness@pacificu.edu)





## HIGHLIGHTS FROM LAST MONTH



Party Smart Booth during

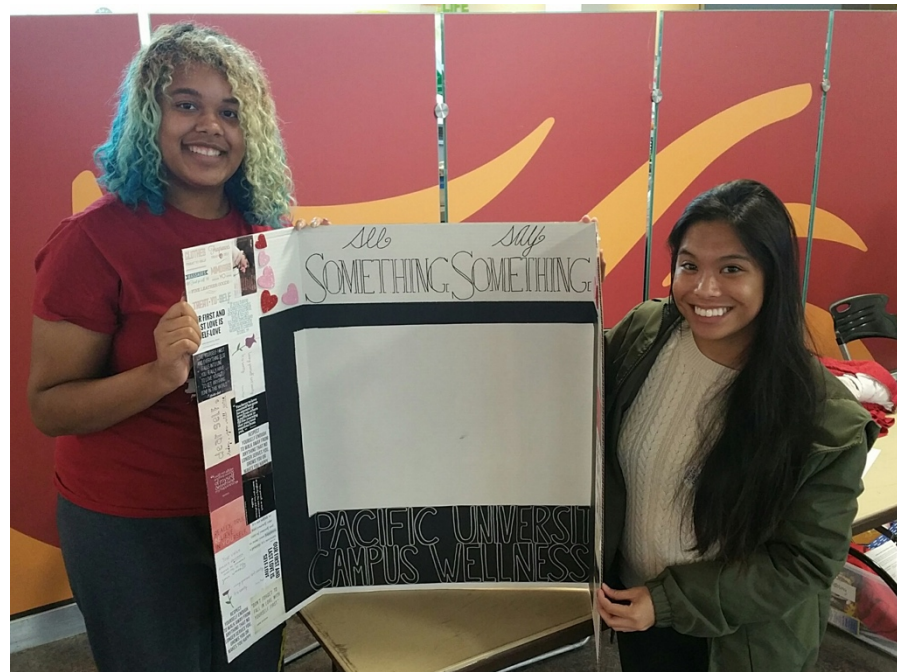
Homecoming: (from left to right) Zach Tino, Kaitlin Dorman, Charisse Pudiquet, and Grace Peketz)

**Students took pledges to drink responsibly and look out for their fellow Boxers.**

**We gave out 90 Bystander Bags stuffed with tools to help keep students safe.**

Healthy Relationships Wellness Booth: (from left to right) Dominique Hagger and Melissa Simpliciano)

**Students identified the warning signs of abusive relationships and resources to get help.**



# QUIZ

Want to win a \$20 Starbucks gift card? E-mail the quiz answers to [wellness@pacificu.edu](mailto:wellness@pacificu.edu) to be entered in the raffle!

- 1.. At approximately what BAC level do you start to leave the fun zone?
2. What are some tips for drinking responsibly?
3. . What are the signs of alcohol poisoning?
4. How long does it take for edibles to kick in?
5. When and where is the Weekly Wellness Booth?

## ABOUT CAMPUS WELLNESS

### Contact Us for More Information About:

- Healthy relationships
- Healthy sexuality
- Sexual violence prevention/ consent and bystander intervention
- Support for survivors
- How to help a friend
- Drug and alcohol information
- Stress management
- Positive body image

**Phone:** 503-352-CARE

**Email:** [wellness@pacificu.edu](mailto:wellness@pacificu.edu) (non-confidential),

[kathleenconverse@pacificu.edu](mailto:kathleenconverse@pacificu.edu) (confidential)

**Website:** <http://www.pacificu.edu/about-us/offices/campus-wellness>

**Visit us:** Clark 124 (Campus Wellness Office), Clark 125 (Campus Wellness Coordinator's Office)

The Campus Wellness Office is committed to promoting social health and wellness on our campus. We strive to help students manage stress, have healthy relationships, prevent sexual violence, and use drugs and alcohol safely, so everyone on our campus has a positive college experience.

Campus Wellness also offers confidential advocacy for people who have had unwanted sexual experiences, experienced stalking, or are concerned about their relationships. The Campus Wellness Coordinator is a trained advocate who offers confidential support, and provides on and off-campus resources.