

MARCH ISSUE
2017

CAMPUS WELLNESS AT PACIFIC UNIVERSITY

WANT TO WIN A \$20 STARBUCKS GIFT CARD?

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TAKE OUR QUIZ!



GET
THE
FACTS



Upcoming Events

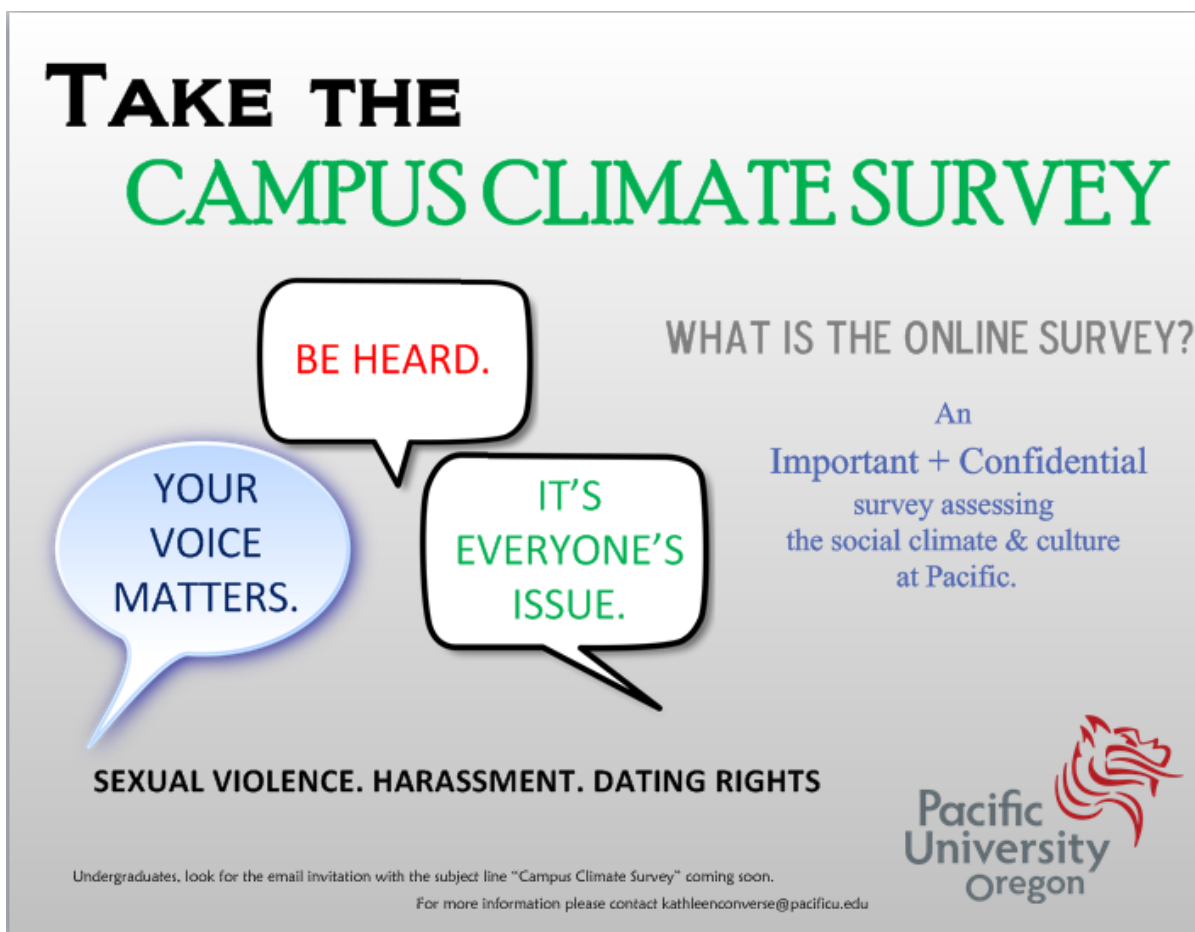
Weekly meetings Tuesday 11:30-12:30 in the Cascade Lobby. Everyone is welcome!



Weekly Wellness Booth

The Wellness Booth will now be alternating between Wednesdays and Thursdays for the remainder of the spring semester. For the month of March, we will be focusing on **Drugs and Alcohol**. Come stop by starting Thursday, March 2nd in the UC 11:00-1:00!





**TAKE THE
CAMPUS CLIMATE SURVEY**

BE HEARD.

**YOUR
VOICE
MATTERS.**

**IT'S
EVERYONE'S
ISSUE.**

WHAT IS THE ONLINE SURVEY?

An
Important + Confidential
survey assessing
the social climate & culture
at Pacific.

SEXUAL VIOLENCE. HARASSMENT. DATING RIGHTS

Undergraduates, look for the email invitation with the subject line "Campus Climate Survey" coming soon.
For more information please contact kathleenconverse@pacificu.edu

**Pacific
University
Oregon**

What is the survey? Pacific wants to have a more accurate picture of students' perspectives on Pacific's living and learning climate. This survey specifically invites your feedback related to unwanted sexual contact and sexual assault, including students' perceptions of how Pacific addresses and responds to sexual harassment or assault on campus. We will also invite information about whether and how often students have experienced unwanted sexual contact, sexual harassment, or sexual assault.

Why is it important? We hope that every student at Pacific will participate in this important survey, regardless of whether or not they have personally experienced unwanted sexual contact or sexual assault. We will use the results of this survey to inform and improve support, policies, and practices at Pacific. If you do provide information about your experiences, please know that we will not use the information to investigate specific individuals or incidents, and the survey is anonymous so it cannot be linked back to any individual student. However, resources will be provided that you may contact in case you do wish to initiate an investigation or gain more information about your options.

How do I take it? Check your e-mail starting March 7!

MOST STUDENTS CANNOT GET ALL 7 QUESTIONS CORRECT. CAN YOU?

1) How many Four Lokos would a 120-lb. female have to drink to blackout?

- a) 1
- b) 2
- c) 3

Answer 1: Just one! A can of Four Loko has 23.5 ounces of alcohol and is 12% alcohol. A serving for a drink of that alcohol percentage is 5 oz, so a can of Four Lokos is the equivalent of 4-5 standard drinks. Not all drinks are created equal, it's important to know how many servings you are consuming!

Also, alcohol impacts people differently. There are multiple factors that influence BAC levels including how much you've eaten that day, number of drinks, time spent drinking, weight, and sex. (Did you know that people born male have an enzyme called ADH that actually helps break down alcohol more efficiently?) Drinking 4-5 drinks within an hour for a 120 pound female would put her BAC level at roughly .19 (For reference, the legal limit for driving is .08, so this would be more than twice that!)

In addition, Four Lokos are especially dangerous because they also have caffeine. The caffeine keeps you awake and masks the depressant effects of alcohol. Instead of passing out, you can stay awake and drink more, which increases the risk of alcohol poisoning. Drinkers who consume alcohol with caffeine are 3x as likely to binge drink (CDC, 2015).

2) What to do if someone has alcohol poisoning?

- a) **Roll them on their side, call for help, then stay with them**
- b) Try to give them bread or water to help sober them up
- c) Put them into a cold shower
- d) Sit them up and then call for help

Answer : If you are concerned someone may have alcohol poisoning, first roll them on their side, call for help, then stay with them.

3) T/F It is safe to drive after smoking marijuana.

Answer : False-marijuana slows down your reaction time and alters your perceptions. It is not safe to drive or ride in a car after using marijuana.

Signs of alcohol poisoning

- Confusion
- Vomiting
- Seizures
- Slow breathing (less than 8 breaths per minute)
- Irregular breathing (a gap of more than 10 seconds between breaths)
- Blue-tinged skin or pale skin
- Low body temperature (hypothermia)
- Passing out (unconsciousness) and can't be awakened

4) Dabbing can be up to _____% stronger than a joint?

- a) 25%
- b) 50%
- c) 75%
- d) 100%

Answer: 75%. Dabbing is way stronger! It's like drinking a glass of Everclear vs a Budlight.

5) Combining this prescription medication with alcohol can lead to kidney failure and liver damage.

- a) Tylenol
- b) Aspirin

Answer: Tylenol. Acetaminophen is the active ingredient in Tylenol and is hard on the kidneys and the liver. People often take Tylenol to avoid feeling hungover but this can be dangerous and put undue strain on the kidneys and liver. Alcohol-acetaminophen syndrome is the leading cause of acute liver damage in the United States Drug-induced liver injury is responsible for 5% of all hospital admissions and 50% of all acute liver failures.

6) Furnishing alcohol to minors is what kind of violation

- a) Class C Misdemeanor
- b) Felony
- c) Class A misdemeanor

Answer: Class A misdemeanor. This is a \$350 fine, and appears on your record. A second conviction is a \$1000 fine and a year in jail.

What is the most common date rape drug?

- 1. Alcohol
- 2. Ecstasy
- 3. Rohypnol

Alcohol is the most common drug used in sexual assaults, and 90% of sexual assaults are not committed by strangers. 75% of college campus sexual assaults involve alcohol, and there are 97,000 alcohol-related sexual assaults on college campuses nation-wide every year (NIAAA 2012). While it is never, ever ever someone's fault if they are sexually assaulted, alcohol use does increase the risk of sexual assault. If you are planning to have sex while drinking, be 500% sure that you have clear, non-drunk, enthusiastic consent.

If you or a friend has an unwanted sexual experience the Campus Wellness Coordinator is a completely confidential resource to help explore your options and connect you to on and off-campus resources. (Clark 125, 503-352-CARE, kathllenconverse@pacificu.edu)

How many questions did you get correct?

If you all 7 questions correct:

You know your stuff! Congrats on getting all the questions correct, now go out there and spread your knowledge to help make a safer campus!

If you got 5 to 6 questions correct:

You are very knowledgeable when it comes to drugs and alcohol. The more you know the safer you can be and make good choices.

If you got 3 to 4 questions correct:

You know a thing or two about drugs and alcohol, but there is more to learn. You can find out more by reading the Campus Wellness Newsletter, stopping by the Wellness Booth or signing up for a Party Smart Workshop.

If you got less than 3 questions correct:

Thanks for participating! Knowing your facts about drugs and alcohol is important to keep you and your friends safe. Come down to the Weekly Wellness Booth, every other Wednesday and Thursday from 11-1pm in UC to brush up on your drugs and alcohol knowledge. Keep reading the newsletter and sign up for our Party Smart Workshop to learn more!


References

- Kuhn, C., Swartzwelder, S., Wilson, W., Wilson, L. H., & Foster, J. (2014). *Buzzed: The straight facts about the most used and abused drugs from alcohol to ecstasy*. WW Norton & Company.
- National Institute on Alcohol Abuse and Alcoholism (2016) Fact sheet
- Ostapowicz G, Fontana RJ, Schiødt FV, et al. (2002). "Results of a prospective study of acute liver failure at 17 tertiary care centers in the United States". *Ann. Intern. Med.* 137 (12): 947–54. [doi:10.7326/0003-4819-137-12-200212170-00007](https://doi.org/10.7326/0003-4819-137-12-200212170-00007). [PMID 12484709](https://pubmed.ncbi.nlm.nih.gov/12484709/).
- Oregon Liquor Control Commission (2106) Retrieved from: http://www.oregon.gov/olcc/Pages/laws_and_rules.aspx

YOU'RE INVITED TO OUR SPRING BREAK PRE-PARTY!



The Spring Break Pre-Party helps equip Pacific students with the tools they need to have a safe and fun spring break. Each Residence Hall will have their own theme (Coachella, Paris Road Trip, Vegas). Rotate through each location to get free food, goodie bags, prizes and information to **keep you and your friends safe**. If you get your passport stamped at each location you can **win a \$75 visa gift card**, a night out to the movies and other fun prizes!



Learn more about the effects of drugs and alcohol to help keep yourself, and your community safe.

Whether or not you choose to drink or use drugs, this is a helpful, non-judgmental, peer-led workshop, to help you better understand the impacts of drugs and alcohol.

FREE ROOTBEER FLOATS!

E-mail wellness@pacificu.edu to schedule your workshop today!

PARTY SMART WORKSHOP



Sign up here:

<https://docs.google.com/forms/d/1GOFGzk0pTlfn5DNrHXMVhv06ZI93Pi1JTvYZ42SGkQs/>



Stress Management

Our 60-minute workshop teaches strategies for self-care and stress management.

Interested? Email wellness@pacificu.edu to sign up!



Stress Relief Resources

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 meeting 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!

Quiz:

1. What is the Campus Climate Survey? Why is it important to take it?
2. What was your score on our quiz?
3. When is the Spring Break Pre- Party?
4. What other events does Campus Wellness have happening?

Email your answers to wellness@pacificu.edu to win a chance for a Starbucks gift card.

RESOURCES

Campus Wellness at Pacific University Location: Clark 124 Email: wellness@pacificu.edu Phone: (503)352-2273	Student Counseling Center Location: Next to Knight Hall (Admissions) Phone: (503)352-2191	Student Health Center Location: Next to Knight Hall (Admissions) Phone: (503)352-2269
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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 (non-confidential),
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.

