

## SAFE DRINKING TIPS

### Avoid:

- Drinking games, or drinking shots
- Punch or other bowl drinks because you don't know how strong they are
- Leaving your drink unattended
- Drinking and Driving
- Getting in the car with someone who has been drinking at all!
- Drinking on an empty stomach

### Do:

- Drink slowly (using small sips)
- Keep track of the number of drinks you have had
- Alternate a drink of water with an alcoholic drink
- Eat snacks or other food while drinking
- Always designate a non-drinker to drive

## WHAT TO DO FOR ALCOHOL POISONING?

### Symptoms

- Excessive vomiting, loss of body functions
- Slow or irregular breathing (fewer than 8 breaths per minute- more than 10 sec between breaths)
- Cold, clammy, pale, or bluish skin
- Person does not wake up

### If any of the above exists:

**On-campus-** call Public Safety - #HELP ext 4357

**Off-campus-** call 911

## WHEN SOMEONE IS INTOXICATED

- Never leave them alone – get them to a safe place. A drunk person should not be put in charge of another drunk person
- Do not allow the person to leave or drive a car
- Do not give the person a cold shower, coffee, or medications to sober them up
- Place the intoxicated person on their side and watch their breathing. Continue to try to wake them up occasionally.

## HOW DO I KNOW IF I HAVE A DRINKING PROBLEM?

- Loss of control- it seems that regardless of a limit you set, you frequently get drunk
- Drinking to reduce stress or forget worries or grief
- Guilt about drinking
- Others are concerned about your drinking
- Blackouts - no memory of events the night before
- Needing more to get the same effect
- Missing classes or not getting work done
- Injury to oneself or others from drinking

**For a complete anonymous assessment contact the Wellness Office at ext 3413**

## RESOURCES

### On-campus:

RWU Health Education/Alcohol Prevention Office .....254-3413  
RWU Health Services .....254-3156  
RWU Counseling .....254-3124  
RWU Public Safety (on campus) .....#HELP or  
ext 4357 (emergencies) ext 4358 (non-emergencies)  
RWU Public Safety (off campus) ..... 254-3611  
Office of Student Conduct Affairs  
& Community Standards .....254-3042

### Off-campus:

Butler Hospital .....456-3700  
Local AA .....438-8860  
Roger Williams Hospital .....456-2000  
CODAC Treatment Centers .....846-4150  
Bristol Police Department .....253-6900

The AOD Task Force is a collaboration  
of Student Programs and Leadership,  
Residence Life and Housing, Health Education Office,  
Dean of Students Office, Student Conduct and  
Community Standards, Counseling Center  
and student representatives.



AOD Task Force  
Division of Student Affairs  
Center for Student Development  
One Old Ferry Road  
Bristol, Rhode Island  
(401) 254-3042

Roger Williams University

# STUDENT GUIDE TO ALCOHOL

Philosophy

Education

Prevention

Developed by the  
Alcohol and Other Drug Task Force

## Dear Student,

College students receive dozens of *important* messages from administrators, parents and faculty when they arrive on campus. All are well-intentioned, informed by knowledge and delivered with best intentions and genuine care. At Roger Williams, we want to spend some extra time and attention on an issue that has consistently challenged the successful interpersonal and academic careers of college students for generations.

Almost every campus in the nation is challenged by the use of alcohol by underage and legal aged students, the associated negative consequences, and second-effects experienced by community members on and off campus. We are no different in this regard but want you to know that we are proactively addressing this issue through a variety of approaches and believe that campus wide awareness and student leadership on this matter continues to increase as a result.

You can make a difference. Most college students believe that other students drink far more than they actually do – don't be fooled and drink in the direction of the perceived norm. Most college students underestimate the percentage of students who abstain from alcohol use or choose to drink in minimal or moderate amounts. Do not let one student's poor decision-making (intoxicated and disruptive behavior – possible alcohol sickness) inform your perceptions about what is acceptable on campus. Be personally invested in your friend's health and safety. Don't let the "A" in alcohol take away from you the potential of an "A" in the classroom.

Please take a few minutes to read this brochure and consider the facts and recommendations supported by research, experience, and spending time with our favorite people in the world – college students. . . .

Sincerely,  
Dr. John J. King  
Vice President – Student Affairs

## ALCOHOL & OTHER DRUG MISSION STATEMENT

The Roger Williams University mission encompasses a set of core values which are intended to create a respectful, diverse and intellectually vibrant community. In choosing to be a member of our community our expectation is that you act and make choices that help facilitate and enhance this mission. The university's alcohol policy supports this vision of creating a community of educated and responsible individuals. Because your choices impact your life as well as the lives of others we expect you to act in a manner that reflects an intrinsic desire to reach your full potential and that you strive to be a productive citizen within and beyond the campus community.

**The Roger Williams University Alcohol and Other Drug Policy has the following principles/goals that support our comprehensive strategy in dealing with substance use and abuse.**

1) Our alcohol and other drug philosophy and approach is a holistic one that is based on the principle that everyone deserves to be treated with dignity and respect.

2) Any student, whether they are of legal drinking age or not, who drinks alcohol realizes that this is a personal choice and accepts the responsibility of that choice as well as respects the rights of others who choose not to drink.

3) Students are responsible for the choices they make and are held accountable for the consequences. Individual behavior within a community should not infringe on the health and well being of others. The Student Conduct Process is designed with student rights in mind and to promote learning and growth for all community members.

4) The Roger Williams University community strives to offer a vibrant campus life with a variety of student involvement opportunities, and alternatives to alcohol use. We expect our students to take leadership in the development of this stimulating environment.

5) We provide education for both individuals and the campus community on alcohol and other drug issues, so that each individual can make safe and healthy choices with accurate information. This involves awareness and understanding of the RWU policies and procedures related to alcohol and other drug use and enforcement.

6) All members of the Roger Williams University community represent the University even when they are off campus.

7) We support all students in their growth and development, and students who seek assistance in dealing with their substance use and abuse are assured confidentiality and respect

8) All of our policies and regulations regarding alcohol and other drugs are in compliance with Rhode Island State Law and federal laws.

9) Through an ongoing Alcohol and Drug Task Force that includes student representation we continually assess our efforts in education and prevention and stay current with research in the field of alcohol and drug related issues.

## SNAPSHOT OF ANNUAL HIGH-RISK COLLEGE DRINKING CONSEQUENCES

**Deaths 1,400 / Assault: 600,000 / Injury 500,000  
Sexual Abuse: 700,000 / Drunk Driving: 2.1 Million**

**Academic Problems:** About 25 percent of college students report academic consequences of their drinking including missing class, falling behind, doing poorly on exams or papers, and receiving lower grades overall.

*(Hingson et al, 2002)*

## STUDENT CONDUCT & COMMUNITY STANDARDS SANCTIONING POLICY

Roger Williams University follows a set of minimum sanctions for violations of the University Code of Student Conduct pertaining to the alcohol and drug policy. The University reserves the discretion to determine appropriate sanctions for any infraction of the Code of Student Conduct. The sanctions are designed to be progressive, though no sanction need be exhausted before any other sanction may be imposed. Sanctions may be tailored to specific situations.

***Students found responsible for three alcohol violations within a 12-month period will be removed from university housing for at least one semester. Hearing officers may look beyond the 12-month period and/or increase the severity of sanctions depending upon the severity of the behavior, a student's past disciplinary record, or the specific incident's impact upon the campus community.***

To view the RWU minimum alcohol sanctions in detail, please visit the Office of Student Conduct & Community Standards website at <http://www.rwu.edu/studentlife/studentconduct> or view them in the RWU Student Handbook.

## CODE OF CONDUCT FOR ALCOHOL VIOLATIONS

14. The laws of the State of Rhode Island prohibit the possession, use, and/or transfer of alcohol by anyone under the age of twenty-one (21). Alcohol or alcohol related material shall not be consumed or displayed in any public area of the University (including room/ apartment windows). No student, regardless of age, shall act in a disorderly or disruptive manner while under the influence of alcohol. Large volume containers and excessive amounts of alcohol are prohibited on campus (see quantity policy). Objects used as drinking apparatuses and activities that promote rapid consumption of alcohol are prohibited. Refer to the alcohol sanction guidelines section of the student handbook.

- Cedar Hall is an alcohol free community, thus all alcohol, including empty containers, is prohibited anywhere in the building regardless of a person's age.
- The University prohibits students or their guests, regardless of age, from distributing a quantity of alcohol on University property.
- The operation of a motor vehicle while under the influence of alcohol or drugs is prohibited.