

# Personal Safety Series

## DISCUSSING CHALLENGES FACING TODAY'S COLLEGE STUDENTS

**Duration:** 90 minutes (broken down into six 15-minute workshops)

**Description:** How does personal safety play a role in your collegiate experience? Alpha Chi Omega wants our members to feel empowered to have conversations among sisters about various concerns facing today's college students. This series of workshops is designed for chapters to vote on concerns facing their members and provide a 15-minute prevention education program. Based on timing, your chapter can facilitate one, two, three or all six workshops.

### Preparation Needed:

- Create a poll, survey or form for members to vote on topics of interest. Facilitator will determine which discussions to facilitate based on responses. Options include: impacts of alcohol, mental health, online dating, robbery, tampered beverages and safety at night.
- Research local support services to provide members based on various topics discussed.
- For virtual facilitation:
  - Facilitator will need access to Zoom or another videoconferencing platform. Send out meeting invitation prior to program.
  - Participants will need access to a phone, tablet or computer.
- Ideal facilitators for these workshops include the VP risk management, risk management committee members or any member who has an interest in health and safety discussions and/or has other facilitation experience.

**Keep the Conversation Going:** Looking for addition safety resources beyond the topics mentioned in this safety series? Be sure to check out the [Keep the Conversation Going section](#) at the end of the facilitation guide for links to additional Alpha Chi Omega educational resources that address concerns facing today's college students.

## FACILITATION GUIDE

5/5	<p><b>SAFETY SERIES INTRODUCTION</b></p> <p>Alpha Chi Omega is committed to providing an environment where members take on challenges that help sisters grow into real, strong women. We come together to provide an empowering and transformative experience that makes health and safety a priority for all our members.</p>
-----	--

As we know, there are many public health and safety challenges facing today's college students. By acknowledging those challenges, our chapter can respond to members' concerns and offer educational experiences that help keep our sisters safe.

During today's conversation, we are going to learn a little more about some of the health and safety concerns facing today's college students. We know that everyone's sense of safety looks a little different. Based on personal and lived experiences, we will have the opportunity share stories and process strategies to help keep ourselves and our sisters safe.

Before we get started, I want to hear from you on the topics that you would like to discuss when it comes to safety. Each topic has a 15-minute discussion guide, so we will prioritize our time based on the topics you are most interested in learning more about.

The topics that we can discuss in this safety series are the impact of alcohol, mental health, online dating, robbery, tampered beverages and safety at night.

*Launch a poll to collect members' preference on topics to discuss.*

Depending on the time, we may not get to every topic. If we don't talk about the discussion item you selected, we will try to find another date to facilitate that section of the program.

*Facilitate next section of the program based on poll results or member feedback. Click the topics below to jump down to the section of the facilitation guide that addresses the topics you want to speak about.*

[ALCOHOL](#) | [MENTAL HEALTH](#) | [ONLINE DATING](#) | [ROBBERY](#) | [TAMPERED BEVERAGES](#) | [SAFETY AT NIGHT](#)

## IMPACT OF ALCOHOL

<p>6/6</p>	<p><b>INTRODUCTION</b></p> <p>Before we get started, I want to share that we will be discussing alcohol through the lens of personal safety. This conversation will ask for group participation and sharing. Some content may be emotionally challenging to engage with. Should you need to leave the meeting at any point, please know that it is OK to step away from the conversation.</p> <p>While alcohol may seem harmless as college students across the country choose to consume, it's important that we recognize the consequences and harmful impact alcohol misuse can have on our collegiate experience.</p> <p>According to a national survey, almost 53% of full-time college students ages 18 to 22 drank alcohol in the past month and about 33% engaged in binge drinking behaviors.<sup>1</sup> For members who choose to drink, it's important to be aware that alcohol is a depressant that can impact an individual's mood, behavior and central nervous system.</p> <p>For college students that did consume alcohol in the last year, 17% reported doing something they later regretted. 22% of participants who drank alcohol also reported they forgot where they were or what they did for a short period of time but can remember once someone reminds them.<sup>2</sup></p> <p><b>If you consume alcohol, do you ever feel unsafe? If so, what causes that sense of unsafety?</b></p> <p><b>What are some perceptions you have around safety and drinking? Does that impact your decision around alcohol consumption?</b></p> <p><b>Acknowledging that 22% of college students who drank reported forgetting where they were or what they did for a short period of time, why is that potentially unsafe?</b></p>
<p>6/12</p>	<p><b>PRACTICING PERSONAL SAFETY</b></p> <p>Let's have a conversation about reducing our risks if and when we choose to drink. We want to prioritize the fun or enjoyable experiences and eliminate or reduce the negative consequences from drinking.</p> <p>While each member is responsible for her choices, it is also important to watch out for your sisters and friends who have been drinking. They could have impaired judgment and may need help to avoid making unhealthy choices.</p> <p>Here are some moderate drinking guidelines we should consider to help keep ourselves and our sisters safe:</p>

- Set your standard drink limit before going out (this includes the pre-game, the party/event and the after party).
- Keep track of how much you drink. Keep a note in your phone.
- Space your drinks out. It can be a marathon, not a sprint.
- Alternate alcoholic drinks with non-alcoholic beverages.
- Only bring the amount of money you want to spend on alcohol in cash.
- Avoid drinking games and rapid consumption of alcohol.
- Don't drive under the influence of substances. Leave your keys at home or with your designated driver.
- Set up a way to get home safely before going out. This includes a fully charged phone if you are using an Uber, Lyft or another ride-share program.
- Don't accept a drink if you don't know what is in it.

Now that we have reviewed some strategies to moderate drinking, let's process some additional strategies to keep ourselves safe.

**What are other moderate drinking strategies have you used to keep yourself safe?**

**What are some examples of actions or decisions you can make to look out for yourself and your sisters?**

If you choose to drink or attend activities and events where alcohol is present, here are some things you can do to stay safe.

- **Keep an eye on your sisters and friends.** If you are going out in a group, plan to arrive together and leave together. If you decide to leave early, let someone know.
- **Have a backup plan.** Sometimes plans change quickly. You might realize it's not safe for you to drive home or your group decides to go somewhere you don't feel comfortable.
- **Know what you're drinking.** If you don't know the ingredients or alcohol volume, use your phone to look it up. Consider avoiding common-source drinks like punches that may have an unknown alcohol content.
- **Trust your instincts.** If you ever feel unsafe, uncomfortable or concerned for any reason, don't ignore those feelings. Go with your gut! Get somewhere safe and find someone you trust or contact emergency personnel.
- **Don't leave a drink unattended.** That includes when you use the bathroom, go dancing or leave to make a phone call. Either take the drink with you or throw it out.
- **Don't accept drinks from people you don't know or trust.** This can be challenging in some settings, like an event, party or date. If you choose to accept a drink from someone you've just met, try to go with the person to the bar to order it, watch it being poured and carry it yourself. If someone offers you a drink, it's OK to say no.

	<ul style="list-style-type: none"> <li>• <b>Check in with yourself.</b> If you choose to drink, check in with yourself periodically to register how you feel. If you think you have had too much, ask a trusted sister or friend to help you get water and take you home safely.</li> </ul> <p><b>Are there other steps you can take to ensure your safety when alcohol is involved?</b></p> <p><b>Now that we have discussed a few tips to help keep us safe, how can we help hold each other accountable to reducing risk when alcohol is involved?</b></p>
3/15	<p><b>CONCLUSION AND RESOURCES</b></p> <p>Thank you all for participating in our conversation. I hope everyone found it valuable and learned something new about the impact of alcohol and ways to stay safe if you choose to drink. Before we wrap up, I wanted to make sure you were aware of local and national resources available to members to assist with alcohol misuse or recovery needs.</p> <p><i>Please share any campus or local resources on alcohol or substance misuse, recovery, counseling or wellness. Include contact and access information if appropriate. After reviewing local resources, share the following national resources.</i></p> <p><b>National Resources:</b></p> <p>Substance Abuse and Mental Health Services Administration 800-622-4367   <a href="http://www.samhsa.gov">www.samhsa.gov</a></p> <p>Alcoholics Anonymous   <a href="http://www.aa.org">www.aa.org</a></p> <p>National Institute on Alcohol Abuse and Alcoholism   <a href="http://www.niaaa.nih.gov">www.niaaa.nih.gov</a></p> <p><i>After reviewing additional resources, please jump to the next section of the facilitation guide for the topic based on the chapter’s vote or conclude the program.</i></p> <p style="text-align: center;"><a href="#">MENTAL HEALTH</a>   <a href="#">ONLINE DATING</a>   <a href="#">ROBBERY</a>   <a href="#">TAMPERED BEVERAGES</a>   <a href="#">SAFETY AT NIGHT</a></p>

## MENTAL HEALTH AND MENTAL ILLNESS

6/6

### INTRODUCTION

Before we get started, I want to share that we will be discussing mental health through the lens of personal safety. This conversation will ask for group participation and sharing. Some content may be emotionally challenging to engage with. Should you need to leave the meeting at any point, please know that it is OK to step away from the conversation.

Mental health continues to be one of the top public health concerns facing today's college students. Understanding mental health and utilizing the right language to describe feelings and emotions are important.

The World Health Organization defines mental health as a state of well-being in which every individual realizes their own potential, can cope with the normal stresses of life, can work productively and fruitfully and is able to make a contribution to their community. It's important to remember that mental health is not the same as having a mental illness. When people are asked how their mental health is, they often say it's good, bad or fine. Many people confuse everyday scenarios with mental health illnesses.

Mental illnesses, also referred to as mental health disorders, refer to conditions that affect a person's thinking, feeling, mood or behavior, such as depression, anxiety, bipolar disorder or schizophrenia. Someone can experience poor mental health and not be diagnosed with a mental illness. Similarly, a person diagnosed with a mental illness can experience periods of physical, mental and emotional well-being.

Mental illnesses are among the most common health conditions in the United States. More than 50% of Americans will be diagnosed with a mental illness or disorder at some point in their lifetime.<sup>3</sup>

According to the fall 2020 National College Health Assessment (NCHA), 30% of college students reported being diagnosed with anxiety (including generalized anxiety, social anxiety, panic disorder or specific phobia) and 22% reported being diagnosed with depression (including major depression, persistent depressive disorder or disruptive mood disorder).

College women typically experience higher rates of anxiety and depression than men. Lesbian, gay, bisexual, transgender and queer (LGBTQ) identified individuals also report increased anxiety when compared to their straight peers. The Trevor Project reported that 68% of the LGBTQ community had symptoms of generalized anxiety disorders in the past two weeks, including three out of four transgender youth.

**Do any of these statistics surprise you? Why or why not?**

	<p><b>Why do you think mental health or mental illnesses can be a challenge for today's college students?</b></p>
<p>6/12</p>	<p><b>PRACTICING PERSONAL SAFETY</b></p> <p>While no one is asking us to be mental health professionals, it's helpful to know the signs of mental distress and to normalize help-seeking behaviors. When asked about mental health and well-being in the fall 2020 NCHA, here are the top 10 challenges college students reported in the last 12 months:</p> <ol style="list-style-type: none"> <li>1. Procrastination</li> <li>2. Academics</li> <li>3. Personal appearance</li> <li>4. Finances</li> <li>5. Family</li> <li>6. Health of someone close to them</li> <li>7. Intimate relationship</li> <li>8. Career</li> <li>9. Death of a family member, friend or someone close to them</li> <li>10. Roommate/housemate</li> </ol> <p><b>Have you experienced any of these stressors? If so, which ones?</b></p> <p><b>What have you done to take care of your mental health during a challenging time?</b></p> <p>As college students, it's easy to find ourselves in stressful experiences. When looking for healthy ways to cope with everyday stressors in your life, here are a few things you can keep in mind.</p> <ul style="list-style-type: none"> <li>• <b>Exercising:</b> While navigating a busy life, you might think you don't have time left in your schedule to exercise. But there are extremely healthy benefits from exercising or other physical activities. Exercising increases energy levels, improves happiness and doesn't have to take place in a gym. Take a virtual workout class at home or spend some time outdoors walking or biking.</li> <li>• <b>Eating a well-balanced diet:</b> The foods we choose to nourish our bodies and the way we enjoy them can have a tremendous impact on our mental and physical health. Be purposeful when purchasing groceries or picking up meals and select foods that boost your mood.</li> <li>• <b>Getting 7-9 hours of sleep:</b> Sleep plays a major role in our overall health, improving emotional regulation and management of anxiety. Try to limit your exposure to screens at least 30 minutes before bed.</li> </ul>

- **Learning and exploring:** Research shows people engaged in learning feel more confidence, hope and purpose. Keep your mind active by listening to podcasts, reading, trying new recipes or solving puzzles.
- **Having structure and routines:** Having regular times for rising in the morning, eating, exercising, working and going to bed can help maintain a sense of normalcy and structure.
- **Practicing mindfulness:** Take breaks throughout the day, first thing in the morning or before bed to slow down and be present. Practice pausing, breathing and just “being.” This is essential to our well-being and mental health because it helps us reduce stress and worry less, and it enhances feelings of resiliency.
- **Talking with a sister or friend:** Social connection improves our emotional well-being. Our connections with others help us cope with the ups and downs in life. Keep in contact with sisters, friends and family through phone and video calls.

Now that we know a few ways to take care of our mental health, let’s put this into action.

**What are ways that you can practice self-care this week?**

**Are there other activities or experiences you do to take care of your mental health?**

Before we wrap up this conversation. I want you to take out your planner, phone calendar or another tool you use for organization. Block off least 1 hour in the next day or two to practice self-care. Put it on your calendar to make it a priority and help hold yourself accountable.

3/15

**CONCLUSION AND RESOURCES**

Thank you all for participating in our conversation. I hope everyone found it valuable and learned something new about mental health or mental illnesses. Before we wrap up, I wanted to make sure you were aware of local and national resources available to members to assist with mental health.

*Please share any campus or local resources on counseling, mental health or wellness. Include contact and access information if appropriate. After reviewing local resources, share the following national resources.*

**National Resources:**

Crisis Text Line | Text HOME to 741741 | [www.crisistextline.org](http://www.crisistextline.org)

National Institute of Mental Health | 866-615-6464 | [www.nimh.nih.gov](http://www.nimh.nih.gov)

National Suicide Prevention Lifeline  
800-273-TALK (8255) | [suicidepreventionlifeline.org](http://suicidepreventionlifeline.org)



The Trevor Project | 866-488-7386 | [www.thetrevorproject.org](http://www.thetrevorproject.org)

The Steve Fund | [www.stevelfund.org](http://www.stevelfund.org)

Therapy for Black Girls | [therapyforblackgirls.com](http://therapyforblackgirls.com)

ULifeline | [www.ULifeline.org](http://www.ULifeline.org)

Substance Abuse and Mental Health Services Administration  
800-622- HELP (4367) | [www.samhsa.gov](http://www.samhsa.gov)

*After reviewing additional resources, please jump to the next section of the facilitation guide for the topic based on the chapter's vote or conclude the program.*

[ALCOHOL](#) | [ONLINE DATING](#) | [ROBBERY](#) | [TAMPERED BEVERAGES](#) | [SAFETY AT NIGHT](#)

## ONLINE DATING

<p>4/4</p>	<p><b>INTRODUCTION</b></p> <p>Before we get started, I want to share that we will be discussing online dating through the lens of personal safety. This conversation will ask for group participation and sharing. Some content may be emotionally challenging to engage with. Should you need to leave the meeting at any point, please know that it is OK to step away from the conversation.</p> <p>More than 40 million Americans use online dating services or dating apps. When meeting someone online or offline, it's always smart to keep a few safety precautions in mind.</p> <p>For those using dating apps, women disproportionately experience harassment. As women, we can be viewed as vulnerable targets based on appearance, interests, social identities or other characteristics from our profile. If you choose to use a dating app, it's important to prioritize your safety and be aware of precautions you can take to help stay safe.</p> <p><b>What are some positive experiences you have had with dating apps?</b></p> <p><b>What are examples of when you have been successful in maintaining boundaries on a dating app?</b></p>
<p>8/12</p>	<p><b>PRACTICING PERSONAL SAFETY</b></p> <p>When using a dating app or connecting with someone online, it's important to consider your safety and digital footprint. Don't include personal identifying information like your full name, birthday, address/living location or place of work. Instead, use your first name only or a nickname. It's also a good idea to keep your dating profile and your personal social media accounts separate. This can help prevent someone from accessing personal information from your other platforms.</p> <p>Don't feel like you need to rush to take the conversation off the app. If someone requests your personal number or asks for your social media handle, share that you want to stay communicating on just the dating app until you're ready. Same thing with meeting in person – do it when you're ready. Never feel rushed to meet in person.</p> <p>Update your app settings to make sure individuals do not have access to look up your general location to pinpoint the neighborhood you live in. If things don't feel right, it's always a good idea to report suspicious or offensive behavior.</p> <p>Let's talk about ideas for things you can do to help stay safe.</p> <p><b>What are other things that can be done to put your safety first when connecting online?</b></p>

### What strategies do you think would be good to use when considering moving your online relationship to meeting in person?

We know that dating apps can lead to in-person meetings. Here are some things [RAINN](#) (Rape, Abuse & Incest National Network) identified to help keep yourself safe prior to meeting up with someone you met online.

- **Video chat before you meet up in person.** Once you have matched with a potential date and chatted, consider scheduling a video chat with them before meeting up in person for the first time.
- **Tell a friend where you're going.** Take a screenshot of your date's profile and send it to a sister or friend. Let at least one person know where and when you plan to go on your date.
- **Meet in a public place.** When meeting up for the first time, you may feel more comfortable meeting in a coffee shop, restaurant or bar with plenty of other people around. Avoid meeting in public parks and other isolated locations for first dates.
- **Don't rely on your date for transportation.** It's important that you are in control of your own transportation to and from the date so that you can leave whenever you want and do not have to rely on your date in case you start feeling uncomfortable.
- **Have a few ride-share apps downloaded** on your phone so in case one is not working when you need it, you'll have a backup.
- **Fully charge your phone** prior to going out! Pack a portable charger if needed.
- **Ask for help from a waiter, barista or bartender.** If you feel uncomfortable in a situation, it can help to find an advocate nearby. You can enlist the help of others to assist in creating a distraction, calling the police or getting you a safe ride home.
- **Trust your instincts.** If you feel uncomfortable, trust your instincts and feel free to leave a date or cut off communication with whoever is making you feel unsafe. Do not worry about feeling rude—your safety is most important, and your date should understand that.
- If you felt uncomfortable or unsafe during the date, **remember you can always unmatched, block or report your match** after meeting up in person, which will keep them from being able to access your profile in the future.
- **Report any suspicious or offensive behavior** through the app support center or to local law enforcement.

What are other things you can do to help keep yourself safe when using dating apps?

3/15

## CONCLUSION AND RESOURCES

Thank you all for participating in our conversation. I hope everyone found it valuable and learned something new about online dating. Before we wrap up, I wanted to make sure you were aware of local and national resources available to members.

*Please share any campus or local resources on domestic violence, counseling or wellness. Include contact and access information if appropriate. After reviewing local resources, share the following national resources.*

### **National Resources:**

National Domestic Violence Hotline | 800-799-SAFE (7233) | [www.thehotline.org](http://www.thehotline.org)

RAINN's National Sexual Assault Hotline | 800-656-HOPE (4673) | [www.rainn.org](http://www.rainn.org)

Cyber Civil Rights Initiative | 844-878-2274 | [www.cybercivilrights.org](http://www.cybercivilrights.org)

LGBT National Help Center | 888-843-4564 | [www.glbthotline.org](http://www.glbthotline.org)

Trans Lifeline | 877-565-8860 (US) | [www.translifeline.org](http://www.translifeline.org)

Tinder | [Tinder Dating Safety Tips](#)

National Human Trafficking Hotline

888-373-7888 or text 233733 | [www.humantraffickinghotline.org](http://www.humantraffickinghotline.org)

*After reviewing additional resources, please jump to the next section of the facilitation guide for the topic based on the chapter's vote or conclude the program.*

[ALCOHOL](#) | [MENTAL HEALTH](#) | [ROBBERY](#) | [TAMPERED BEVERAGES](#) | [SAFETY AT NIGHT](#)

## ROBBERY AND THEFT

<p>6/6</p>	<p><b>INTRODUCTION</b></p> <p>Before we get started, I want to share that we will be discussing robbery and theft through the lens of personal safety. This conversation will ask for group participation and sharing. Some content may be emotionally challenging to engage with. Should you need to leave the meeting at any point, please know that it is OK to step away from the conversation.</p> <p>For the purposes of this conversation, I want to discuss the difference between robbery and theft. Robbery is when someone takes something you own from you by force or by threatening you. Perhaps someone uses physical force, threatens to take action or uses a weapon to take something from you. Theft is when someone takes your property without you knowing it, like stealing something from your room when you aren't there. Theft does not involve direct force or a threat when taking your personal belongings.</p> <p>When walking home alone or in small groups, it's OK and normal to be worried about your safety. It's important to protect ourselves to the best of our ability. And remember, being robbed or having your property stolen or damaged is not your fault. Nothing you say or do gives anyone the right to take or destroy your property.</p> <p>It's also important you feel safe and protected in your chapter house, residence hall or shared living space. It is always a good idea to keep your valuable items in a locked and secured place. To help your living space feel safer, consider getting a lock box for your room, keeping a flashlight near your bed, knowing where all the exits are in the building and keeping a cell phone close by. Do what you can to create a living environment that feels safe to you.</p> <p><b>Do you ever feel concerned about being robbed?</b></p> <p><b>When thinking about theft and personal items being stolen from your room, are there things that you have seen or done to create a safer living community?</b></p>
<p>6/12</p>	<p><b>PRACTICING PERSONAL SAFETY</b></p> <p>While not everyone will experience robbery through items taken by force or threat, women may be seen as vulnerable targets and at risk of being robbed. As a precaution, let's review some things to consider when protecting ourselves from being robbed.</p> <ul style="list-style-type: none"> <li>• Do not carry lots of cash or expensive items with you around campus or in public.</li> <li>• Stay in areas where you know people or in well-lit areas where others can see you.</li> <li>• Be aware of what you are carrying and hold items like a purse or bag close to your body.</li> </ul>

- Be aware of your surroundings, especially if you are walking down the street by yourself. If you see someone suspicious, cross the street or go into a building.
- Report suspicious activities to trained responders or emergency personnel.

**Are there other things you have done to help prevent being robbed?**

**What are things you do or think are good steps to take to protect the safety of you and your belongings?**

If you are robbed, here are five things that the [University of Southern California's Department of Public Safety](#) suggests doing:

1. **Remain calm and do not resist.** Assure the robber you will cooperate and will not do anything that may jeopardize your safety. Don't make any quick or unexpected movements.
2. **Follow the robber's directions, but do not offer more than what they ask for.** If you have to move or reach into your pockets to give the robber what they want, tell them what you are going to do and why.
3. **Make mental notes of the robber's appearance.** You will need to describe the robber if you file a report. Take note of their features including sex, race, approximate age, height, hair and eye color. Also note their clothing. Identify if there are any unusual things about their appearance such as scars or tattoos. If they have a weapon, make note of what it is so you can describe it later. If they come or go in a car, try to note the make and model of the car and the license plate number.
4. **Notice what the robber does so you can include it in your report.** If there are two accomplices, pay attention to any conversations they have with one another. Do they use each other's names or nicknames? Do they mention any locations? Try to remember what they touch during the robbery so that police can check those areas for fingerprints.
5. **After the robbery, go immediately to a safe location, then report the crime.** Your personal safety is your top priority. Make sure you feel secure before you call emergency personnel, campus police or local law enforcement. If you're in an isolated area, move to an area with people and ask someone to stay with you while you wait for help. If you opt to remain at the crime scene, try not to touch anything. If there were any witnesses, ask them to remain with you until the officers arrive. If witnesses must leave, write down their name, address and telephone number.

3/15

**CONCLUSION AND RESOURCES**

Thank you all for participating in our conversation. I hope everyone found it valuable and learned something new about robbery or theft. Before we wrap up, I wanted to make sure you were aware of local and national resources available to members.

*Please share any information about local law enforcement/campus police or campus resources on crime prevention, counseling or wellness. Include contact and access information if appropriate. After reviewing local resources, share the following national resources.*

**National Resources:**

Federal Bureau of Investigation (FBI) | [www.ucr.fbi.gov/crime-in-the-u.s/robbery](http://www.ucr.fbi.gov/crime-in-the-u.s/robbery)

Emergency services | 911

*After reviewing additional resources, please jump to the next section of the facilitation guide for the topic based on the chapter's vote or conclude the program.*

[ALCOHOL](#) | [MENTAL HEALTH](#) | [ONLINE DATING](#) | [TAMPERED BEVERAGES](#) | [SAFETY AT NIGHT](#)

## TAMPERED BEVERAGES

<p>6/6</p>	<p><b>INTRODUCTION</b></p> <p>Before we get started, I want to share that we will be discussing tampered or spiked beverages through the lens of personal safety. This conversation will ask for group participation and sharing. Some content may be emotionally challenging to engage with. Should you need to leave the meeting at any point, please know that it is OK to step away from the conversation.</p> <p>According to a <a href="#">journal article</a> from the American Psychological Association, about 1 in 13 college students from three college/university campuses report having been drugged or suspect that they were drugged while consuming a beverage.</p> <p>Why might someone want to drug a drink? The research asked people who drugged others about their motives. In nearly a third of cases, the reason was to facilitate some sort of sexual assault, but there were other motives, including for fun, for vengeance and to see what would happen. It's important to note that tampered drinks are an attempt to lower inhibitions, reduce a person's ability to resist and prevent someone from remembering details of the events that occurred.</p> <p>When thinking about a drink that has been spiked, here are some commonly used substances to tamper with a beverage:</p> <ul style="list-style-type: none"> <li>• Prescription drugs like sleep aids, anxiety medication, muscle relaxers and tranquilizers</li> <li>• Street drugs like GHB, Rohypnol ("roofies"), ecstasy and ketamine, which can be added to drinks without changing the color, flavor or odor of the beverage</li> </ul> <p><b>Have you ever been concerned or worried about your drink being tampered with?</b></p> <p>If you are drugged, remember that it's not your fault.</p> <p>Should anyone become aware of an individual or a group of individuals that have tampered with someone's beverage, it's important to report those behaviors to the college/university to ensure those do not continue. Should you have questions about reporting unsafe behavior, please talk to the VP risk management.</p>
<p>6/12</p>	<p><b>PRACTICING PERSONAL SAFETY</b></p> <p>Depending on the drug or substance used, the initial effects can either go unnoticed or become apparent very quickly. Being familiar with the warning signs can help alert you to the possibility of drugs in your system. If you notice any of the following warning signs in yourself, a sister or someone you know, reach out to someone you trust immediately.</p>



- Difficulty breathing
- Feeling drunk when you have consumed little to no alcohol
- Loss of bowel or bladder control
- Nausea
- Sudden body temperature change that could be signaled by sweating or chattering teeth
- Sudden increase in dizziness, disorientation or blurred vision
- Waking up with no memory or missing large portions of memories

It's important that we are aware of sudden changes in the way our bodies feel. If you notice any of these symptoms, try to safely remove yourself or others from the current situation and get additional assistance as needed.

When thinking about tampered beverages, remember that some drugs are odorless, colorless or tasteless and can be added to your drink without you noticing. If you feel uncomfortable, tell a sister or friend and have them take you to a safe place.

Here are some considerations to help stay safe at parties or social events:

- **Don't accept an open drink from anyone.** If you order a drink in a bar, make sure you watch the bartender open the bottle or mix your drink.
- **Avoid drinking from common-source alcohol.** Don't drink from punch bowls or open containers that are being passed around.
- **Always get your own drink.** You should always open your own beverage and pour it yourself. That way you know exactly what you're drinking and can be sure that no one tampered with your drink.
- **Don't put your drink down.** It's important that you always keep your drink in your hand. And if you set it down, always keep your eyes on it and make sure others stay away. Should you need to go to the restroom or leave your drink unattended, ask a trusted friend to hold it.
- **If you leave your drink, throw it away.** If you set your drink down and walk away, just go and get another one and pour out the first one.

If you feel any of the symptoms of a spiked drink, get help immediately. If seeking medical attention, you may be able to ask for a urine screening test. This screening may be able to identify traces of a drug in your body up to 72 hours after ingestion (depending on dosage and individual metabolism). The chances of getting clear results are best when the sample is obtained quickly.

**Are there places we can avoid to limit concerns for tampered beverages?**

- *Responses can include: Local bars or crowded spaces where members are approached with a pre-poured drink, parties or events with common-source alcohol*

3/15

## CONCLUSION AND RESOURCES

Thank you all for participating in our conversation. I hope everyone found it valuable and learned something new about tampered beverages and practicing safe drinking. Before we wrap up, I wanted to make sure you were aware of local and national resources available to members to assist with alcohol misuse or recovery needs.

*Please share any campus or local resources on substance misuse, counseling or wellness. Include contact and access information if appropriate. After reviewing local resources, share the following national resources.*

### **National Resources:**

Substance Abuse and Mental Health Services Administration  
800-622- HELP (4367) | [www.samhsa.gov](http://www.samhsa.gov)

RAINN's National Sexual Assault Hotline  
800-656-HOPE (4673) | [online.rainn.org](http://online.rainn.org) | [www.rainn.org](http://www.rainn.org)

Addiction Center – Rohypnol Addiction and Abuse  
<https://www.addictioncenter.com/rohypnol/>

*After reviewing additional resources, please jump to the next section of the facilitation guide for the topic based on the chapter's vote or conclude the program.*

[ALCOHOL](#) | [MENTAL HEALTH](#) | [ONLINE DATING](#) | [ROBBERY](#) | [SAFETY AT NIGHT](#)

## SAFETY AT NIGHT

<p>4/4</p>	<p><b>INTRODUCTION</b></p> <p>Before we get started, I want to share that we will be discussing safety at night through the lens of your experiences. This conversation will ask for group participation and sharing. Some content may be emotionally challenging to engage with. Should you need to leave the meeting at any point, please know that it is OK to step away from the conversation.</p> <p>As college students, we have a newfound sense of independence complemented with vulnerability related to the unknown. For many of us, this is our first time living on our own and creating new experiences in new environments with sisters and friends. While we may choose to engage in activities and participate in social situations at night, we must be aware of our surroundings and make decisions that keep ourselves and our sisters safe.</p> <p>In fall 2020, college students reported feeling very safe in the following situations at the following percentages<sup>2</sup>:</p> <ul style="list-style-type: none"> <li>• 77% felt very safe on their campus during the day</li> <li>• 27% felt very safe on their campus at night</li> <li>• 44% felt very safe in their community surrounding campus during the day</li> <li>• 14% felt very safe in their community surrounding campus at night</li> </ul> <p>These numbers show concerns for safety, especially at night. When thinking about students' experiences, college women typically feel less safe on campus or in their surrounding community. Based on our lived experiences and social identities, we may experience varying levels of a sense of safety.</p> <p><b>When was a time that you felt unsafe at night on campus or in the community surrounding campus? What made you feel unsafe?</b></p>
<p>8/12</p>	<p><b>PRACTICING PERSONAL SAFETY</b></p> <p>When thinking about your personal safety, you might think about the role transportation to and from an event or activity can have. Is a sister going to drive you home? Are you all walking to the event together? Is your plan to catch an Uber home? Whatever your plan is, make sure you do it safely.</p> <p>When you are walking off campus or in an unfamiliar neighborhood at night, here are some important things to keep in mind:</p> <ul style="list-style-type: none"> <li>• Walk with another person or group of people whenever possible. There's always safety and comfort in numbers.</li> </ul>

- Trust your instincts. If you are worried about being followed, cross the street and see if the person follows. Do not be afraid to run to the nearest safe location, such as a store, restaurant or public place.
- Be aware of anyone in a car who stops and tries to talk with you or asks for directions. Try to keep your distance from the car and never get in the car.

### **What are other things you can do to help keep yourself safe when walking to and from an event?**

When using a ride-share program like Uber and Lyft, there are things you can do to help keep yourself safe. Here are some tips developed by Uber in collaboration with law enforcement.

- **Request your ride inside.** Limit the time that you're standing outside by yourself with your phone in your hand. Instead, wait inside until the app shows that your driver has arrived.
- **Check your ride.** Every time you use a ride-share app, make sure you're getting into the right car. Match the license plate, car make and model, and driver photo with what's provided in your app.
- **Have the driver confirm your name.** Ask the driver to confirm your name before you get in the car. Your driver sees your first name in their app, so you can ask, "Who are you here to pick up?" The driver may also ask you to confirm their name for their own safety.
- **Be a back-seat rider.** Whenever possible, sit in the back seat, especially if you're riding alone. This helps ensure that you can safely exit on either side of the vehicle to avoid moving traffic, and it gives you and your driver some personal space.
- **Share your trip details with a sister, friend or family member.** While in route, look in the app and see how you can share the trip status and provide the driver's name, photo, license plate and location to a phone contact.
- **Protect your personal information.** Most apps anonymize your phone number when you call or message your driver through the app. They may also mask your pick-up and drop-off addresses in a driver's trip history. Don't share your personal phone number or address with your driver.
- **Trust your instincts.** Use your best judgment when requesting a ride. If you feel uncomfortable, don't get in the car and cancel the ride. If you ever feel that you're in an urgent situation, you can call 911 or locate an emergency button in the app. Anytime you call emergency services from the Uber app, the app provides you with your real-time location and trip details that you can share with the dispatcher.
- **Give feedback about your trip.** After each trip, you're asked in the app to rate your trip. Your feedback helps keep ride-share apps safe and enjoyable for everyone.

	<p><b>What are other things you can do to help keep yourself safe when using a ride-share app?</b></p> <p><b>Are there other things you do to practice safe transportation?</b></p> <p>Remember to keep yourself and your sisters safe by having a transportation plan prior to any social situations, especially at night. Here are some additional safety precautions to consider at night:</p> <ul style="list-style-type: none"> <li>• Tell your sisters, roommates or friends where you're going, who you'll be with and when you should be home.</li> <li>• Carry a cell phone in case you need to make an emergency phone call. It also may be a good idea to share your location with one of your trusted contacts.</li> <li>• Stay in well-lit public places.</li> <li>• Stick with another person or a group of your friends. Don't walk home alone.</li> <li>• Be aware of strangers. If they try to engage you in conversation, don't share personal information about yourself.</li> <li>• Pick code words that you can share with sisters or friends when you are concerned or uncomfortable that alert them that you need assistance getting out of a situation.</li> </ul>
<p>3/15</p>	<p><b>CONCLUSION AND RESOURCES</b></p> <p>Thank you all for participating in our conversation. I hope everyone found it valuable and learned something new about staying safe on and off campus. Before we wrap up, I wanted to make sure you were aware of local and national resources available to members.</p> <p><i>Please share any campus or local resources on safety, ride-share programs, counseling or wellness. Include contact and access information if appropriate. After reviewing local resources, share the following national resources.</i></p> <p><b>National Resources:</b></p> <p>Lyft   <a href="http://www.lyft.com/safety">www.lyft.com/safety</a></p> <p>Uber   <a href="http://www.uber.com/us/en/ride/safety/tips/">www.uber.com/us/en/ride/safety/tips/</a></p> <p>RAINN's National Sexual Assault Hotline 800-656-HOPE (4673)   <a href="http://online.rainn.org">online.rainn.org</a>   <a href="http://www.rainn.org">www.rainn.org</a></p> <p>National Human Trafficking Hotline 888-373-7888 or text 233733   <a href="http://www.humantraffickinghotline.org">www.humantraffickinghotline.org</a></p> <p><i>After reviewing additional resources, please jump to the next section of the facilitation guide for the topic based on the chapter's vote or conclude the program.</i></p> <p><a href="#">ALCOHOL</a>   <a href="#">MENTAL HEALTH</a>   <a href="#">ONLINE DATING</a>   <a href="#">ROBBERY</a>   <a href="#">TAMPERED BEVERAGES</a></p>

## REFERENCES:

1. SAMHSA, Center for Behavioral Statistics and Quality. 2019 National Survey on Drug Use and Health. Table 6.21B—Types of Illicit Drug, Tobacco Product, and Alcohol Use in Past Month among Persons Aged 18 to 22, by College Enrollment Status and Gender: Percentages, 2018 and 2019.  
<https://www.samhsa.gov/data/sites/default/files/reports/rpt29394/NSDUHDetailedTabs2019/NSDUHDetailedTabsSect6pe2019.htm#tab6-21b>.
2. American College Health Association. National College Health Assessment. Reference Group Executive Summary, Fall 2020.  
[https://www.acha.org/documents/ncha/NCHA-III\\_Fall\\_2020\\_Reference\\_Group\\_Executive\\_Summary.pdf](https://www.acha.org/documents/ncha/NCHA-III_Fall_2020_Reference_Group_Executive_Summary.pdf)
3. Kessler RC, Angermeyer M, Anthony JC, et al. Lifetime prevalence and age-of-onset distributions of mental disorders in the World Health Organization's World Mental Health Survey Initiative. *World Psychiatry*. 2007;6(3):168-176.
4. David Cantor, Bonnie Fisher, Susan Chibnall, Reanna Townsend, et. al. Association of American Universities (AAU), [Report on the AAU Campus Climate Survey on Sexual Assault and Sexual Misconduct](#). January 17, 2020.

**KEEP THE CONVERSATION GOING:**

Here are additional Alpha Chi Omega resources to address concerns facing today's college students.

\*Please note, some resources require you to be logged into the Alpha Chi Omega website prior to accessing the document.

- [Domestic Violence Awareness](#)
  - [Respond and Support a Survivor](#)
- Educational Posters
  - Topics: [alcohol](#), [drug misuse](#), [hazing prevention](#), [mental health](#), [prevention topics](#), [sexual assault awareness](#)
- [GenerationRx](#)
- [Hazing Prevention](#) website page
- [Mental Health Education](#) website page
  - [Behind Happy Faces](#)
  - [Active Minds' V-A-R \(Validate-Appreciate-Refer\)](#)
- [Programs with Purpose](#)
  - \*[Assessing the Impact of our Actions Facilitation Guide](#) (bullying)
  - \*[Building Healthy Body Image as Real, Strong Women Facilitation Guide](#)
  - \*[Challenging Bystander Behavior Facilitation Guide](#)
  - \*[The Dynamics of Sexual Assault Facilitation Guide](#)
  - \*[Sisterhood and Accountability - It's a Balancing Act Facilitation Guide](#)

- [\\*Snuffing Out Stress Facilitation Guide](#)
- [The Backstops](#)
- [The Heights Learning Center](#)
  - Trainings: hazing prevention, Event Planning Guide (EPG)
- [VP risk management Resource Center](#) website page