



**It's On Us Workshop:
ALCOHOL & VIOLENCE**

Agenda

- Introductions
- Self-Care Check-In
- Breaking Down the Facts
- Preventing Alcohol-Involved Sexual Assault
- Toolkit Materials + Next Steps
- Self Care Reminder
- Post-Training Survey

Learning Outcomes

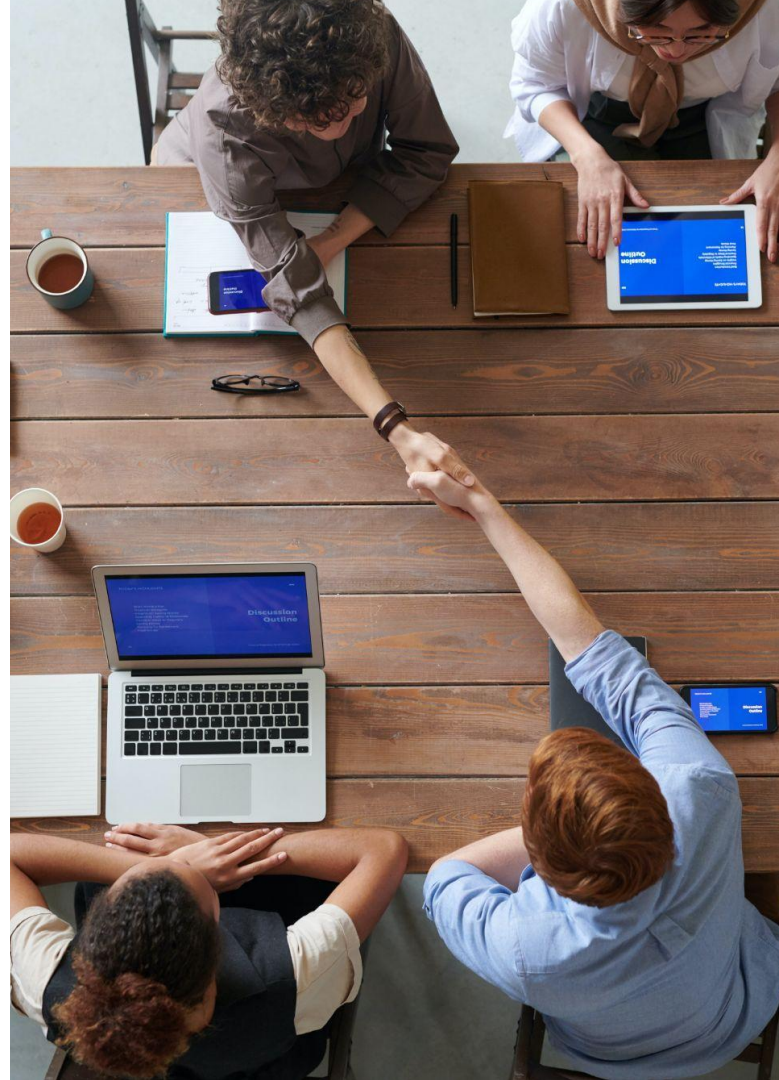
IOU chapter members will understand the relationship between alcohol and violence perpetration.

IOU chapter members will critique and generate corrective responses to myths about alcohol and violence.

IOU chapter members will formulate strategies to partner with bars and party hosts near and on campus.

IOU chapter members will brainstorm creative ways to boost healthy social norms around alcohol.

INTRODUCTIONS



SELF-CARE CHECK



BREAKING DOWN THE FACTS



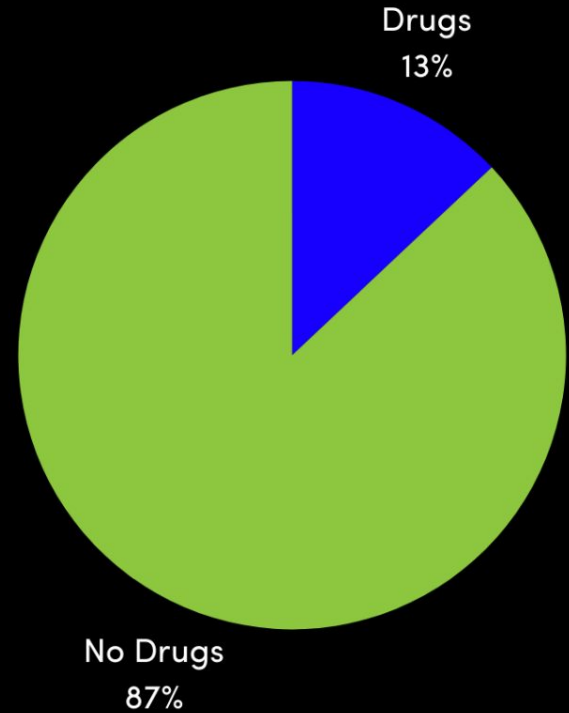
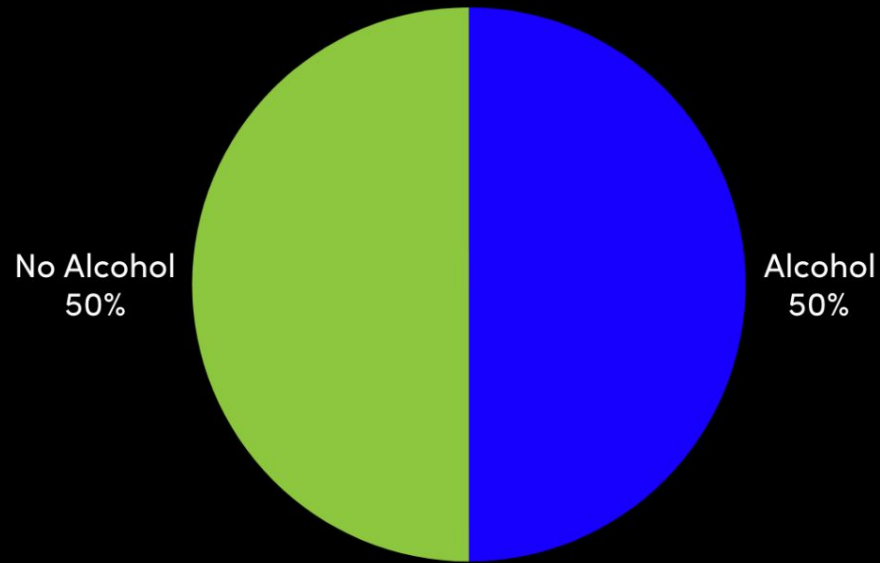
MYTH or FACT?

The drug most commonly used to commit sexual assault is Rohypnol (aka “roofies”).

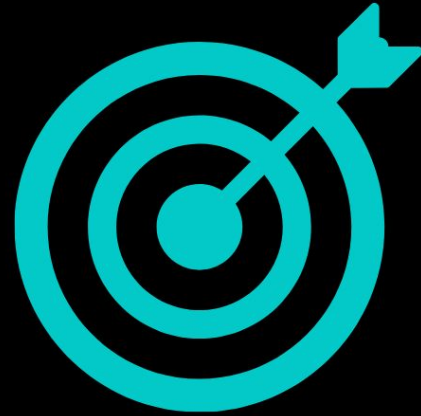
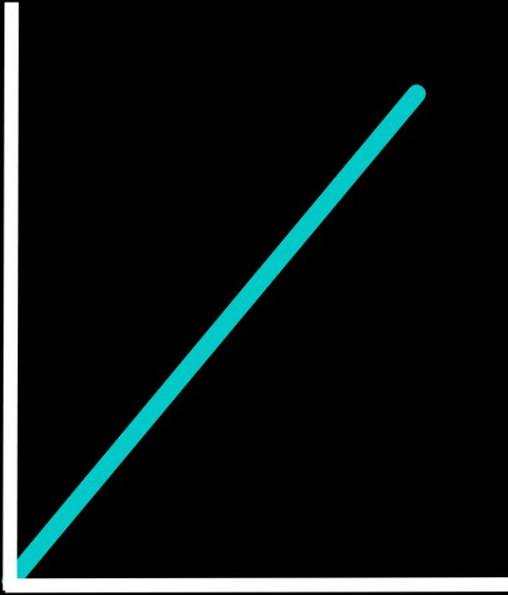
MYTH

Alcohol is the drug most commonly used to commit sexual assault.

What is the most common date rape drug?



Alcohol and risk of victimization



MYTH or FACT?

Hangovers are caused by consuming different types of alcohol or by the order in which you drink certain types of alcohol.

MYTH

Hangovers are determined by how quickly you consume alcohol because your liver is trying to keep up. When your blood sugar levels are thrown off, it can cause headaches. Additionally, a hangover is really a mini withdrawal. Your body and brain slingshot back from the effects of the depressant to the opposite state, which usually means feelings of irritability and anxiety.

MYTH or FACT?

Alcohol can change someone's personality
and make them more aggressive.

MYTH

Alcohol affects the brain but does not change anything about someone's personality.

MYTH or FACT?

Alcohol is a stimulant.

MYTH

Alcohol is a depressant. It depresses, or inhibits, certain types of processing in your brain. By impairing decision-making and lowering inhibitions, people may feel more comfortable acting in ways they usually wouldn't.

Alcohol and the brain

- Interference with **decision-making**
- Difficulty merging different **sources of information**
- Lowered ability to **shift attention** to new information
- **Lowered inhibitions** = increased likelihood of choosing a socially undesirable response



MYTH or FACT?

Alcohol causes sexual assault.

MYTH

Alcohol plays a causal role in violence, which means that it can increase someone's likelihood of committing violence, but **only** when other attitudes or beliefs are present.

People Who Commit Sexual Assault While Drinking Believe That...

- Alcohol increases someone's sex drive.
- Being drunk justifies or excuses violent actions as an accident.
- It is ok to use alcohol to coerce or manipulate someone into sex.

PREVENTING ALCOHOL-INVOLVED VIOLENCE



Address Risk and Protective Factors



**ATTITUDES
AND
BELIEFS**

**RISKY
DRINKING
PATTERNS**

**SOCIAL NORMS
AROUND ALCOHOL
AND SEX**

Prevention Strategies

- Host workshops about healthy drinking behaviors.
- Handout posters with drink measurements, facts about alcohol, and safe drinking tips.
- Host a social norms campaign to highlight healthy drinking norms on your campus.
- Continue to engage your community in healthy discussions about sex and gender equity.
- Share myths and facts about how alcohol affects the brain.
- Provide alcohol alternatives like N/A beers or mocktails.



**It's On Us Toolkit:
TITLE HERE**



- Drinking enough water
- Eating filling foods
- Getting enough sleep
- Talking to friends or family

**Taking care of basic needs
is the beginning!**



- Taking a bubble bath
- Getting a massage
- Zoning out on social media
- Cooking a cozy meal
- Doing something fun with others

**Take time to tune out
daily stressors.**



- Meditating or spiritual practices
- Exercising
- Snuggling up to a favorite movie
- Listening to calming music
- Venting to a friend

**Practice regulating your nervous
system with familiar things.**



- Journaling
- Counseling & therapy
- Reflecting
- Feeling emotions fully
- Practicing coping skills

**Work through your emotions
towards healing.**



- Participating in cultural practices
- Engaging in spiritual or religious gatherings
- Group dancing or singing
- Advocacy and activism
- Group discussion or reflection
- Sharing a meal

**Intentional community with others is
the ultimate path to healing!**

Post Training Survey

NEED NEW SURVEY LINK HERE

