



BOOZE, SEX, & REALITY CHECKS (2013) WASHINGTON STATE UNIVERSITY

EXECUTIVE SUMMARY

- The National Institute on Alcohol Abuse and Alcoholism (NIAAA) estimates four out of five college students drink alcohol, with almost half the students reporting binge drinking.
- Data specific to WSU shows that in Spring 2012,
 - 68% of students reported using alcohol in the last 30 days
 - 34% of students reported drinking 5 or more drinks the last time they partied or socialized
 - 17% reported using marijuana within the last 30 days
- Booze, Sex, and Reality Checks (BSRC), developed by Patricia Maarhuis and implemented through the staff of WSU Counseling Services and Alcohol and Drug Counseling, Assessment, and Prevention Services (ADCAPS), uses evidence-based practices to provide students information about alcohol use and associated negative consequences, as well as information about skills to reduce risky use and/or abstain from substance use altogether. The program also provides information on sexual decision making.
- The results of BSRC 2013 evaluation is based on a total of 1,555 students who completed the survey.
- A majority of the students who attended the August 2013 BSRC training reported that the program helped them
 - prepare for their social experience at WSU
 - learn about social and sexual behaviors at WSU
- A high percentage of students responded correctly to knowledge-based questions about alcohol and drug consumption, laws regarding sexual assault and consent, and social norms at WSU.
- Though a significant number of students reported that they would “probably/certainly use” alcohol and/or marijuana during their first year at WSU, more than half the students reported using self-protective strategies to minimize risks associated with these behaviors in the last 12 months (i.e., before they came to WSU).

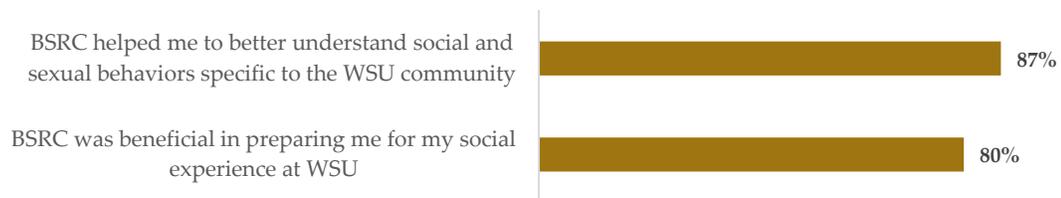


Figure 1. Main results: Students' positive response to BSRC

EVALUATION

In 2013-2014 academic year, participation in BSRC was mandatory for all incoming freshmen and transfer students under the age of 21. The survey was administered to a subset of BSRC sessions, and a total of 1,555 students completed it, representing about 40% of BSRC attendees (the majority of whom were first-year students). Immediately following training for the last session of each day, program facilitators asked students to complete a series of questions to assess students' 1) knowledge alcohol and drug consumption, 2) knowledge about sexual consent, 3) knowledge of social norms at WSU, 4) report of using self-protective strategies in setting where alcohol was present, 5) intent to use alcohol and marijuana, and 6) satisfaction with the program. The survey did not contain any demographic questions.

EVALUATION FINDINGS

Students' knowledge about alcohol and drug consumption

- 94% knew that one standard drink in the US is 12 oz. of regular beer, 4-5 oz. of table wine, or 1.25 oz. of 80 proof alcohol
- 93% knew that the personal purchase, possession and use of cannabis is legal in the State of Washington for anyone 21 and older, but not in public and not on state-owned property such as the WSU campus

Students' knowledge about sexual consent

- 98% knew that sexual assault occurs when there is an absence of consent defined as a lack of agreement via verbal and gestural communication.
- 92% knew that if someone is intoxicated he/she could not give sexual consent, intoxication or being drunk can make a person "mentally incapacitated" or mentally unable to give or get consent. There is risk of committing sexual assault.

Students' knowledge of social norms at WSU

Question	Correct Answer	Students with Correct Answer
Within the last 30 days, what percent of students at WSU do you think used marijuana?	~17%	78%
What percentage of WSU students have had zero sexual partner in the past year or have not initiated having sex?	30%	72%
How many WSU students have <u>never</u> used marijuana (pot, weed, hashish, hash oil)?	~62%	68%
Within the last 30 days, what percent of students at WSU do you think used alcohol?	~68%	66%

Students' intent to use substances

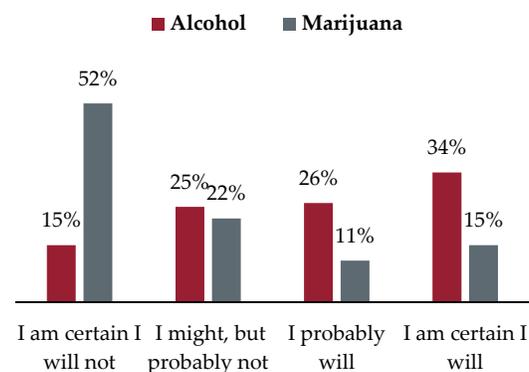


Figure 2. Students' intent to use alcohol and marijuana during their first-year at WSU

Students' report of using self-protective strategies

More than two out of three students reported

- using a designated driver most of the time or always
- staying with the same group of friends
- eating before or during a drinking episode

A little over half the students reported

- keeping track of the number of drinks they had consumed

A third of the students reported

- having a friend let them know when they had enough to drink
- not exceeding a set number of drinks
- staying with one type of alcohol most of the time or always

A quarter of the students reported

- alternating alcoholic and non-alcoholic drinks
- avoiding drinking games most of the time or always

Students' satisfaction with BSRC

- 87% of the students reported they had a better understanding of social and sexual behaviors specific to WSU than they did before taking the training.
- 80% of the students felt BSRC was helped prepare them for their social experiences at WSU.
- Almost 1 in 3 reported they felt more comfortable contacting health and counseling services at WSU as a result of the training.

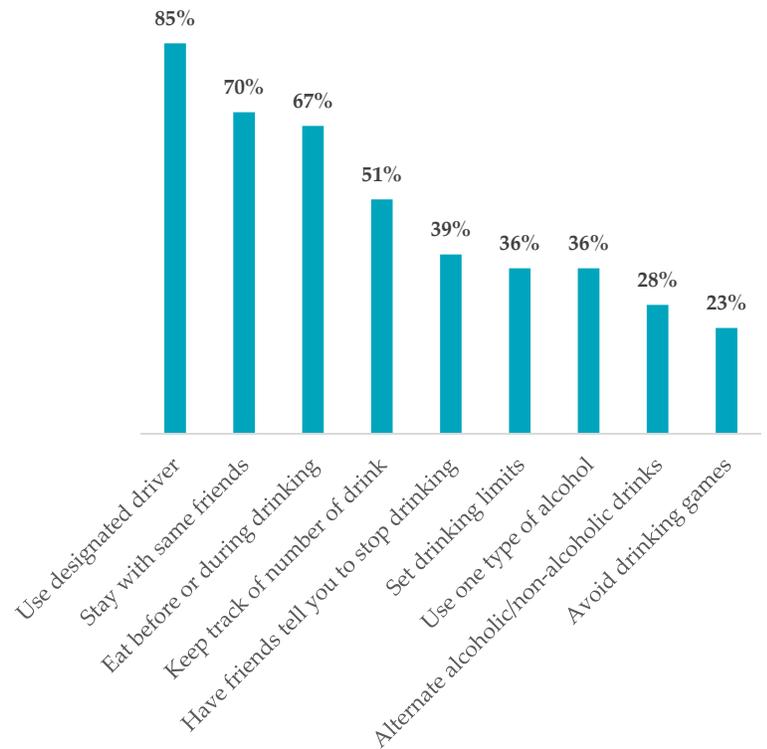


Figure 3. Students' report of engaging in self-protective behavior to minimize risk associated with alcohol use in the last 12 months (i.e. before they came to WSU)

DISCUSSION

The results suggest that students received short-term benefits from participating in the BSRC training, felt better equipped to manage the social landscape at WSU, and gained important factual knowledge related to substance use and sexual behaviors, laws regarding sexual assault and consent, and social norms at WSU. Results also indicated that a majority of students planned to use alcohol and nearly half planned to use marijuana. Students reported using some self-protective strategies to minimize the negative effects of alcohol consumption but not others, which suggests that education about protective behaviors is important.

Year of program: 2013 AUTHORS: Rayna Sage, Senait Tekle, Gitanjali Shrestha, Jaimie Jeffords, Patricia Maarhuis, Marsha Turnbull & Laura Hill



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