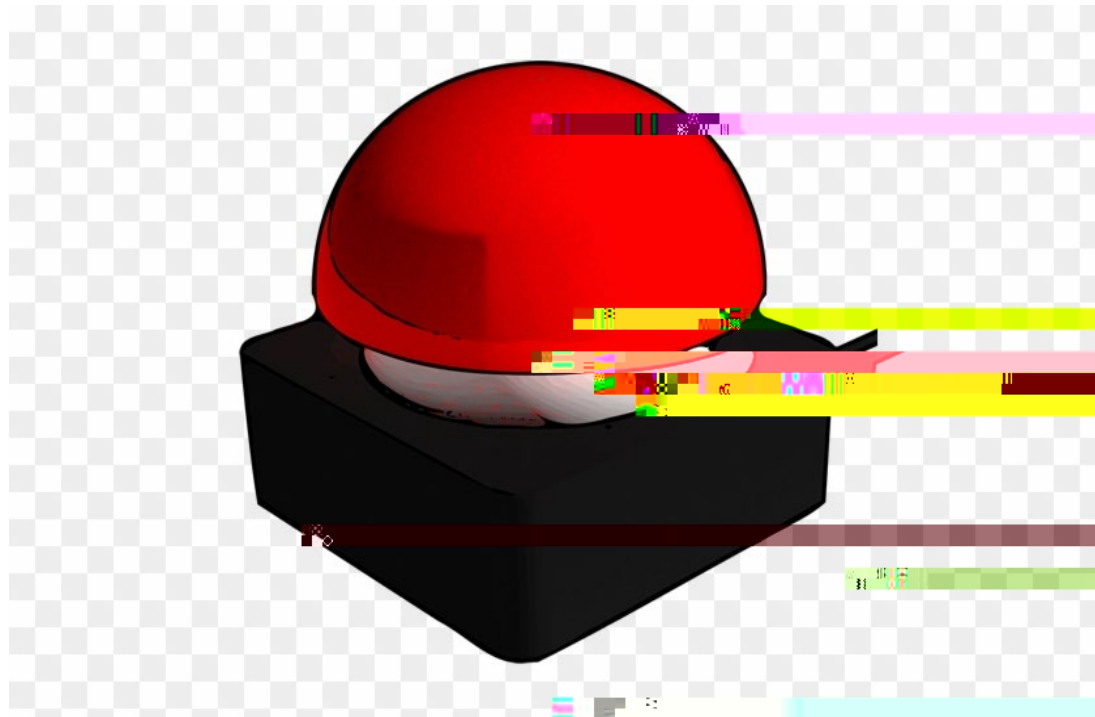




Buzzer Game



Join at www.kahoot.it
or with the Kahoot! app

Game PIN:
2326703



- Use, Abuse and Consequences of:
 - Alcohol
 - Marijuana
 - Opioids/Heroin
 - Tobacco/Vaping
 - Other prescription drugs



Why some college students use?





Impacts of Using Alcohol and Drugs

- Dating violence is a pervasive public health problem, particularly on college campuses.
-

1 – Alcohol

2 – Marijuana

3 – Prescription Pills

4 – Ecstasy

5 – Cocaine



<https://www.addictioncenter.com/community/the-5-most-commonly-abused-drugs-on-college-campuses/>



ALCOHOL

In the United States, a standard drink contains 0.6 ounces (14.0 grams or 1.2 tablespoons) of pure alcohol. Generally, this amount of pure alcohol is found in

12-ounces of beer (5% alcohol content).

8-ounces of malt liquor (7% alcohol content).

5-ounces of wine (12% alcohol content).

1.5-ounces of 80-proof (40% alcohol content) distilled spirits or liquor (e.g., gin, rum, vodka, whiskey).⁴

Excessive drinking includes binge drinking, heavy drinking, and any drinking by pregnant women or people younger than age 21.

Binge drinking, the most common form of excessive drinking, is defined as consuming

For women, 4 or more drinks during a single occasion.

For men, 5 or more drinks during a single occasion.

Heavy drinking is defined as consuming

For women, 8 or more drinks per week.

For men, 15 or more drinks per week.

ALCOHOL

There are some people who should not drink any alcohol, including those who are:

Younger than age 21.

Pregnant or may be pregnant.

Driving, planning to drive, or participating in other activities requiring skill, coordination, and alertness.

Taking certain prescription or over-the-counter medications that can interact with alcohol.

Suffering from certain medical conditions.

Recovering from alcoholism or are unable to control the amount they drink.

<https://www.cdc.gov/alcohol/fact-sheets/alcohol-use.htm>





MARIJUANA

Marijuana is the most widely used illicit drug in the United States. Some of the claims made for or against marijuana are scientifically well-grounded and some are not. How can you tell which is



Tobacco/Vaping

Most e-cigarettes contain nicotine—the addictive drug in regular cigarettes, cigars, and other tobacco products.

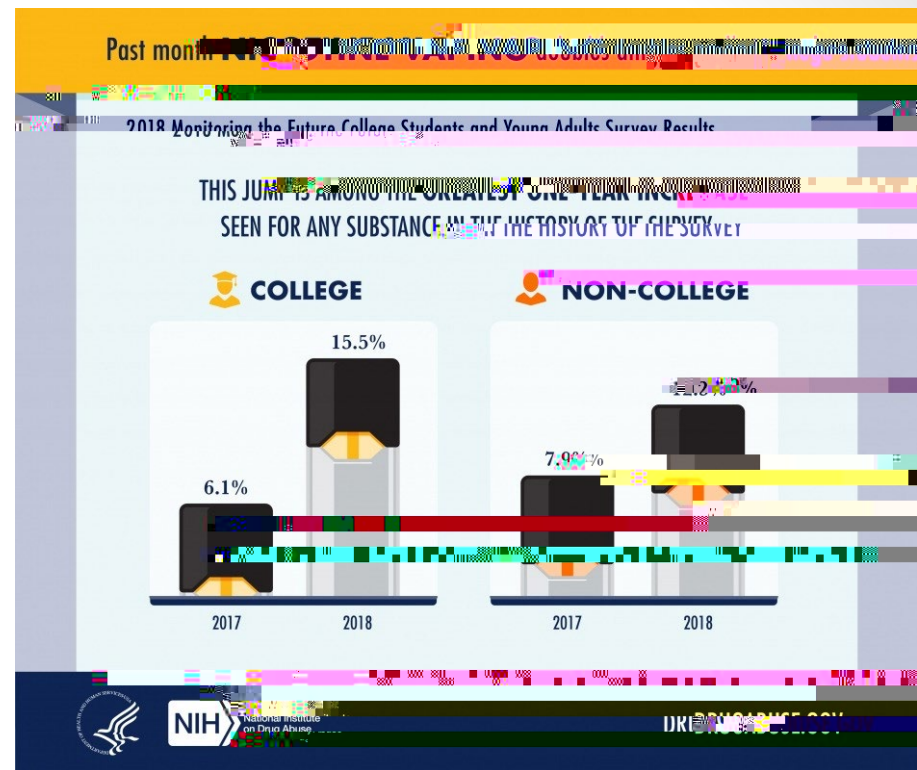
A recent CDC study found that 99% of the e-cigarettes sold in assessed venues in the United States contained nicotine.

Some e-cigarette labels do not disclose that they contain nicotine, and some e-cigarettes marketed as containing 0% nicotine have been found to contain nicotine.

HTPs are available in at least 40 countries and several have been authorized for sale in the United States by the FDA. In 2018, few U.S. adults (2.4% of all surveyed, including 6.7% of people who currently smoke surveyed) had ever used HTPs.

In 2020, 1.4% of U.S. middle and high school students, combined, reported having used heated tobacco products in the past 30 days.⁹

Scientists are still learning about the short-term and long-term health effects of HTPs, but the available science shows they contain harmful and potentially harmful ingredients. Youth use of any tobacco products, including heated products, is unsafe.







Opioids/Heroin

Over 28% of all opioid overdose deaths in 2019 involved heroin. Not only are people using heroin, they are also using multiple other substances, including cocaine and prescription opioids. Nearly all people who use heroin also use at least one other drug.

Heroin is an illegal, highly addictive opioid drug.

A heroin overdose can cause slow and shallow breathing, coma, and death.

People often use heroin along with other drugs or alcohol. This practice is especially dangerous because it increases the risk of overdose.

Heroin is typically injected but is also smoked and snorted. When people inject heroin, they are at risk of serious, long-

Other Prescription Drugs



If you are prescribed opioids for your pain, you have the following responsibilities to help ensure you are getting the safest, most effective pain management possible

Work with your doctor to create a plan on how to manage your pain.

Know your options and consider ways to manage your pain that do not include opioids.

Talk to your doctor about any and all side effects and concerns.

Make the most informed decision with your doctor.

Follow up regularly with your doctor.

Never take prescription opioids in greater amounts or more often than prescribed.

Always let your doctor know about any side effects or concerns you may have about using opioids.

Avoid taking opioids with alcohol and other substances or medications. It is very dangerous to combine opioids with other drugs, especially those that cause drowsiness:

Benzodiazepines (such as Xanax® and Valium®)

Muscle relaxants (such as Soma® or Flexeril®)

Hypnotics (such as Ambien® or Lunesta®)

Other prescription opioids

Do not share or sell your prescription opioids.

<https://www.cdc.gov/drugoverdose/patients/prevent-misuse.html>

What is Bystander Intervention?

An approach gives community members specific roles that they can use in preventing Alcohol or Drug poisoning/overdose.

Taking Action as a Bystander:

- Don't leave the person alone!
- Try to wake them up.
- Check their skin color and temperature.
 - Hot temperature or blue or pale skin may mean they are not getting enough oxygen.
- Check Breathing.
 - Slow, irregular or shallow breathing means you **MUST** seek medical attention.



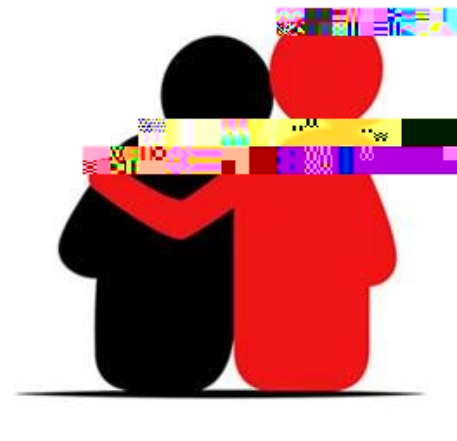
How can I help a friend?

Show love and support

Point them to resources

Acknowledge feelings

Encourage them to seek treatment

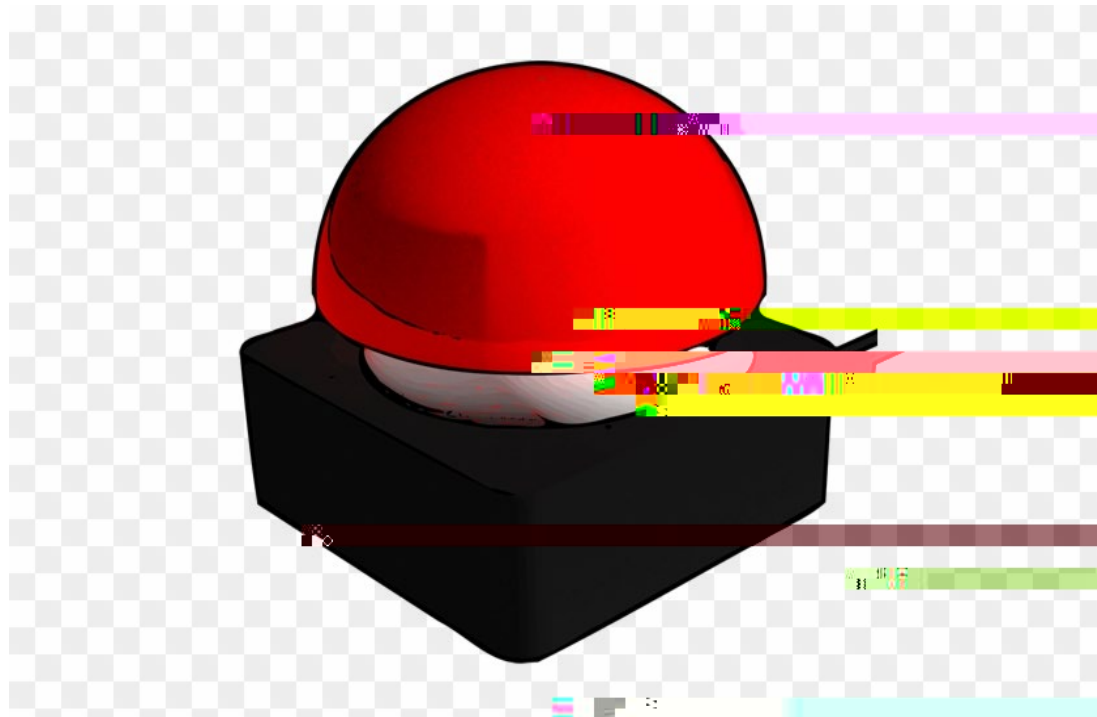




- **Phoenix College Early Alert** - If you observe a pattern of another's behavior that may **endanger a student's success**, we encourage you to speak with someone.
- **Phoenix College Incident/Conduct Reporting** - If someone is exhibiting disruptive behavior in or outside the classroom, **alleged violation of the student conduct code, the Title IX or non-discrimination** policies, you are encouraged to report the behavior or incident.
- **Public Safety Threat** - If you feel someone is either an **immediate threat to him or herself or to others**, call Public Safety at **480-784-0911** (Off-Campus) or **4-0911** (On-Campus) or use an emergency call box located around campus grounds and an officer will be dispatched to assist.

[Speak Up](#)

Buzzer Game

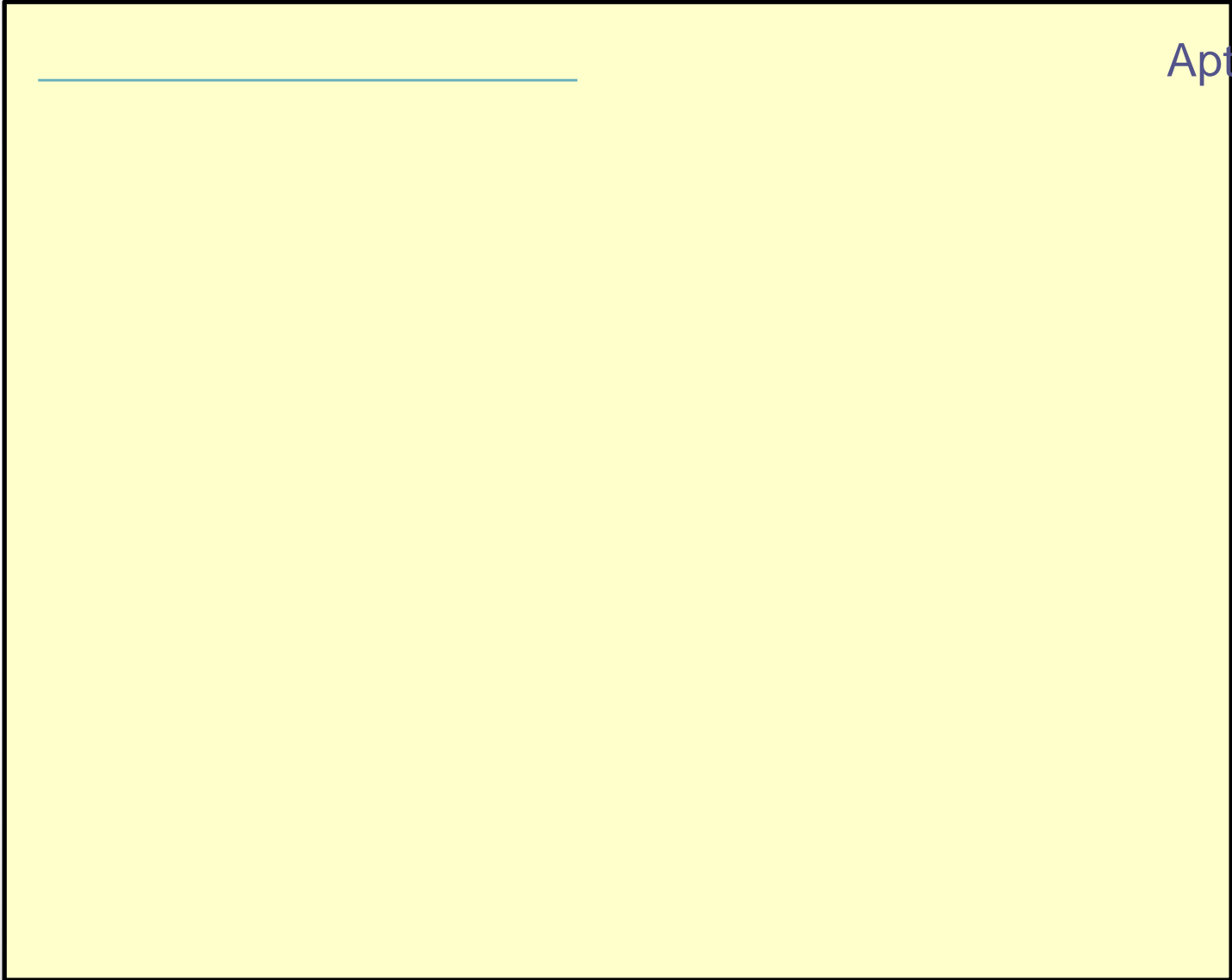


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1. [Student Code of Conduct \(A.R. 2.5.2\)](#)
 - Student Conduct Administrator – Cecilia Quiroz
2. [Discrimination \(A.R. 5.1.0\) & Sexual Harassment \(A.R. 2.4.4\)](#)
 - Title IX Coordinator – Heather Kruse
3. CARE / Early Alert



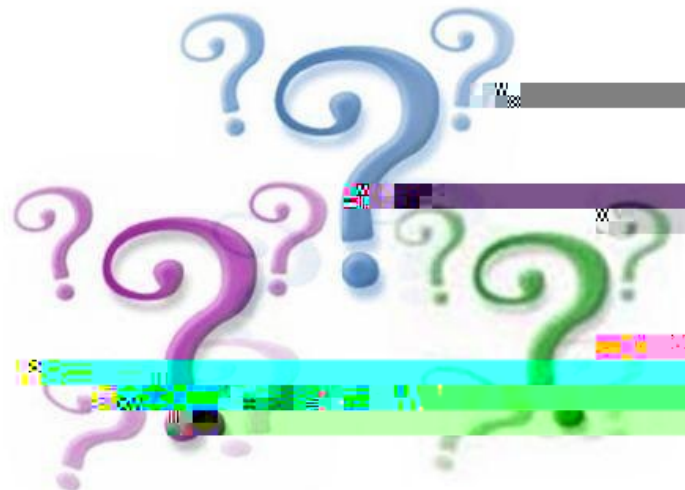
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- **Association of Recovery in Higher Education**
 - The Association of Recovery in Higher Education represents collegiate recovery programs and communities, the faculty and staff who support them, and the students who represent them.
- **Coalition of Higher Education Associations for Substance Abuse Prevention (CoHEASAP)**
 - CoHEASAP is a coalition of higher education associations and organizations that seeks to eradicate the abuse of alcohol, tobacco, legal and illegal drugs and other substances among college students.

Campaign to Stop Youth Opioid Abuse

Stop Youth Opioid Abuse is a multi-channel effort from the Office of National Drug Control Policy (ONDCP), the Ad Council, and the Truth In(,)-6.6816 (ut 304.36 ref9D6.6 (f)od..36 ref139.199 2R2.36 96 -14.52 rein-x(4on)-21.6 (an)-pTd[C]03F6 (n(,)-6.68

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Adulting 101: Dating Violence