



Do Your Part, Party Smart

Facilitator: Maryrose O'Connell

Section: SOC/CRIM 057

Instructor: Krista Natale

Topics Covered

What are "risky behaviors"

Bar & party safety

Greek life

"Party drugs"

Harm reduction when drinking/smoking

Sexual health resources

Dangers of nicotine

What happens if you "get caught"

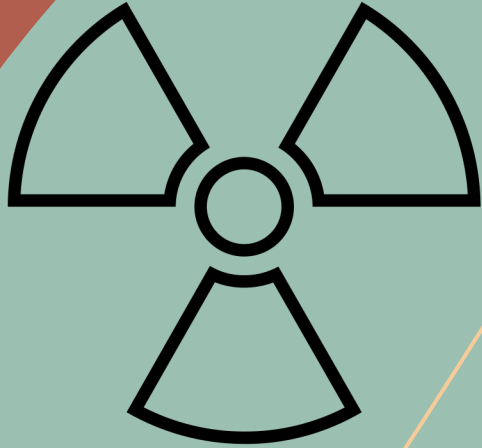
Making it home in one piece

Alternatives to harmful behaviors



Purpose: The Importance of Risk Management

It's now been two years since I was a freshman at SUNY Cortland in the Fall of 2019, and I still remember the tips and information I learned in the risk management lesson of my COR 101 class. Harmful behaviors like drinking, smoking, and partying are often taboo to discuss even among the individuals who partake in them. Krista gave me a lot of freedom to decide what topics I wanted to cover throughout the semester. When we were writing our learning contract, we coordinated what topics we would teach to ensure that there were no repeats. Due to our personal experiences, we decided that smart partying would be a good topic for me to discuss with our students.



Why Learning to Party Smart is Important



College freshmen are getting the chance to be adults and experience things they haven't before. As an upperclassmen, it's my job to ensure that these students are prepared to stay safe regardless of what choices they make this academic year. Negative choices can be corrected, but negative consequences can't.

Lesson Preparation

In order to prepare for this lesson, I compiled tips & tricks that I've learned through personal experience and combined them with the advice of friends, family, and mentors. Oftentimes, experience is the best teacher. However, I did utilize a few outside sources as reminders to myself and as an opportunity for my students to do their own research.

- Safe Sex: Parenthood, P. (n.d.). *Official site*. Planned Parenthood. <https://www.plannedparenthood.org/>.
- Tips for Safe Drinking: *Safe drinking: Tips for drinking alcohol safely*. Prevention Lane. (2020, January 10). <https://preventionlane.org/young-adults-alcohol-safe-drinking-tips>.



Drinking Safely



- Pick a drinking buddy to keep you safe & accountable
- Don't play drinking games
- Watch your drink at all times- if you put it down, don't pick it back up



Vaping & Nicotine



- Tobacco companies market towards adolescents/ young adults
- Vaping is no better than cigarette usage
- Can cause yellowing teeth, bad breath, lung cancer, and more
- Worsens athletic performance



Safe Sex Resources



- Safe Sex Express
- Student Health Services provides STD testing
- Planned Parenthood locations in Ithaca, Syracuse, and Binghamton



Getting Home



- If someone is unresponsive or unconscious, call 911- don't just leave them there
- Walk in groups on main roads
- Never get in a car with someone who's under the influence
- Share your location with friends and family

Important Phone Numbers



- University Police Department: 607-753-2112
- Counseling Center: 607-753-4728
- Student Health Center: 607-753-4811
- CollegeTown Taxi: 607-588-8888
- In case of emergency, ALWAYS call 911!
- Make sure you have a way to contact your RA

What if I Think I Have a Problem?



- You can still suffer the consequences of drug/ alcohol abuse in college
- "It's not alcoholism until I graduate"
- You are not alone

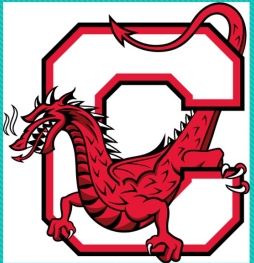
Presentation Materials

- These are a few of the slides I utilized in my risk management presentation



Intro Question

What is your first priority on a night out?



Wrap-Up Question

Did you learn anything new today? If so, what?

Methods

- I decided to ask a question before and after I gave my presentation to mimic a pre and post-test without feeling tedious
- I didn't want my students to get bored. I also wanted to engage them since our class time is in the morning
- I think it would have been more effective if I also included a question mid-presentation



Learning Objectives

1. Understand what constitutes a "risky" behavior
2. Know campus rules/ resources regarding alcohol consumption
3. Be aware of Good Samaritan Laws
4. Recognize the importance of putting safety FIRST in any/ all decision-making processes

Assessment/ Feedback



A few of my students said they didn't know some of the information I was telling them, even though it all seemed like "common sense". Some felt comfortable enough to ask difficult/taboo questions which made me feel like my lesson was effective. One of my goals was to get them comfortable with discussing these sensitive topics. My instructor, Krista, was new to some of the content in my presentation as well.



Reflection

Through preparing this lesson, I learned some new tips about harm reduction when using drugs and alcohol. I also gained access to important campus phone numbers that I didn't know before.



I'm not an education major, and I often worried about my ability to teach, should a situation require it. Teaching this and other lessons throughout my time as a COR 101 facilitator has given me confidence in my abilities to lesson plan. This newfound confidence will help me throughout the remainder of my time at SUNY Cortland.