



Seminar 3: Alcohol Education and Bystander Intervention

Tuesday, September 28 or Thursday, September 30 – 1100-1200

Preparation for Session

- Review the revised facilitators slides, adapted from those presented by Angeli Acosta at the Thursday, September 16 training
- Review the activities for alcohol and bystander intervention scenarios
- Connect with your co-facilitators to ensure you know who will present or lead the different parts of the day

Materials for Session

- Bring a laptop with the PowerPoint slides saved to your desktop
- Printed sheets with the alcohol and bystander intervention scenarios or have them accessible on a mobile device to read

Agenda for Session

- Welcome and Introductions (10 minutes) (Slides 1-2)
Take time at the beginning of the session for both the facilitators and FYE participants to introduce themselves. While cadets in the division and Corps staff may all know each other, some of the staff/faculty facilitators will be meeting participants for the first time.
- Set Ground Rules (5 minutes) (Slide 3)
Some basic ground rules are included in the slides for the session but take time to determine if the groups wants to set others or clarify those shown. Your group may have additional expectations of each other and it's good to give them a moment to share.
- Alcohol Activity (15 minutes) (Slides 4-8 and Activity Sheet 1)
Show slide 4 and ask if the group remembers being having a session on alcohol during Orientation. Show slides 5-7 and share that one of the questions asked was to give anonymously feedback to the group on their experiences with alcohol. Important to know that only 50-65% of first year cadets have had alcohol. Normalizing that experience is important and ensuring cadets don't feel pressured to drink. The activity will explore how the group has had other experiences with alcohol. **Stress that: 1) they do not need to reveal any information that will make them feel uncomfortable, 2) they may step out of the activity at any time, and 3) information can be shared as a friend's or family member's experience rather than their own.** Show slide 8 and describe the activity. Use Activity Sheet 1 to facilitate the activity.



- Bystander Intervention Activity (15 minutes) (Slides 9-10 and Activity Sheet 2)
After transitioning back from the circle into seats again, show slide 9 and ask the group if they recall the session on bystander intervention from Orientation. You do not need to go through the details of the 5 D's of intervention, but it would be helpful to read the 5 D words (Direct, Distract, Delegate, Delay, and Document) as a quick reminder of how to intervene to help someone. Show slide 10 and describe the activity. Use Activity Sheet 2 to facilitate the activity.
- Questions and Wrap-Up (5 minutes) (Slide 11)
Field any questions and answer from your knowledge and experience. Use all facilitators – cadet, staff, and faculty – as resources to answer questions. Don't hesitate to say you don't know the answer and will follow up to find out. Note that anyone can reach out to Angeli or Vineeta for additional assistance or resources.



Activity Sheet 1

Alcohol Activity

Start by sharing that experiences with alcohol vary significantly. Some were exposed to alcohol when you and it has been age-appropriate for the circumstances. Others have never had a drink and there are concerns about normal behavior and experiences. Each person can decide what, if anything, to share and add a new perspective for their peers.

Prompt	Possible Follow-Up Question(s)
Step forward if you have toasted on a special occasion with family.	Share what occasion?
Step forward if you have occasionally had a drink with family.	How often?
Step forward if you have had an occasional drink with friends.	How often?
Step forward if you have regularly had drinks with friends.	How often? and where?
Note a shift in some of the remaining prompts from a personal perspective to one of a friend or family member. Remind them they don't need to share if they're uncomfortable. If nobody discloses the experience, still process with the follow up question.	
Step forward if you or someone you know has had too much to drink.	What are some things you noticed?
Step forward if you or someone you know has had a DUI?	Can one of you share? What were or do you think were the consequences of the DUI? Cost of the ticket? Revoked driver's license? Criminal Charges? Worse for underage DUI?
Step forward if you have always planned to have a designated driver (DD) when you knew there would be alcohol at parties?	How do you pick one?
Step forward if you have always planned to have a pace and space drinking strategy?	What do you do? Drink 1 alcoholic drink per hour, space with water.
Step forward if you or someone you know has blacked out from drinking?	How did that make you feel?
Step forward if you or someone you know has called for help in a drinking situation?	Who did you call? 911? Parent? Friend or mentor?
Step forward if you or someone you know has harmed a relationship due to excessive drinking?	What were the behaviors and signs of excessive drinking?
Step forward if you or someone you know has gotten into a physical fight from drinking too much?	Share what happened? Bad reaction time? Anger? Cops? Later remorse Injury?

Conclude by thanking everyone that shared and that additional resources are available on campus through Health Services and Counseling and Psychological Services (CAPS), if anyone wants to talk more.

Activity Sheet 2

Bystander Intervention Activity

Scenario	Strategy	Possible Follow-Up Question(s)
<p>You are at a party with lots of friends and group members. After several hours, you're talking with the host of the party when some others come up and want her to go buy some more beer. She is clearly intoxicated and doesn't want to go but a couple people start hassling her. She finally gives in and goes to get her keys. What do you do?</p>	<p>Delegate: Talk to someone who may be in a better position to help with the situation. Call 911 if necessary.</p>	<p>For those who drink, do you feel anxiety around those who don't and vice versa?</p>
<p>A friend pushes and then slaps his girlfriend at a party. Other people see it and are upset but don't do anything. He's not a very close friend, but someone you've taken several courses with and have had cordial discussions. What do you do?</p>	<p>Distract: Create a diversion to interrupt a situation. Diverting attention can be very effective!</p>	<p>What types of abuse can happen in relationships? Physical abuse, Verbal or emotional abuse, Sexual abuse. Stalking or cyberstalking.</p>
<p>You are at a party. During the past hour you notice one of your male friends has been talking to a young woman. They seem to be having a good time but it is clear that the woman has had too much to drink. At one point your friend walks by you and you hear him say he is just going to get her "one more" and "that should be enough." A few minutes later you see him put his arm around the young woman and start to lead her upstairs. What do you do?</p>	<p>Direct: You directly intervene in a situation. Always be safe and carefully consider the best way to intervene.</p>	<p>How would you react if this was happening to someone you know?</p>
<p>You notice your teammate has been wearing long sleeves lately. It seems a little odd to you because the weather outside is too warm for long sleeves. Lately, he has been withdrawn and at times irritable. He seems to be under a lot of pressure but does not wish to talk about it. During a practice, his sleeve slips just enough for you to see what appears to be a couple of old scars and a few new cuts along his forearm. You are alarmed. What do you do?</p>	<p>Delay: If you can't take action in the moment, or if others aren't receptive, you can still make a difference afterward by checking on the people, by asking how you can help or offering resources.</p>	<p>Do you know someone who has thought about suicide or was severely depressed? Have you felt comfortable supporting them? What did you do?</p>
<p>You are at a rugby game and towards the end of the game, a couple of the players get into an argument. You are on the sidelines and watching the coaches run towards the fighting players up to break it up. Just as the coaches have reached the 2 players, you hear loud voices from 4 other players at the other end of the field. What do you do?</p>	<p>Document: Documenting a situation can be helpful - whether it's video or written documentation.</p>	<p>Have you been at a party where a fight broke out? What happened? What did you do? Were you a bystander or intervener — why? Would you do anything differently now?</p>

Wrap up by noting the flexibility of the intervention techniques to be used in a variety of settings. No one specific right approach, but varies by context and individual preference.