



LEARNING PROGRAM

Alcohol and You

FOR HIGHER ED

First-year college students are vulnerable to binge drinking, especially during the first six weeks on campus. Misuse of alcohol can have a wide range of serious consequences, including academic failure, injuries, sexual assault, and death. The key to addressing this problem is getting new students to recognize that there's a better way. The ***Know Your Limit*** learning program emphasizes a harm-reduction approach that teaches students who choose to drink ways to use alcohol responsibly.

Know Your Limit: Alcohol and You

Online Course ⌚ 30 Minutes 👤 Students

Topics Covered:

- The importance of limiting or moderating intake of alcoholic beverages
- The dangers and risks associated with binge drinking
- Tips for drinking alcohol sensibly
- Ways to intervene if friends have had too much

Learning Program Resources

- **Alcohol, How Do You Measure Up?** This interactive assessment tool lets students examine their drinking habits and compare them to their peers. The tool demonstrates some of the costs of alcohol consumption, from money spent, to caloric intake, to possible adverse outcomes.
- **Healthy Alcohol Choices**—This PowerPoint presentation can be used to discuss moderation with incoming students during orientation sessions, in special programs run by student affairs or RAs, and by counselors. It covers moderating drinking, intervening, and the importance of using designated drivers.

Who Would Benefit From This Learning Program?

First-year and transfer college students.

Accessing the Learning Program

Visit EduRiskSolutions.org for more information, including the Best Practices Check-up and downloadable resources. Then, enroll your learners at EduRiskLearning.org.