

## THE CENTURY COUNCIL

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The Century Council is dedicated to fighting drunk driving and underage drinking and promotes responsible decision-making regarding drinking or non-drinking of beverage alcohol.

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[www.alcohol101plus.org](http://www.alcohol101plus.org)

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## INTRODUCTION TO USER'S BOOKLET

Thanks for joining us for a tour of our virtual campus! Whether you're new to college, or have been around for a while, the campus of **Alcohol 101 Plus™** is really virtual. Just like any campus, it has lots going on, it has places for fun and places for serious stuff, and it has people making all types of decisions, good and bad. It's a campus you can come back to over and over again and you can explore it with your friends along the way.

**Alcohol 101 Plus** is designed to help you and your friends make responsible decisions about alcohol and to see the negative consequences that can result from bad decisions.

So, join us — meet new friends, help them make some decisions and see the results; play educational games, test your skills and learn things you may not have already known. When you're going through the program, look for the following:

- How individuals make decisions about drinking
- What effects various decisions have on other people
- Safety tips about alcohol such as how to spot alcohol poisoning, and ways of heading it off

- The real costs of DUI and the important role of designated drivers
- Resources and services available on a range of alcohol-related issues
- Much, much more!

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Please note that we strongly recommend facilitated group discussions for **Alcohol 101 Plus**. However if that is not possible, you can still learn a lot by using it alone. You can also experience this with friends and others, discussing what you learn here and how to apply it in your lives. Whether you do experience this alone or with others, the questions included in this booklet are meant to be thought provoking and to stimulate possible future facilitated discussions. They can help you navigate through scenarios on this virtual campus – and on your campus!

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Are you a campus leader? Do you organize events or services for students on campus? If so, visit the **Alcohol 101 Plus** website, [www.alcohol101plus.org](http://www.alcohol101plus.org), to download your very own "Campus Leader's Guide."

## HOW TO NAVIGATE ALCOHOL 101 PLUS

Jim and Julie are your hosts – they'll point out the many highlights of the campus, and will make surprise appearances throughout your tour. They'll raise challenging questions along the way, and they will point you to other information and resources. You'll find that this virtual campus is very interconnected; it's hard to be isolated here.

If you're interested in certain groups found on campus (such as freshmen, athletes, fraternity/sorority members, or those who receive a judicial sanction for an alcohol offense), you'll find that information here – check out our campus locator map and click on whatever you're interested in. Similarly, if you're interested in a certain topic (such as the consequences of DUI or handling a medical emergency), you'll probably be able to see it addressed in several ways. There's also a virtual bar where you can learn about how alcohol affects your individual blood alcohol concentration (BAC).

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*If at any time you're not sure where you are, want to know how to get "across campus" or find where you can learn about something new, just go to the campus locator map or the menu.*

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Here's a quick look at our virtual campus and some key issues:

- **The Quad** The center of campus, with access to everything else!

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- **Administration Building** Has the **Dean's Office** which houses **Truth and Consequences**; this includes testimonials from a range of students describing how and why they got into trouble with alcohol. There are several "hot spots" with information about alcohol, as well as responsible party hosting tips. Our **Wellness Center** has information about the functioning of the brain as it relates to alcohol.
  - **First-Year Student Residence** For students new to campus.
  - **Greek Row** Houses fraternity and sorority members, including the Greek Council, which is considering some important decisions about their future.
  - **Student Residence** Includes several interactive scenes, including alcohol poisoning and regretted sex. See what you think about the role of friends with each of these.
  - **Student Union** Has a great game room to test your knowledge about alcohol — even with friends! There's a commuter board chock full of information and a media center with testimonials, among other things, on drunk driving, date rape (his and her views), and alcohol poisoning.
  - **Athletes and Alcohol** A hangout for athletes, with lots of celebrating and decisions.

- **Library** The repository for all of the many documents available on this virtual campus, as well as links to websites that provide more information on alcohol.
- **Kiosks and Bulletin Boards** are all over campus with hotspots on many different topics that you can print for later use.
- **DUI** (Driving Under the Influence of Alcohol) looks at the consequences of driving while intoxicated – and the real costs.
- **Virtual Bar** Allows you the opportunity to experiment – virtually – with different alcoholic and non-alcoholic beverages. See how alcohol affects your body, your decision-making ability, and your driving skills.
- **Web Links** to the **Alcohol 101 Plus** website where you can get even more information, including a linkage to a national site that may provide a link to your own campus' website regarding alcohol policies on campus.

Here are some of the topics you'll find on this CD:

Alcohol Poisoning  
Blood Alcohol Concentration (BAC)  
Alcohol's effect on the Brain  
Driving Under the Influence

Medical Emergency  
Responsible Party Hosting  
Physical Effects  
Safety  
Regretted Sex  
Tips for Turning Down a Drink

## A STUDENT'S GUIDE TO THE CAMPUS OF **ALCOHOL 101 PLUS**

Welcome to the heart of our campus! You'll find places to explore, topics to examine, and lots of locations to visit.

- Use this as a quick guide when you are "in" a building or section.
- Check out the following overview of sections to choose where you'd like to visit first.
- Ask friends to explore places with you, or show them places you have already explored.
- Enjoy and learn!

## THE QUAD

*On The Quad, you have a 360° view of the entire campus. Stand in the middle of the quad and use your cursor or one of the directional arrows to scan the campus and see destinations and some of the issues you may face on campus.*

1. What do you see that's new to you?
2. What is the general scene regarding alcohol on your campus?
  - a. How does this differ for specific groups on campus, like freshmen, women, commuters?
  - b. Do you think that, generally, people make healthy decisions?
  - c. Do you think that some risky decisions are being made?
3. What does it mean to be "responsible"?
  - a. What is a "responsible decision-maker"?
  - b. What does it mean to be a "responsible friend"?
  - c. How does this differ from being a "responsible host"?
4. In what ways can you try to reduce the incidence of drunk driving?
  - a. What do you actually do now?
  - b. What are you willing to do?
5. What do you know about the physiological basis for many of the consequences that emerge from drinking too much?

6. What can you do to learn more about alcohol and its consequences?
  - a. Where can you go for sound information?
  - b. Who can you ask for good advice that will be helpful to you?

## ADMINISTRATION BUILDING

The Administration Building has the Dean's Office, where you will find "Truth and Consequences" and a link to Campus Rules and Regulations. It also contains the Wellness Center, where you'll find an interactive brain.

### DEAN'S OFFICE

#### Truth and Consequences

*This section shows students discussing their reactions to situations in which they found themselves after making bad decisions about alcohol. They discuss their perspectives and share the lessons they have learned.*

1. In what ways do these students remind you of yourself, a friend or another student?
2. What is your reaction to these students getting caught?
  - a. What would be the most appropriate and fair consequences for HALL this situation?
  - b. In what way is "getting caught" an opportunity to make positive changes and better decisions?

3. What would you recommend to keep these students from getting involved in similar situations in the future?
4. What seemed to cause these situations?
  - a. How does poor decision-making fit in?
  - b. How much of a factor was alcohol?
5. Has this ever happened to you? If so, what was your experience?
6. What sanctions does your school impose for violation of alcohol rules and policies?

## WELLNESS CENTER

### The Brain

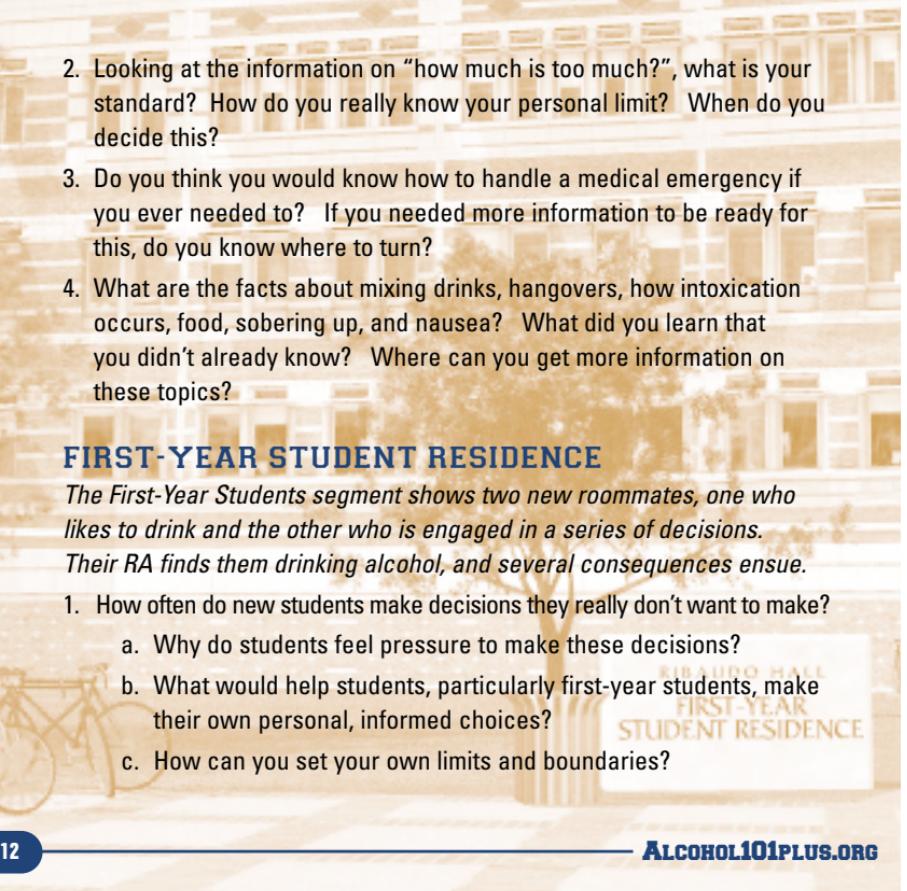
*Designed with the help of NIAAA, this segment of Alcohol 101 Plus provides an overview of the physiological effects associated with alcohol. It's a quick overview of the basic functions controlled by various parts of the brain.*

1. What do you see in the various sections of the brain, as to how alcohol affects their functioning in different ways?
  - a. Do you see where reasoning and problem-solving abilities are affected?
  - b. Do you see where perceptions, hearing, and memory are controlled?

- c. What did you notice about coordination functions?
2. What specific links do you see to the skills needed to safely drive an automobile?
  - a. Do you see how driving skills can be affected with increasing consumption of alcohol?
  - b. Do you see how different areas of the brain affect different skills needed for safe driving?
  - c. How does this information relate to DUI (Driving Under the Influence of Alcohol)?
3. Looking at some of the side effects, what did you learn about hangover headaches?
4. What implications does this illustration of physiological effects have for your own responsible decisions about alcohol?

### Wellness Center Bulletin Board

1. The flyers on this board provide a lot of information on a variety of exciting topics including information about nausea, handling a medical emergency, how to turn down a drink and how much is too much. What do you think about the top ten ways of turning down a drink? Which of these have you used, and how did they work for you?

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2. Looking at the information on “how much is too much?”, what is your standard? How do you really know your personal limit? When do you decide this?
  3. Do you think you would know how to handle a medical emergency if you ever needed to? If you needed more information to be ready for this, do you know where to turn?
  4. What are the facts about mixing drinks, hangovers, how intoxication occurs, food, sobering up, and nausea? What did you learn that you didn’t already know? Where can you get more information on these topics?

## FIRST-YEAR STUDENT RESIDENCE

The First-Year Students segment shows two new roommates, one who likes to drink and the other who is engaged in a series of decisions. Their RA finds them drinking alcohol, and several consequences ensue.

1. How often do new students make decisions they really don’t want to make?
  - a. Why do students feel pressure to make these decisions?
  - b. What would help students, particularly first-year students, make their own personal, informed choices?
  - c. How can you set your own limits and boundaries?

KIBAURO HALL  
FIRST-YEAR  
STUDENT RESIDENCE

2. The first year is a transitional time, which is often quite stressful.
  - a. What can be done to make this period as healthy and safe as possible?
  - b. What can be done to help you better deal with the many adjustment issues you face?
  - c. What can help you improve your study skills, your academics, your time management, and your relationships?
3. Do you believe that it is OK for a person to choose not to drink?
  - a. Under what circumstances is it OK?
  - b. How is this different for you or for someone else?
  - c. List one way you would feel comfortable turning down a drink.
4. What do you think of this situation?
  - a. Is it realistic?
  - b. How do you feel about how Christy handled herself?
  - c. What do you think of how Janet behaved?
5. Since many students misperceive others’ actual behavior and true beliefs about alcohol, what can you do to get the facts?
6. What is really important when you start college?

## GREEK ROW

*In the context of a fraternity/sorority leadership meeting, greek leaders discuss important decisions relating to alcohol and are presented with three potential outcomes of their decisions.*

1. How realistic is this type of situation among fraternities and sororities?
2. What decision would be made on your campus? Why?
3. What other alternative decisions exist for these Greek leaders?
4. One of their decisions involved responsible consumption.
  - a. What is “responsible consumption”?
  - b. What can a fraternity/sorority do to promote responsibility?
5. One of the decision options resulted in a response by the police.
  - a. How do you feel about this?
  - b. What actions are appropriate for this group?
6. How do traditional Greek ideals, such as brotherhood and sisterhood, leadership, citizenship, and service fit into a Greek organization’s social life?
7. What does your group know about legal, safety, policy, and party planning issues?
8. What kind of alcohol-free parties or events would you enjoy going to?

## LIBRARY

*You’ll find a printable version of all of the documents found across this virtual campus in the campus library, as well as links to many additional resources available for your further learning or for seeking help. Here, you will find portals to a wide range of resources. These sites are continuously updated, so check them out regularly! Here are some questions to think about:*

1. What did you learn from one of these sites that was particularly interesting to you?
2. What sites have information that’s most helpful to college students?
3. What sites would you use to get help for yourself, for a friend or for a family member?
4. What type of information or resources do you need the most?
5. Where do you go to learn about services and resources that may be helpful?

SWONGER HALL  
LIBRARY

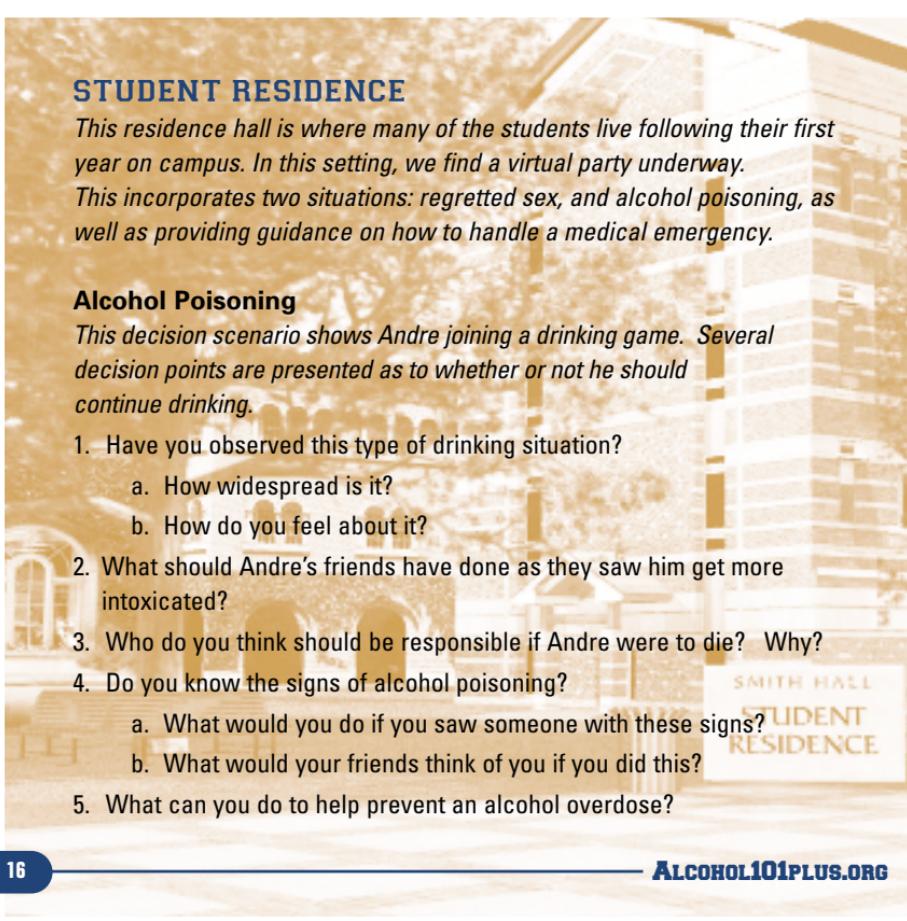
## STUDENT RESIDENCE

This residence hall is where many of the students live following their first year on campus. In this setting, we find a virtual party underway. This incorporates two situations: regretted sex, and alcohol poisoning, as well as providing guidance on how to handle a medical emergency.

### Alcohol Poisoning

This decision scenario shows Andre joining a drinking game. Several decision points are presented as to whether or not he should continue drinking.

1. Have you observed this type of drinking situation?
  - a. How widespread is it?
  - b. How do you feel about it?
2. What should Andre's friends have done as they saw him get more intoxicated?
3. Who do you think should be responsible if Andre were to die? Why?
4. Do you know the signs of alcohol poisoning?
  - a. What would you do if you saw someone with these signs?
  - b. What would your friends think of you if you did this?
5. What can you do to help prevent an alcohol overdose?

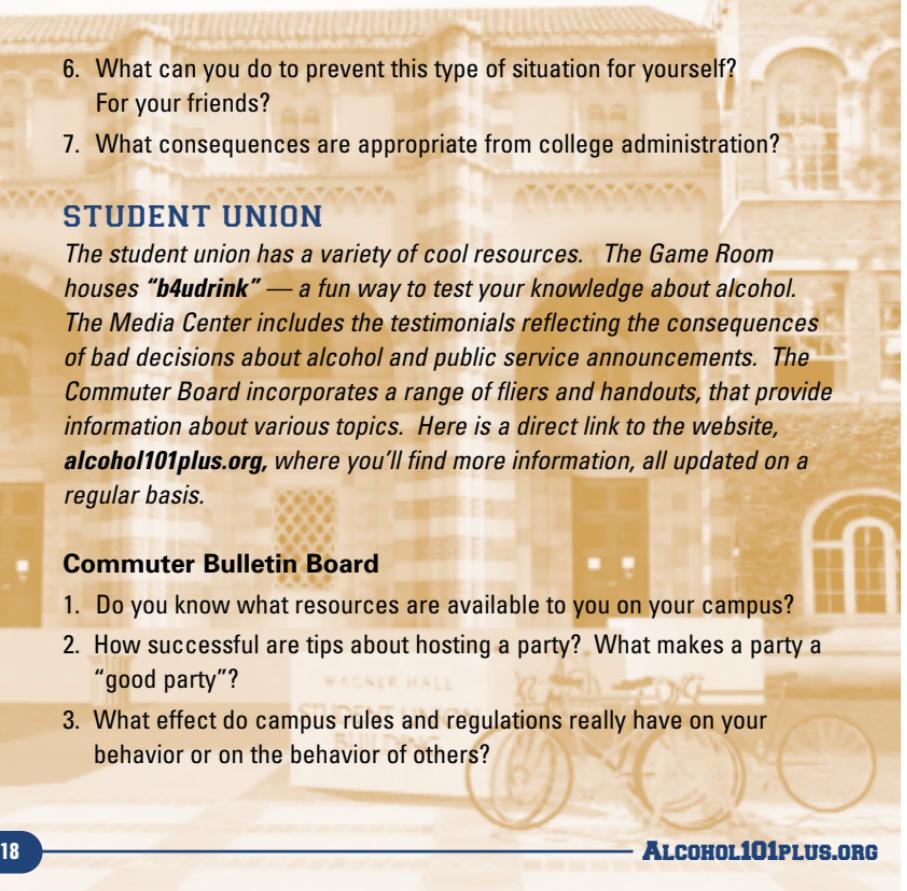


6. How do you know "how much is too much" to drink?
7. What does "a drink, is a drink, is a drink" mean?

### Regretted Sex

In this decision scenario, you follow Dante and Alison as they make a series of decisions. In one of the segments, Dante and Allison engage in unprotected and regretted sex. The follow-up discussions among friends and roommates are informative.

1. Have you observed situations like this among your friends?
  - a. Can you identify with these decision settings?
  - b. What have been typical responses among your friends?
2. What responsibility do various people have – Dante, Alison, Sheri and Perry – for Alison as she gets more intoxicated?
3. How and when should friends intervene?
  - a. Does knowing a person well help determine this?
  - b. Does gender have any influence on this?
4. Have you intervened with friends?
  - a. How difficult is this to do?
  - b. What would help make you more comfortable doing this?
5. If someone is impaired, can they make a responsible decision?

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6. What can you do to prevent this type of situation for yourself?  
For your friends?
  7. What consequences are appropriate from college administration?

## STUDENT UNION

The student union has a variety of cool resources. The Game Room houses “**b4udrink**” — a fun way to test your knowledge about alcohol. The Media Center includes the testimonials reflecting the consequences of bad decisions about alcohol and public service announcements. The Commuter Board incorporates a range of fliers and handouts, that provide information about various topics. Here is a direct link to the website, [alcohol101plus.org](http://alcohol101plus.org), where you'll find more information, all updated on a regular basis.

## Commuter Bulletin Board

1. Do you know what resources are available to you on your campus?
2. How successful are tips about hosting a party? What makes a party a “good party”?
3. What effect do campus rules and regulations really have on your behavior or on the behavior of others?

4. How can you learn about more services on campus and in the surrounding community?

## The Game Room

With the help of our friends at SONY, we developed a **b4udrink** game designed to test your knowledge about alcohol. Check out what you know, and maybe even try this out with some of your friends! After you've checked this out, here are some other questions:

1. Did you know as much as you think you did?
2. What did you learn?
3. What was your biggest surprise?
4. How do you ensure that you get good information about alcohol?
5. In what ways does having good information help you and your friends make more responsible decisions about alcohol?

## Media Center

Houses testimonials — video clips related to several issues, including sexual assault, drinking too much, and drunk driving. It also has public service announcements that have aired on national television.

1. Can you identify with any of these situations? What are typical responses to these situations on your campus?

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2. What rituals, celebrations, and other factors contribute to dangerous decisions about alcohol and driving, alcohol and sex, and alcohol and safety? What can you do about these?
  3. How can you promote – for yourself and for others – taking full responsibility for your own actions?
  4. What other types of situations about alcohol are common for your campus?
  5. What types of situations would you like to see represent the reality on your campus?

## ATHLETES AND ALCOHOL

*In this setting near the campus, students and athletes are celebrating after a big win. They face decisions regarding whether alcohol should be part of their celebration and consequences with the coach at practice the next day.*

1. Can you identify with this situation?
  - a. What is similar to what you have experienced on your campus?
  - b. What aspects are different for your campus?
2. In what ways do athletes consume alcohol differently?
  - a. How is alcohol used to address the special stresses they face?

- b. What might be more appropriate to prevent and respond to these stresses?
3. How can athletes balance the celebrity status, the competitive lifestyle, living to the extreme, and multiple responsibilities?
4. How easy or difficult is it for athletes to celebrate or “blow off steam” without an emphasis on alcohol?
5. In what ways does alcohol relate directly to the quality of athletic performance?
6. What are some of the consequences that drinking can have for yourself and for the team?

## DUI

*This segment on DUI (Driving Under the Influence of Alcohol) incorporates a setting involving Dan; he drives after drinking too much, is arrested, spends the night in jail, and faces a range of short and long-term consequences.*

1. How do you feel about someone being arrested and jailed for driving under the influence?
2. What do you think about the range of consequences faced for DUI (financial, legal, social and moral)?

3. How much is “too much” when getting ready to drive a car?
  4. How often do you see friends or others drive after having had too much to drink?
  5. If you see someone getting ready to drive after having had too much to drink, what do you want to do? What do you actually do?
  6. Prior to driving, he was encouraged to have a designated driver. Should this make a difference for how his situation is handled?
  7. How do you feel about designated drivers? Is it realistic to be one? Have you ever been one?
2. In what ways did gender and weight make a difference with a person’s BAC?
  3. What outside factors may affect a person’s decisions about drinking?
    - a. Does mood make a difference?
    - b. How about setting?
    - c. Do personal expectations or other factors make a difference?
  4. Using the virtual bar setting, what would you suggest as examples of responsible decision-making about alcohol?

## VIRTUAL BAR

*This section, easily accessible from many places on the virtual campus, provides the opportunity to learn about how alcohol affects your individual BAC, as well as some of the factors that occur with consuming increasing amounts of alcohol. You’ll see the importance of eating food. You’ll also be able to see how alcohol can affect your friends depending upon how much they’ve had to drink based on their weight and gender.*

1. What is the point of emphasizing a person’s BAC?
  - a. How helpful is this in promoting safe decisions about alcohol?
  - b. What can you do to use this with others around you?

## WEBSITE

*In this world, nothing stays the same, so check out the [alcohol101plus.org](http://alcohol101plus.org) website which introduces a range of up-to-date resources available to help you gain more information. For facilitators, there is a downloadable version of a comprehensive Facilitator’s Guide. For campus leaders (students and others), there is a special downloadable Campus Leader’s Guide. Your own campus may have specific information relevant to you and your fellow students linked here. You may also learn about ways campuses across the country are dealing with alcohol problems and related issues.*

1. What types of information do you need?
2. Where do you go for information about alcohol?
3. Have you explored some of the myths about alcohol, as well as some of the little-known facts?
4. Have you shown friends information you have found on the website or one of its links?

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Are you a campus leader? Do you organize events or services for students on campus? The Campus Leader's Guide offers ideas for:

- Orientation
- Events
- Training
- Workshops
- Resources
- Team Building

Visit the **Alcohol 101 Plus** website, [www.alcohol101plus.org](http://www.alcohol101plus.org), to download your very own "Campus Leader's Guide."

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## SYSTEM REQUIREMENTS & TECHNICAL SUPPORT

### Minimum Macintosh System Requirements:

PowerPC, G3, or G4. Mac OS 8.6 or higher

Apple QuickTime 6 required (included)

At least 32 MB of available RAM

Millions of colors display

### Minimum Windows System Requirements:

Windows 98, Windows Millennium Edition (aka Windows Me),

Windows NT, Windows 2000 or Windows XP

Apple QuickTime 6 required (included)

At least 32 MB of available RAM

Millions of colors display

### Skip Feature:

If you have visited a campus location before and would like to proceed to a particular decision tree or campus venue, **Alcohol 101 Plus** includes a feature that allows you to "fast-forward" or skip through the video clips. Simply hold down the "SHIFT" key and click on the video and the program will skip forward to the last 2 seconds of the clip. (The video has to be rolling for this to work. If you do not hold down the SHIFT key, a click will simply make the video clip pause or resume.) This feature only moves you forward within a video, it does not skip any of the interactive screens.

### Technical Support:

Technical Support information is available by going to the **Alcohol 101 Plus** website at: [www.alcohol101plus.org/support](http://www.alcohol101plus.org/support).

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