

WEEKEND



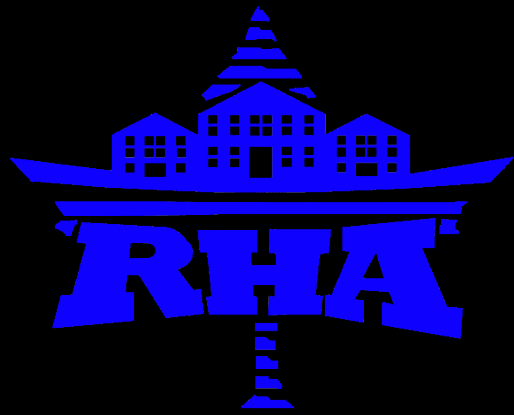
WARRIORS

# Let's Talk About Sex, Drugs & Alcohol

NACURH 2014

Geoffrey Koester, Indiana State University

# Introduction



Geoffrey Koester

Indiana State University

- RHA President, 2014-2015 (Current)
- IRHO Director, 2014-2015 (Current)
- RHA NCC, 2013-2014

# What is a Weekend Warrior?

## 1. weekend warrior



A person who regularly parties on weekends. When you drink or smoke up on the weekends you can be considered a weekend warrior.

*1: Hey did you see Bob?*

*2: Yes, Bob is a regular weekend warrior.*

**A weekend warrior typically has a negative connotation, but what if you could completely flip what it means to be a weekend warrior?**

# Are you a TRUE Weekend Warrior?

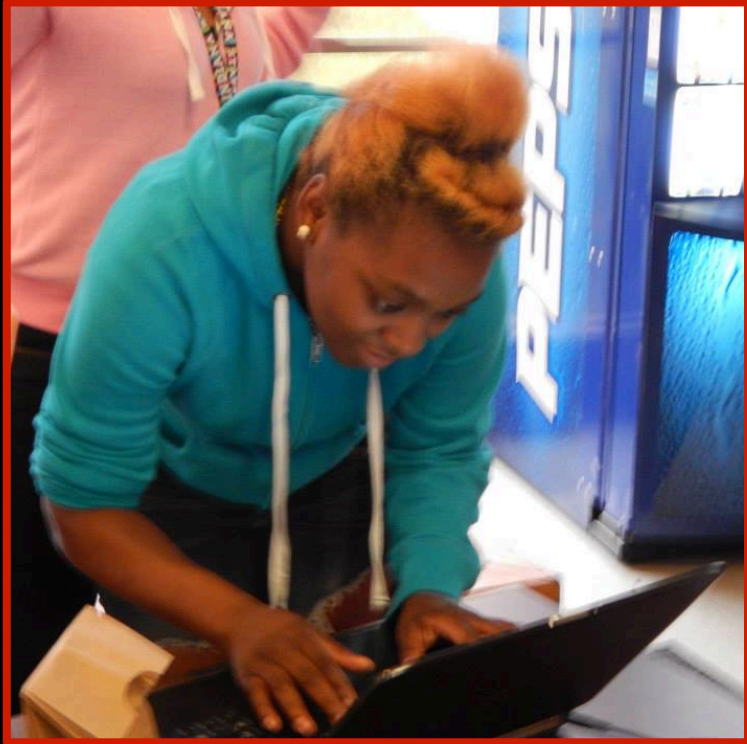
- Have you heard about people being attacked on your campus?
- Have you heard about people getting too drunk on your campus?
- Have you heard about people having unsafe sex on your campus?
- **This is YOUR campus – and you can do something about these problems.**

# The Facts

- The National Institute on Alcohol Abuse and Alcoholism estimates that some **1,825 college students between the ages of 18 and 24 die from alcohol-related unintentional injuries.**
- **Only 54 percent of students regularly use condoms** during vaginal intercourse, 29 percent during anal intercourse and only 4 percent during oral sex
- At least **1 in 4 college women will be the victim of a sexual assault** during her academic career
- On average, at least **50% of college students' sexual assaults are associated with alcohol use**



# Here's what you can do...



- This past Fall, ISU's RHA put on a program after seeing an increase of nighttime attacks, attempted abductions, etc. to increase awareness of night safety and the importance of being safe at parties
- This program was called Weekend Warriors
  - Over **90 people** attended
  - Was a **finalist for Program of the Year** at GLACURH 2013
  - **Won Program of the Year** at IRHOC (Indiana Sub Region Conference) 2014
  - Most importantly, we saw a **decrease in attempted attacks** and weekend problems in the halls after putting on this program!

# How it was done

- The program was split up between 3 different sections, each one focusing on a different topic: **sex, alcohol, night safety**
- On the following slides, I'll detail the set up for each of the sections and how we educated residents while also having fun



# Section 1: Stranger Danger

- To tackle the topic of night safety, we brought in a public safety police officer on campus to talk to students for roughly 15 minutes about how to stay safe on campus and then he talked about registering bikes and keeping things safe in your room





## Section 2: Mario & Mock-Tails



- In this section, students had the opportunity to try on a pair of drunk goggles and play a round of Mario Kart on a Wii. Students could see how difficult even controlling a Wii remote was when impaired, and this showed how increasingly difficult an actual vehicle would have been if they were actually drunk driving.
- We also provided delicious mock-tails at this station to add a bit of fun to the event. If students left their drinks unattended, someone would sneak up to it and drop a Skittle into it to symbolize a roofie and the importance of not leaving drinks alone at a party.

# Section 3: Sex-Tac-Toe



- The section on sex was a game of sex-tac-toe with sex and STD facts being shared in the process. It was a fun, interactive game that also provided an educational benefit
- Additionally, students were given brown bags of candy at the door to carry throughout the night. They could trade candy and at the end were shown a poster that told them which STDs the candy represented. The candy in their bags at the end of the night were the STDs they contracted while at the event.

# Remember the candy you got earlier?

It too represents various STDs. Here's what you could have by trading your "candy" around:

- Green Apple: Gonorrhea
- Cherry: Hepatitis
- Watermelon: Herpes
- Grape: Pubic Lice
- Blue Raspberry: HIV/AIDS

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## Contact

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