

Introduction

Welcome to the Tightrope Risk Management Program and this companion course on **The Culture of Drinking**. The peer-to-peer session outlined here is meant to be completed after finishing the Tightrope online module. Using the knowledge gained from the online module, complete this session with your new member class to create a more robust understanding of how the culture of drinking affects you, your peers, and your chapter, as a whole.

Session Overview

The way we interact with alcohol in our social settings is determined by a number of different factors, and it often begins with the expectations we set for ourselves and our peers. In order to have a healthier relationship with alcohol, we can start by identifying pressure or assumptions we feel from our campus culture and setting our own expectations about how we want to present ourselves through our behavior and actions.

Session Outline

Total Duration: 60 min.

- I. Review of the online module (15 min.)
- II. Our Culture of Drinking (15 min.)
- III. Creating a Party Code (20 min.)
- IV. Creating Accountability (10 min.)

Goals of the Session

- To review learnings from The Culture of Drinking online module
- To identify party behaviors that are deemed acceptable and unacceptable by the group
- Create a Party Code of conduct for the new member class
- Create a system of accountability and follow up

Materials Needed

- This companion guide
- Party Code Worksheet **See the Resources section at the end of this document.*
- Scrap paper or notecards
- Paper/plastic bag or a bowl

Room Setup

- Use a room large enough to fit your entire member class. If you want them to be able to break into small groups (recommended for groups of 20+) make sure there is space to move the seating or for groups to form.

Detailed Breakdown & Instructions

Read through the instructions and session details at least a day in advance of your session. This will give you time to obtain materials, rearrange rooms, if needed, and complete any additional preparation.

<p>Duration: 15 min.</p> <p>Introduction & Review of Online Module <i>[With everyone in a large group, introduce what you'll be discussing today. Use the text below as an example.]</i></p> <p>Today we're going to talk about what drinking and partying looks like on our campus and what we think about it. Then, we're going to create some guidelines for how we want to present ourselves at parties and social events.</p> <p><i>[After you've introduced the session, lead a quick activity to review the online module.]</i></p> <p>Step 1: <i>Pass out scrap paper or notecards to each person, and tell them that they'll be using these to help review the online module. You'll ask them a couple of questions, and they should answer each question on a different piece of paper.</i></p> <p>Step 2: <i>Ask them to answer the following question on a piece of scrap paper, and then place it in the bag or bowl.</i></p> <ul style="list-style-type: none"> • <i>What was one thing you learned from the module that you didn't know before?</i> <p><i>When everyone has submitted their answer, draw anonymously from the bag or bowl and read some of the answers in front of the group. (You could also allow members to take turns drawing slips of paper.)</i></p> <p><i>After you've read a few answers, empty the bowl, and ask the second question. Repeat the process.</i></p> <ul style="list-style-type: none"> • <i>What is a point, suggestion, or advice from the module that resonated with you?</i> <p><i>After you've read a few answers, empty the bowl again, and ask the third question. Repeat the process.</i></p> <ul style="list-style-type: none"> • <i>What do you do if you think someone has alcohol poisoning?</i> <p><i>After a few answers have been shared, make sure the group understands that they should always call 911 if they are concerned someone may have alcohol poisoning. Then, move on to the next activity.]</i></p>
<p>Duration: 15 min.</p> <p>Our Culture of Drinking <i>[With everyone still in a large group, introduce the next activity, which is a group discussion about what you think the culture of drinking is like on your campus. If you have more than 20 people in your member class, split into groups of four to discuss. You'll pose a question to the group, spend time discussing and sharing thoughts, and then move on to the next question.]</i></p> <p><i>Ask your members which of the following statements sounds most like your campus:</i></p> <ul style="list-style-type: none"> • <i>We're a work-hard, play-hard campus.</i> • <i>Things are more fun when we're drunk.</i>

- *Drinking and parties is how we socialize.*

Discuss why they think that and what examples they've seen to support their opinion. Then, ask the next question:

- *Do we think that the way we just described our campus affects the way we party and drink? Is that good or bad?*

Discuss why they think that and what examples they've seen to support their opinion. Then, move on to the next activity.

Duration: 20 min.

Create a Party Code

[Even if we are happy with our campus culture and what that means for our social lives, extreme or negative behaviors can sometimes ruin a good time. For that reason, it can be important to have a set of guidelines that the group agrees to follow so that one person doesn't ruin it for everyone. Use the text below as an example of how to introduce the next activity.]

A lot of us may know how it feels when we're having a great time and then someone does something stupid that ruins it for the rest of us. Now that we know what kind of party atmosphere our campus has, let's set some guidelines as a group so we can avoid behaviors that will ruin it.

Ask your members to think about what makes parties truly successful on a number of levels, not just whether everyone had fun. Use the question below.

- *What does an ideal party look like for us?*
 - *Ex→ Everyone had a good time AND no one got out of control; Guests weren't too drunk, and everyone went home safe; Attendance was high; Nothing got broken; No security, police, or emergency services were called.*

Next you'll create a code of conduct that you can all agree to follow when you host or attend parties. This Party Code should outline what actions you think are acceptable when you're out and what actions you agree are unacceptable. Use the Party Code worksheet in the Resources section to set your party rules.]

Duration: 10 min.

Create a System of Accountability

[At the bottom of the Party Code worksheet is a section where you can create an informal system of accountability to encourage members to follow the code you set. As a group, decide on two positive reinforcements and two negative reinforcements for the code.

When you've selected your methods of accountability, gain commitment from your members by asking them the following question:

- *Do we all agree to follow this code and accept accountability if we don't?*

Ask them to say "Yes" out loud, stand up, or raise their hands to show their agreement. Then, thank them for their participation, and close the session.

Session Resources

Party Code Worksheet

*Tightrope Risk Management Program
The Culture of Drinking*

Create a code of conduct that your member class agrees to uphold when hosting parties or out on campus. The Party Code should outline what behavior your class finds acceptable, what behavior won't be tolerated, and what it means to be an upstanding member of your organization.

Good Party Behavior	Bad Party Behavior
<p><i>How do you want to act when you host parties or attend other socials?</i></p> <p><i>How do you expect your peers to act?</i></p> <p>Ex→ Stay in control; Make sure guests are comfortable; Play good music; Be respectful to guests; Follow university rules & procedures; Pick up after yourself.</p> <ol style="list-style-type: none"> 1. 2. 3. 4. 5. 6. 7. 8. 9. 10. 	<p><i>What actions do you want to avoid when you host parties or attend other socials?</i></p> <p><i>What actions do you expect your peers to avoid?</i></p> <p>Ex→ Breaking furniture; Fighting with members or guests; Blacking out; Pregaming before the party; Throwing bottles; Driving drunk; Yelling at guests; Wandering off alone.</p> <ol style="list-style-type: none"> 1. 2. 3. 4. 5. 6. 7. 8. 9. 10.

Accountability & Follow Up
<p><i>How will you encourage and reward members for following the Party Code?</i></p> <p><i>How will you discourage members from breaking the Party Code?</i></p> <p>Ex→ Keep a public list of members who follow the code; Have a prize drawing for those who follow the code; Post the names of members who break the code; Members who break the code have to make a public apology.</p> <ol style="list-style-type: none"> 1. 2. 3. 4.