

## Introduction

Welcome to the Tigtrope Risk Management Program and this companion course on **The Facts about Alcohol and Drugs**. The peer-to-peer session outlined here is meant to be completed after finishing the Tigtrope online module. Using the knowledge gained from the online module, complete this session with your new member class to better understand the effects of alcohol on the body.

## Session Overview

The effect of alcohol on our bodies isn't always the first thing we consider when we engage in drinking activities. We usually understand that drinking too much can have negative consequences, but sometimes it can be difficult to tell how much is too much, which is why we sometimes don't know where our limit actually is. This session will prompt you to match the physical symptoms of drinking with the corresponding blood alcohol content (BAC) level and the number of drinks it takes to get there. With that knowledge, you'll be prepared to make more informed decisions about what you drink, how fast you drink it, and what the effects might be.

\*According to federal law, it is illegal for persons under the age of 21 to drink alcohol. In addition to potential negative effects on the body and your health, drinking under the age of 21 may also carry legal consequences.

## Session Outline

Total Duration: 60 min.

- I. Review the online module (15 min.)
- II. BAC Behavior Game (15 min.)
- III. BAC 1-2-3 Activity (30 min.)

## Goals of the Session

- Recall the online module
- Recognize the symptoms of different BAC levels and how many drinks it takes to get there
- Understand the connection between symptoms of drinking , BAC, and potential health dangers

## Materials Needed

- This companion guide
- Scrap paper or notecards and writing utensils
- Paper/plastic bag or a bowl
- Phone, tablet, or computer for BAC Behavior Game & BAC calculator
- BAC 1-2-3 score sheet *\*See the Resources section at the end of this document.*
- BAC 1-2-3 playing cards for each group

## Room Setup

- Tables and chairs set up in groups of 4-5 (or easily moved into groups of 4-5 for groupwork). Each group will need a flat surface for playing cards and to write on, whether that be a table, the floor, counter, etc.

## 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><b>Introduction &amp; Review of Online Module</b></p> <p><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 the effects of alcohol and how to recognize what our BAC level might be. We're going to start by reviewing the online module, and then we'll do a couple of activities to show how BAC level affects our bodies and behavior.</p> <p><i>[After you've introduced the session, lead a quick activity to review the online module.]</i></p> <p><b>Step 1:</b> <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><b>Step 2:</b> <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"> <li>• <i>What was one thing you learned from the module that you didn't know before?</i></li> </ul> <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"> <li>• <i>What is a point, suggestion, or advice from the module that resonated with you?</i></li> </ul> <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"> <li>• <i>Would you describe yourself as someone who drinks? If so, what kind of drinker are you?</i></li> </ul> <p><i>Read a few answers anonymously from the bowl. Then, move on to the next activity.]</i></p>
<p>Duration: 15 min.</p> <p><b>Dr. BAC Game</b></p> <p><i>[Everyone will play the Dr. BAC game individually, but working in small groups is allowed. Instruct your members to access the game through the same portal they accessed the online module. They'll open it up exactly like they did for the module, but it will be a game instead of a course.]</i></p> <p><i>Each person should read through the different descriptors of how your body changes as your blood alcohol content (BAC) rises. Then, match each behavior, symptom, or physical response to the correct BAC level—also marked with how many drinks it takes the average college-aged male to get to that level.</i></p>

*After 5-10 minutes, or when everyone is done with the game, review everyone's answers and thoughts about the game. Use the text below as an example of what to say.]*

- Was this an easy or a difficult exercise?
  - Which parts were particularly easy or difficult?
- Based on the descriptions that match with BAC-level, what level do you think most people in our chapter (or on campus) drink to? (What BAC do you think we're usually at?)
- If/when you drink, what BAC do you think you reach?
  - What thoughts do you have about being at that BAC-level? Is it where you want to be, or are you surprised at how high your BAC might be?

Duration: 30 min.

### **BAC 1-2-3 Activity (about 20 min.)**

*[The next activity puts a spin on what could be considered a typical night out for a college student. Arrange your members into groups of 4-5, with each group containing no more than 5 people. Each group will go through the BAC 1-2-3 game together. Pass out a deck of cards to each group, and explain the following game to them.]*

BAC 1-2-3 is a game that mimics a college student's typical night out. Each player will draw cards (similar to how Go-Fish is played) that indicate an action taken throughout the hypothetical night. Each action has a positive or negative effect on the player's hypothetical BAC-level. At the end of the "night," each player will calculate their total BAC-level and rank it to others in the game. BAC-levels that remain between 0 and .14 win the game.

The game has three rounds: Pre-game, Party, and After-party.

In the Pre-game Round, each player will draw one card at a time until each player has 5 cards. Players may view their cards as they draw them and record their drink-count on their score sheet.

*[After players are done drawing their first 5 cards, instruct them to calculate their pre-game BAC using the BAC calculator at [alcohol.org/bac-calculator/](http://alcohol.org/bac-calculator/). Ask them the following questions before moving on to the second round.]*

- *Whose BAC is at a moderate level?*
- *Who is surprised at how high their BAC is after just the pre-game?*

After the Pre-game Round, the game moves into the Party Round, where each player will take turns drawing 6 cards. Players may view their cards as they draw them and record their drink-count on their score sheet.

After the Party Round, the game moves straight into the After-party Round. Players will take turns drawing 3 cards, recording their drink-count on their score sheet. When all players have recorded their drinks, they should use the score sheet to tally up their total number of drinks.

Then, count the number of Positive Off-Sets each player drew. Record the number at the bottom of the score card. Each Positive Off-Set is worth an extra 30 min. of time to add to their total time, which will lower their BAC.

When each player has their drink totals and their total time (including all Positive Off-Sets) they should use the BAC calculator at [alcohol.org/bac-calculator/](http://alcohol.org/bac-calculator/) to determine their total BAC for the evening. Players should compare and contrast the different actions that affected their BAC and participate in a debrief.

### **BAC 1-2-3 Debrief (about 10 min.)**

*[After players have calculated their BAC, read off the following BAC categories. The categories will help you determine if anyone won the game (anyone with a BAC-level between 0 and .14).*

*It's up to you, as a member class, to determine what types of drinking decisions you want to make in the future. Use the last 10 minutes to talk about what actions/cards put players in different categories and which actions you think you should take in the future.]*

**.00 - .07** You probably feel relaxed and happy. Maybe experiencing minor to mild impairment and feeling a bit off balance, otherwise categorized as “the happy drunk.”

**.08 - .14** You may still be feeling good, but your motor skills are definitely impaired. You're probably slurring your speech, and you definitely shouldn't drive. Even if you don't feel it, your BAC-level means you're drunk.

**.15 - .2** Your vision may be starting to blur, and you're probably stumbling around. If you're closer to the .2 side of the range, you may vomit and start to black out. You might be called a “sloppy drunk.”

**.21 - .3** You're severely intoxicated. You probably need help walking, and your friends shouldn't leave you alone because you've lost your gag reflex and could choke if you vomit.

**.31 - .39** If you're not already blacked out, you're most likely experiencing mental confusion and may fall into a stupor. Your friends should be monitoring your responsiveness and calling 911.

**.4+** You're not conscious. If you're still alive, you're at serious risk of a coma, brain damage, or your heart or lungs stopping. You need immediate medical assistance.

*[Use the questions below to help you in discussion.]*

- *What action cards made your BAC skyrocket?*
- *Which actions brought your BAC down?*
  - *How can we incorporate those actions into our drinking habits?*
- *What categories or BAC behaviors should we try to stay away from?*

*[After debriefing from the activity, thank your members for their participation, and end the session.]*

## Session Resources

### BAC 1-2-3 Score Card

*Tightrope Risk Management Program  
Alcohol and Other Drugs*

Use this score card to calculate your hypothetical BAC.

Separate your number of drinks into individual beer, wine, and liquor categories because they affect your BAC differently. Count the number of positive cards you drew, and enter that number onto the Positive Offsets line.

Use a BAC calculator like the one at [alcohol.org/bac-calculator/](http://alcohol.org/bac-calculator/) to obtain your BAC for the night.

Category	Player Score
<i>Pre-game Round (1)</i>	
Beer	
Wine	
Liquor/Mixed Drinks	
Time Elapsed	2 hours
<i>Party Round (2)</i>	
Beer	
Wine	
Liquor/Mixed Drinks	
Time	3 hours
<i>After-party Round (3)</i>	
Beer	
Wine	
Liquor/Mixed Drinks	
Time	1:30 hours
Positive Offsets	
<b>Total Beer</b>	
<b>Total Wine</b>	
<b>Total Liquor</b>	
<b>Total Time</b>	<b>6:30 hr</b>
<b>Positive Offset Time</b> <i>(Add 30 min. per offset)</i>	
<b>Adjusted Time</b>	
<b>Night-End BAC</b>	