

Red Watch Band Program – NU Additions

In follow-up to the questions that came up during our presentation on NU's implementation on the Red Watch Band program at the IHEC meeting:

Handouts included in original curriculum packet

- Standard drink chart
- BAC Charts
- Progressive Effects of Alcohol

Handouts added by NU

- Biphasic effect
- Factors that influence alcohol absorption/BAC (i.e. sex, body size, food consumed, health status, etc.)
- Additional detail on drink measures (as it relates to a Solo cup)
- Illustration of the proper recovery position
- NU's Responsible Action Protocol
 - Detail on the RAP is found on the NU Student Conduct Website:
www.northwestern.edu/student-conduct/conduct/code/rap.html
- How to respond effectively in an emergency situation
- NU emergency contact information and resources
- Harm reduction/lower risk consumption tips
- Helping a friend exhibiting signs of a more significant problem with alcohol

Assessment Plan

The article that provided a basis for many of our pre-test and 6 month follow-up questions is:

“Alcohol Poisoning Among College Students Turning 21: Do They Recognize the Symptoms and How Do They Help?”, Laura Oster-Aaland, et al. Journal of Studies on Alcohol and Drugs, Supplement No. 16, 2009, p. 122-130.

Specifically, we were granted permission to utilize questions from their Alcohol Emergency Helping Behaviors Questionnaire.