Hello LIVE REAL Mentors,

The summer has flown by and the academic year is approaching quickly. As you begin to plan your various Fall events, put together your course syllabi, and prepare for the upcoming semester, I wanted to take a moment to share with you some tips for encouraging low-risk use of alcohol and other drugs or incorporating alcohol and other drug abuse prevention messages in your events, courses, and everyday interactions on campus. The following list is not exhaustive and many of you probably already have ideas for sharing prevention messages across campus. If you have ideas that are not included in this email, feel free to ‘reply all’ and share your thoughts and experiences with your fellow mentors. I will also be compiling ideas for inclusion on the www.ndsu.edu/alcoholinfo webpage for future reference.

Event-Planning:
- Incorporate student feedback into your event planning. They are more likely to attend events they find interesting and exciting!
- Plan substance-free events for times that are typically associated with high-risk drinking (i.e., first six weeks of the semester, right before and immediately following athletic events, and on holidays such as Halloween or St. Patrick’s Day).
- As you know, much high-risk drinking occurs during the later hours, especially on weekends. Consider planning events that take place between 9:00 p.m. and 2:00 a.m. on Fridays and Saturdays.

Curriculum Infusion:
- As you develop your syllabi and plan to discuss expectations with the students in your classes, consider including information about the effects of alcohol misuse on academic performance.
- Take a few minutes in class to discuss current events or upcoming campus events or speakers that relate to AOD use.
- Create an assignment:
  - Alcohol and other drug use and associated problems and prevention measures are influenced by many of the factors studied in social sciences. The effects of alcohol and other drugs are also great topics for courses dealing with the human body or performance. Learning to calculate blood alcohol concentration (BAC) would be a great assignment for a math or chemistry course.
  - Teaching a research class? Create a research project dealing with alcohol-related issues.
  - Want to incorporate service learning into your curriculum? Student service projects can be incorporated into on-going prevention efforts on campus or in the community.
- Consider offering extra credit for student participation in alcohol education events, such as LIVE REAL Mentor Training!

General Interactions:
- **Don’t be a bystander!** As a LIVE REAL Mentor, you have an opportunity to correct misperceptions about alcohol use and the effects it can have. Share that knowledge with students who may overestimate the amount of alcohol their peers consume. By educating students, you are helping them make lower-risk decisions about alcohol use!
- Monitor your personal language and examples to avoid promoting or normalizing high-risk alcohol use.
- Ask about alcohol use when interacting with students (i.e., friends or fellow group members, during advising appointments, or in conversation with student employees). Bring up the issue and determine if alcohol use may be having a negative impact on their lives. Be aware of the resources we have on campus to help students who are having problems.

Have questions or concerns? Want more ideas? Check out www.ndsu.edu/alcoholinfo or email Erika.Beseler@ndsu.edu.

Have a wonderful August!