

Teaching Strategy: “A Night Out”

The first step to helping students have better judgment towards consuming alcohol involves the rejection of denial; we cannot deny that many college students will drink, and virtually all of them will experience the effects of college drinking. Here are the current facts about college drinking from the National Institute on Alcohol Abuse and Alcoholism. We know that:

- 1,825 college students die every year from alcohol-related injuries.
- 690,000 students are assaulted by someone who has been drinking.
- 97,000 of those are alcohol-related sexual assaults or rape.
- 25% of college students report academic consequences of alcohol abuse.
- 1.5% of college students report trying to commit suicide due to drinking or drug use issues

To put defense mechanisms to rest for good, and to encourage stronger ethical judgment in our students, we need to give them a reality check. This increased awareness can actually reduce their use of defense mechanisms. Because substance abuse causes a well-documented ripple effect across campus, there are many interactive resources that faculty can use and integrate into their classroom to hit the point home.

Provide the following link to your students about [The Dangers of Drinking Too Much](#), and use the video "[A Night Out](#)" as a discussion trigger about ethical judgment. Ask students to consider the choices being made in the video—what they perceive in behavior, content and outcome, how they relate (or don't), and what choices they would have made.



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