

**Call Now!**



Schedule a WAVE presentation for your class, group, or organization today!  
646-2813  
peered@nmsu.edu

### **Make Your Own WAVES!**

Be the first to speak up if you see a potentially dangerous situation. If you drink, drink responsibly. Use a designated driver. Take a stand. Respect yourself and the boundaries of others. Communicate, trust your instincts and don't be afraid to say "NO!"

It's time to make **WAVES!**

The Wellness, Alcohol & Violence Education Program (WAVE) is a harm reduction program which educates the campus community on issues of personal safety and well-being. WAVE's Peer Educators provide fellow students with information and strategies regarding both alcohol use and the prevention of sexual assault and other forms of interpersonal violence. We create bridges between campus entities to develop a dynamic, comprehensive plan to create and support safe environments on the NMSU campus. WAVE provides services and supports to students regardless of sex, race, ethnicity, sexual orientation, age, disability, religion or national origin.

**Wellness, Alcohol &  
Violence Education  
Program  
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# **Wellness, Alcohol & Violence Education**

Students helping students  
make decisions  
that make sense.

(505) 646-2813  
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# What is WAVE?

The **W**ellness, **A**lcohol and **V**iolence Education (WAVE) program was created at NMSU to provide students with valuable information and skills necessary to make responsible decisions regarding their personal health, safety, and well-being. WAVE is a peer education program that offers several services to the NMSU community including:

- Informative and entertaining presentations tailored to the needs of your group. Presentations cover topics such as alcohol responsibility and interpersonal violence prevention, including sexual assault, stalking and relationship violence.
- In-class experiential activities that encourage behavioral adaptations.
- Current statistics and data relevant to the NMSU population.
- Informational materials, coasters that detect date rape drugs, tip sheets, condoms containing responsibility messages, and other information to keep students safe.
- Event planning that features our WAVE "MOCKTAILS." WAVE joins with other campus organizations such as UPC and Housing to provide safe-environment events that provide students with alternatives to drinking.

## The best part. . .

All of these services are available to you and your group, class, or organization free of charge and free of hassle. Just call or e-mail us, and we will gladly work to meet the needs of your group.

## Alcohol Education

To address alcohol use among college students, WAVE offers a comprehensive presentation which provides information and strategies proven to help reduce the risks associated with excessive alcohol use. It has been designed by students for students, making it informative, entertaining and engaging. WAVE's educational program helps dispel the myth that "everybody drinks" by promoting the actual facts and statistics for the NMSU campus.

- 20% of NMSU women and 16% of NMSU men don't drink at all. Of those who do drink, 59% of women have fewer than 4 drinks and 51% of men have fewer than 5.<sup>1</sup>
- Binge drinking is associated with lower grades among college students.



## Sexual Assault Prevention

WAVE provides information and preventative strategies regarding stalking, relationship violence, sexual harassment, and sexual assault. The WAVE Program's informative and engaging Sexual Assault Presentation offers strategies for effective interpersonal communication, defines terms to clarify misconceptions, and provides an array of services for those who have been victimized. Information and communication are our best tools to give victims a voice and to help stop the prevalence of sexual assault on campus.

- 1 in 4 women will be sexually assaulted while she is in college.
- 84% of college men would intervene if they saw an act of unwanted sexual aggression.

## Specialized Presentations

WAVE specializes in all aspects of alcohol harm reduction and interpersonal violence prevention. Our primary presentations cover the broad topics of alcohol and sexual assault. In addition, upon request, we can provide presentations on specific, special topics. For example, if you would like a presentation regarding stalking, we can create a presentation to meet the needs of your group. We can also tailor our in-class experiential activities to focus on specific topics, if you so choose. While we are happy to accommodate special requests, we do ask that we are given enough time to properly convey the message to the audience. Special topic presentations or activities usually require approximately 30 minutes. Broad topic presentations require one full class period (50 min.) If you would like to have both presentations (Alcohol and Sexual Assault), we ask that you schedule two different sessions.



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<sup>1</sup> NMSU Core Survey 2002