



# The WAVE Letter



## WAVE Begins 2nd Year at NMSU

Casey Akins (WAVE Program Coordinator)

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The Wellness, Alcohol and Violence Education (WAVE) Program began its second year of operation at NMSU in October. WAVE provides information and safety strategies regarding issues such as alcohol, sexual assault, and other forms of interpersonal violence.

WAVE began through the unification of two smaller peer education programs, Choices and VIP. Choices addressed alcohol harm reduction and VIP addressed sexual assault. By combining the programs under one umbrella, WAVE is able to maximize its resources and expand its areas of specialization.

WAVE's Peer Educators are student leaders who conduct presentations on a variety of wellness, alcohol and violence topics. The Peer Educators also perform informational outreach, such as manning information tables at Corbett Center, hosting "mocktails" for campus events, and distributing posters and flyers around our campus community.

In addition to our large Peer Education component, WAVE assists faculty in infusing personal safety information into existing curriculums, works closely with administration in creating and maintaining safe environments on

campus, and works with other organizations to maximize their reach and impact.

WAVE continues to assess the needs of the campus so that innovative strategies can be designed and implemented to improve the safety and well-being of our students.

WAVE welcomes student, faculty, and staff participation. If you would like to provide one of our presentations to your class or group, or if you would like to volunteer, give us a call at 646-2813.



Jenny Trujillo Encourages Pete to Submit a "Safe Date" Idea at the Tabling Display.



## Core Alcohol and Drug Survey

Melinda Haley-Bailey, M.S., N.C.C. (WAVE Research Associate)

NMSU, WAVE, and Counseling and Student Development have recognized the need to further understand how alcohol and drug related issues are impacting our campus. One way we are addressing this issue is by administering the Core alcohol and drug survey.

This research has multiple purposes. First, we want to understand freshman attitudes toward, and experience with, alcohol and other drugs. We also want to have a deeper understanding of student use patterns on our campus.

Second, we want to look at faculty and staff knowledge and opinions about NMSU's policies regarding alcohol and other drugs. This information will enable us to develop more effective methods for disseminating knowledge about our policies and it will allow us to understand faculty and staff position on this important issue.

Last, we will survey students from the general university population regarding student attitudes and use patterns for alcohol and other drugs. This information allows us to develop insight into our entire university population and it

will help us to determine the unique needs of our university population. Taken together as a whole, these surveys will allow us to plan and prepare better outreach, information dissemination, intervention, and educational strategies that are specific to our university.

For more information about the survey contact Dr. John Irvine or Melinda Haley-Bailey at 646-2731





## Vagina Monologues

The Vagina Monologues, a play dedicated to promoting the end of violence against women, needs your help! The play, which is to be performed on February 3rd and 14th, is still in search of actors and volunteers to help with production, set design, and help for the nights that the Vagina Monologues will be performed. For more information, please call Sarah Amador at 646-3448 or e-mail her at sarahLtg@yaho.com. For yourself and the women in your life, come be a part of promoting awareness about violence towards women!

## “Thou Shall Not Drink?”

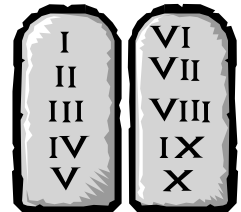
Sarah Marquez (WAVE Peer Educator)

Consuming alcohol is sometimes seen as a college rite of passage, but what about in the campus religious community? More often than not, drinking in the religious community is generally discouraged because of the distraction that it can cause to religious devotion and focus; but that definitely does not mean that drinking does not happen. Alcohol and its effects do not discriminate and seep into most aspects of campus life: academics, relationships, organizations. Studies show that while close to 60 percent of students who considered

themselves to be actively involved in their religion do completely abstain from drinking; just over 40 percent do consume alcohol.

The positive effects related to the avid involvement in religious activities while in college are apparent students' choices about alcohol. Typically, students who are highly devoted to their religion abstain from drinking prior to entering college, and close to 75 percent will continue to stay alcohol-free. Only 46 percent of students with little or no religious involvement will continue to abstain from drinking during their college career.

Whatever your decision, religious participation or religious avoidance; alcohol abstinence or alcohol indulgence, it's your choice, your responsibility. And while “Thou shall not drink” isn't among The 10, keep in mind: “Thou hast the freedom to make thine own choices and must willingly accept the consequences of those choices.”



## WAVE Party Tips: Throw a Rockin' Party That's Safe!

Jason Calcote (WAVE Peer Educator)

So, you want to throw a party and don't want it to be a complete bomb? Before you get started, remember that being a great host involves looking out for your guests as well as entertaining them. Buying a bunch of alcohol is actually a rookie mistake for a party thrower. This not only creates a dangerous environment for alcohol abuse and alcohol poisoning, but also greatly increases the risk of friends drunk driving, receiving DWIs, or worse, getting into accidents. But, rest assured that there are easy ways to avoid these detrimental effects and have a safe, fun party that everyone can enjoy.

PROGRAM YOUR PHONE!  
ASNMSU SAFE RIDE  
526-TAXI

### Before a Party

- Think up a theme that doesn't focus on alcohol.
- Serve non-alcoholic drinks.
- Provide food so people will eat and, if they drink, the alcohol will absorb less quickly.
- Learn the University policy so that you know your obligations and liabilities.

### During a Party

- Collect keys, or make sure groups have a Designated Driver (DD). Give the DDs a bracelet or something to distinguish them. Keep them accountable to be a safe ride home!
- Avoid drinking games, as they promote the mass consumption of alcohol.
- Respect your guests' decisions to not drink or to only drink a little. A good host does not always make sure everyone has a drink in their hand. Challenge others who pressure your guests to drink more than they want.

### After a Party

- Talk to people who look wasted and try to arrange a ride.
- Have the Night Ride phone number posted by the front door.
- If someone looks like they've had too much to drink, even if they aren't driving, make sure someone is going to be looking out for him or her. Someone at risk of alcohol poisoning should *never* be left alone!

Respect

is

Sexy!

Make sure you  
always get and give  
consent before  
engaging in any  
sexual activity.  
Respect your  
partner's wishes —  
always.