



Center for Alcohol and  
Other Drugs Resources  
and Education

## University of Dayton

# Alcohol and Other Drugs Prevention Education Options

### **Alcohol 101**

There's a lot to learn about how alcohol affects us. Alcohol 101 discusses the basics of alcohol use and teaches participants how they can reduce the risks associated with alcohol use.

### **Rethinking Drinking**

Trends in alcohol use may impact the way we think about drinking. In this program we will discuss how the media and social influence plays a role in alcohol use.

### **Generation Rx**

Advances in drug discovery and development help us all live longer and healthier lives., but any medication can also cause harm, and the misuse of prescription drugs has become a serious public health epidemic. The mission of Generation Rx is to educate audiences about the potential dangers of misusing prescription medications.

### **Drug Use and Misuse**

This program discusses how drug use impacts your body. We will also discuss drug use trends and how these trends effect our community.

### **Alcohol Use and Athletic Performance**

Athletes who choose to drink don't necessarily experience more legal or behavioral consequences than other students who drink, but athletes are often more visible, and their problems often lead to highly publicized consequences. This program looks at the effect that alcohol can have on an athletes' performance and health.

### **Standard Servings and BAC – What does it all mean?**

This presentation will discuss how Blood Alcohol Content (BAC) is measured and the symptoms associated with different levels of BAC. Learn more about tolerance and how standard serving sizes allow you to better control your BAC and stay at a low-risk level of consumption.

### **Alcohol and Your Health**

Do you know how many calories are in some common drinks? This program will inform your group about the ways that alcohol can impact your health including, nutrition, sleep, and physical health.

### **Alcohol and Other Drugs Jeopardy**

Quiz your group with this popular game! We'll ask you questions about BAC, health effects, policies and laws, and risk reduction techniques. Great for use in classroom presentations!

### **Factors that Impact Intoxication**

Why do some people get intoxicated after one drink while others can drink two or three before feeling any effects? Let's talk about what factors can impact someone's level of intoxication.

Presentations typically last for 1 hour and require A/V access. For more information, please contact:

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