**Mission Statement**

The mission of Prevention Education Programs (PEP) is to promote a safe and healthy environment for living and learning. PEP provides campus-wide sexual violence and alcohol and other drug education programs and support services through crisis and brief counseling, advocacy, assessment and referrals. PEP is committed to the principles of social justice through which prevention services are offered to the campus community by addressing environmental, social, cultural and individual factors that contribute to substance abuse and sexual violence.

Rationale: Both the university and the division are dedicated to promoting a safe and healthy campus environment and a commitment to social justice.

**Planning Goals**

**Goal #1:**
Decrease high risk drinking behaviors among students and promote healthy decision-making.

**Goal #2:**
Effectively train and supervise Peer Educators in the areas of sexual assault and substance abuse so that they may provide accurate prevention education to the campus community.

**Goal #3:**
Provide programming that will increase SF State student's knowledge of the dangers associated with high-risk drinking and sexual violence among students, and related campus policies.

**Goal #1: Student Learning Outcome**

At least 50% of students who complete the personal assessment program by meeting with a counselor to assess their drinking behavior will be motivated to reduce their high risk drinking as evidenced by an average BAC percentage change of 10%.

**Rationale**
High risk drinking is correlated with poor academic performance and increase in violence (sexual assaults, driving accidents, fighting and vandalism). Once motivated to reduce drinking, student’s academic performance improves and potentially violent behavior is prevented. Research has found that meeting with a counselor using motivational interviewing could reduce high risk drinking with college students. Alcohol prevention and intervention programs are mandated on college campuses for these reasons.

**Measures**
Students attending the Personal Assessment Program are primarily referred by Judicial Affairs, Residential Life, Student Health Services medical providers, or Counseling & Psychological Services. Their high risk drinking behavior will be assessed using a short answer “High Risk Drinking” questionnaire developed by PEP. The questionnaire will be administered during the first session and again in the final session to measure change in high-risk drinking patterns using percentage change of Blood Alcohol Content (BAC). These questionnaires will be completed by the counselors without identifying information to maintain confidentiality of students.
**Results/Conclusion**

Students participating in the Prevention Education Program’s Personal Assessment Program experienced an average of 77% decrease in estimated Blood Alcohol Content (BAC) when they consumed alcohol at the end of their program. Blood Alcohol Content is measured using a calculation of number of drinks consumed, the sex of the individual, duration of time, and the weight of the individual. The average BAC was 0.18 at pre-test and 0.04 at post-test. The average number of sessions was three (3). The pretest BAC number is indicative of the students’ highest Blood Alcohol Content during the current semester. These results point to the effectiveness of our systemic response to students who have been identified as “high risk drinkers” on our campus. Other factors that may also influence change in drinking pattern include the student’s interactions with the office of Student Conduct, Residential Life or the University Police.

**Goal #2: Student Learning Outcome**

All PEP Peer Educators will be trained in both substance abuse and sexual violence in college students and will increase their knowledge by an average of at least 30%.

**Rationale**

National statistics suggest that being a college student increases the risk of both becoming a victim of sexual assault and increased alcohol consumption. Peer education is an effective preventative approach when used as a part of a comprehensive program.

[The Department of Justice reports that one in five college women will be the victim of attempted or actual sexual assault during their college years. Sexual Abuse: 97,000 students between the ages of 18 and 24 are victims of alcohol-related sexual assault or date rape (Hingson et al., 2009). Injury: 599,000 students between the ages of 18 and 24 are unintentionally injured under the influence of alcohol (Hingson et al., 2009).]

**Measures**

Peer Educators trained in our Counseling 606 and 608 classes (average of 30 per semester) be given a pretest the first day of class to measure knowledge regarding substance abuse and sexual assault and their impact for college students and a post-test at the end of the training to measure knowledge gained from the training.

**Results/Conclusion**

Results indicate a 13% increase in knowledge for the 54 Peer Educators on the instrument used. Students scored relatively high on the pre-test as many of the students who enrolled in the peer educator training class had previous experience or related course work. In addition, students spend a minimum of 25 hours over the semester participating in prevention education activities on campus that they have helped to develop. In an attempt to accurately measure increase in knowledge, we also looked at average scores on the final paper for Counseling 606. The final paper requires the students to read a scenario about sexual assault among acquaintances involving alcohol and write a 6-part essay, which required them to think critically about the issues using the information that they have learned over the semester. Scores for this paper yielded an average score of 91%.

**Goal #3: Student Learning Outcome**

Students who attend a PEP workshop will demonstrate a minimum of 10% increase in knowledge concerning the dangers associated with high-risk drinking and sexual violence among students, and related campus policies.

**Rationale**

Studies indicate that knowledge coupled with a sense of personal accountability can facilitate behavior change. Although The CORE survey indicates that high-risk drinking in our students has fallen to 10%
below national averages, the rates are still high (39% in June 2009 CORE survey). High-risk drinking is correlated with both perpetrating sexual assault and being a victim.

**Measures**
Students attending workshops will be given a pre and post-test assessing their knowledge about sexual assault and high risk drinking.

**Results/Conclusion**
Results indicate an average of 29% increase in knowledge by students participating in Prevention Education Program workshops. The majority of the participants were lower division students who are more likely to engage in dangerous drinking activities. This speaks to the value of providing small group workshop opportunities for these students.