

Articles

- <https://www.edumed.org/resources/student-guide-to-drinking-responsibly/>
 - *Learn techniques and tips on what responsible drinking looks like in college, how to stay safe in situations where alcohol is involved, and know when to get help.*
- <https://www.affordablecollegesonline.org/college-resource-center/how-to-prevent-college-binge-drinking-and-duis/>
 - *This guide provides tips on how to keep yourself and your peers safe on campus when drinking. Learn about college binge drinking and how to drink responsibly without being a buzzkill.*
- <https://www.abtrs.com/fraternities-sororities-substance-abuse/>
 - *In this article learn about the impact alcohol use has on a Greek community, how to change the culture of college life, and steps to create a plan of action for campus change.*
- <https://psmag.com/education/how-fraternity-culture-encourages-excessive-drinking>
 - *This article describes toxic masculinity's effects in fraternities and the risks associated with excessive drinking.*
-

Interactive

- <https://www.collegedrinkingprevention.gov/SpecialFeatures/interactiveBody.aspx>
 - *Nearly every organ system of our body is affected by alcohol. Using this interactive body chart, see how alcohol affects different parts of the body.*
- <https://alcohol.org/bac-calculator/>
 - *Blood Alcohol Content (BAC) refers to the percentage of alcohol in a person's bloodstream Use this calculator to estimate, but don't forget that everyone metabolizes alcohol (beer, wine, liquor) differently. This calculator can give you an approximate BAC level, but do not rely upon it to determine if you're fit to drive or work.*

University resources

- <http://rethinkthedrink.illinois.edu/>
 - *This resource provides information on preventive measures around alcohol. This site includes an alcohol education quiz, strategies to help others, strategies to help yourself, and other campus resources.*
- <https://odos.illinois.edu/alcohol-and-drug-program/>
 - *In this link learn about the impact substances have on your body and workshops/services available to students. As well as relevant Student Code sections related to alcohol and drug use.*
- <https://www.studentlingo.com/learn/course/recognizing-signs-of-alcohol-drug-abuse-how-to-help-yourself-or-others-186i/event-details/view-presentation?client=illinois>
 - *This 30-minute interactive session is as an overview of the most commonly used substances by college-aged students. Additionally, dangers, signs, and symptoms of intoxication, overdose, and withdrawal will be reviewed. The Office of Minority Students Affairs (OMSA) contracts with Student Lingo to provide educational content on a variety of topics such as this.*

- [Alcohol Incapacitation Form\(pdf\)](#)
 - *This referral form is used by the Counseling Center’s Alcohol and Other Drug Office (AODO) to respond to student(s) who have experienced difficulties relating to the consumption of alcohol resulting in incapacitation. By filling out this form, you will be alerting the AODO to a particular student who requires attention due to the consumption of alcohol. The AODO will review this report and arrange the most appropriate intervention for the student.*

- [Alcohol & Other Drug Office Referral Form\(pdf\)](#)
 - *This referral form is used by the Counseling Center’s Alcohol and Other Drug Office (AODO) to respond to student(s) who have concerning behavior around alcohol usage. Your internal judicial/standards board may find this a helpful tool.*

Additional Resources

- <https://gordie.studenthealth.virginia.edu/learn/alcohol-education>
 - *General alcohol education – situational tolerance, safer drinking guidelines, BAC charts, active bystander, helping intoxicated friend(s), and a standard drink.*

- <https://www.addictions.com/rehabs/illinois/>
 - *Learn about the top 21 alcohol and drug and rehab centers in Illinois, the free treatment resources, and the cost of addiction treatment in Illinois.*

- [How to Host a Safer Event video](#)
 - *This four-minute animated video was created by the Gordie Center in partnership with the Fraternal Health & Safety Initiative. The video illustrates important guidelines for hosting a safe and fun event, identifies appropriate responses to unsafe situations, and provides tips for recognizing and responding to an alcohol emergency.*

- <https://onlinedegrees.unr.edu/blog/binge-drinking-in-college/>
 - *This infographic provides an overview of binge drinking facts and statistics, the health effects of binge drinking in college, and resources on how to reduce binge drinking in college students.*