Contrary to what you’ve probably heard about college life, you don’t have to get liquored up in order to have a memorable experience.

WHY ARE YOU DRINKING?

- **Competitive Spirit:** “I have a reputation to uphold!”
- **Bargain Boozing:** “I have to drink more to get my money’s worth.”
- **Social Lubricant:** “I don’t want to be the only sober one.”
- **Clocking Out:** “It’s been a long day—I deserve a break.”
- **College Syndrome:** “This is what I’m supposed to do in college.”

1 in 12 college males admit to having committed acts that meet the legal definition of rape or acquaintance rape.

90% of all campus rapes occur when alcohol has been used by either the assailant or the victim.

As many as 70% of college students admit to having engaged in sexual activity primarily as a result of being under the influence of alcohol, or to have having sex they wouldn’t have had if they had been sober.

**UNDER THE INFLUENCE**

**Defusing Sexual Advances:**

*Act quickly. Assess the situation:*

- **Say NO!!**
- **Get someone’s attention** by making eye contact to let him or her know you’re in trouble.
- If no one is around, but you think you might be heard, **scream!**
- **Avert your eye contact** to distract your assailant which may allow you to make a run for it.
March is National Women’s History Month

The stories of women's achievements are integral to the fabric of our history. Learning about women’s tenacity, courage, and creativity throughout the centuries is a tremendous source of strength. Until relatively recently, this sphere of women's history was overlooked and undervalued. Women’s achievements were often distorted, disdained, and denied. But, knowing women’s stories provides essential role models for everyone. And role models are genuinely needed to face the extraordinary changes and unrelenting challenges of the 21st century.

Learn more at the National Women’s History Project
www.nwhp.org

Women in America: Quick Stats

- Younger women are now more likely than younger men to have a college or a master's degree.
- Women are working more and the number of women and men in the labor force has nearly equalized.
- Women earned about 75% of what their male counterparts earned in 2009.
- Women are more likely to be in poverty than men while women of color are most likely.
- One out of seven women age 18-64 has no usual source of health care.

Read the US Government report
Women in America: Indicators of Social and Economic Wellbeing
http://www.whitehouse.gov/administration/eop/cwg/data-on-women

Check out our website!
We have lots of great information and links to resources and self-assessment tools.

ULifeline
http://www.ulifeline.org/schools/notredamecollege

Do you know someone thinking about suicide?
For help call: 216-623-6888

If you or a family member are experiencing a mental health crisis, call the 24-Hour Mental Health Crisis, Information & Referral Hotline 216-623-6888

Free Online Alcohol Screening
AlcoholScreening.org