

## University of Missouri Year One College Behavior Profile

⚠ This program is for Missouri first-year students only.

If you are not entering Missouri as a first-year student or have not yet been assigned a Missouri Student ID number, you will not be able to take this program.



The Y1CBP is a quick and confidential way to get personalized feedback on your alcohol and marijuana/cannabis use. The Y1CBP is provided by Missouri Partners in Prevention and was created with input from and designed by college students. When you are finished, you will immediately receive your feedback. Read it carefully and print a copy to keep.

⚠ Your identity and the information you provide will be kept confidential and will be seen only by authorized Missouri personnel.

Start →

Your Student ID

Your Sex Assigned at Birth (m/f)

Your Age

Weight (m/f)  lbs

- Race/Ethnic Identity (check all that apply)
- American Indian/Alaska Native
  - Asian
  - Black or African American
  - Hispanic or Latino
  - Native Hawaiian or Other Pacific Islander
  - White
  - Prefer not to respond

Sexual Orientation

- Gender Identity (check all that apply)
- Woman
  - Man
  - Transgender
  - Gender Queer/Gender Non-binary
  - Self-identify
  - I prefer not to respond

Do you currently take any prescription medication or over-the-counter drugs?  No  Yes

College

Residence

Are you currently a student athlete?  No  Yes

Are you an international student?  No  Yes

Are you a member of, or planning on pledging to, a fraternity or sorority?  No  Yes

Are you currently a resident of Missouri?  No  Yes

Are you currently or have you been a member of the United States Armed Services?



Have you drunk alcohol in the last year?

No  Yes

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One thing before you start, we assume you drink only "standard" drinks.

This is the definition of one standard drink:



Shots or mixed drinks: don't forget that 1 mixed drink with 2 shots equals 2 drinks.

For the past month, describe a typical drinking week. For each day, fill in the number of standard drinks you had on that day and the number of hours you drank on that day.

If you didn't have a drink, enter zero. If you had any drinks, enter at least one hour.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Beer	<input type="text" value="0"/>	<input type="text" value="0"/>	<input type="text" value="0"/>	<input type="text" value="0"/>	<input type="text" value="2"/>	<input type="text" value="4"/>	<input type="text" value="0"/>
Wine	<input type="text" value="0"/>	<input type="text" value="0"/>	<input type="text" value="0"/>	<input type="text" value="0"/>	<input type="text" value="0"/>	<input type="text" value="0"/>	<input type="text" value="0"/>
Liquor	<input type="text" value="0"/>	<input type="text" value="0"/>	<input type="text" value="0"/>	<input type="text" value="0"/>	<input type="text" value="0"/>	<input type="text" value="0"/>	<input type="text" value="0"/>
Hours	<input type="text" value="0"/>	<input type="text" value="0"/>	<input type="text" value="0"/>	<input type="text" value="0"/>	<input type="text" value="1"/>	<input type="text" value="2"/>	<input type="text" value="0"/>

Please enter the typical number of drinks you have in a given week.

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Think of the one occasion during the past month when you drank the most. Fill in the number of standard drinks of each type you consumed and the number of hours you were drinking.

Beer	<input type="text" value="4"/>
Wine	<input type="text" value="0"/>
Liquor	<input type="text" value="0"/>
Hours	<input type="text" value="2"/>

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In your family, how many of your blood relatives have (or have had) an alcohol use disorder? (only)

Number of parents?

Number of brothers or sisters?

Number of grandparents?

Number of uncles or aunts?

Number of first cousins?

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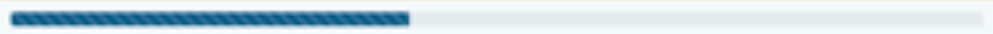
In the last month, how many days did you drive a vehicle shortly after having three or more drinks?

Days

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In the last month, how many days were you a passenger in a vehicle when the driver had three or more drinks?

Days:

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**⚠** The following questions are asked for feedback that will be shared back with you later in the program. We are asking about other first-year men, who have been assigned that sex at birth.

On average, how many drinks do first-year Missouri men have when they drink?

On average, how many drinks do first-year Missouri men consume in a week?

On average, how many times do first-year Missouri men drink alcohol in a month?

For the following questions, give your best estimates:

What percent of first-year Missouri men drink less or do not drink because they do not want to get sick?  %

What percent of first-year Missouri men drink less or do not drink because they want to want to avoid regrettable situations?  %

What percent of first-year Missouri men do not drive shortly after drinking alcohol?  %

Do you approve of students driving within a few hours after consuming alcohol or other drugs?  No  Yes

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How many times did the following things happen to you while you were drinking — or because of your drinking — during the past six months?

Times in the past 6 months

- Not able to do your homework or study for a test?  0  1-2  3-5  6-10  10+
- Got into fights, acted badly, or did mean things?  0  1-2  3-5  6-10  10+
- Went to work or school high or drunk?  0  1-2  3-5  6-10  10+
- Caused shame or embarrassment to someone?  0  1-2  3-5  6-10  10+
- Neglected your responsibilities?  0  1-2  3-5  6-10  10+
- Felt it took more alcohol than it used to in order to get the same effect?  0  1-2  3-5  6-10  10+
- Noticed a change in your personality?  0  1-2  3-5  6-10  10+
- Missed a day (or part of a day) of school or work?  0  1-2  3-5  6-10  10+
- Tried to cut down or quit drinking?  0  1-2  3-5  6-10  10+
- Suddenly found yourself in a place that you could not remember getting to (blackout)?  0  1-2  3-5  6-10  10+
- Had a fight, argument or bad feelings with a friend and/or family member?  0  1-2  3-5  6-10  10+
- Kept drinking when you promised yourself not to?  0  1-2  3-5  6-10  10+
- Had a bad time?  0  1-2  3-5  6-10  10+
- Drove shortly after having more than four drinks?  0  1-2  3-5  6-10  10+
- Experienced nausea or vomiting?  0  1-2  3-5  6-10  10+
- Had a hangover?  0  1-2  3-5  6-10  10+

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Quit

⚠ The next set of questions is going to ask about sexual experiences with alcohol. We want you to be informed about the relationship between alcohol and instances of sexual assault and feel comfortable reaching out to us for help if you or someone you know needs it. Fill out an [Online Incident Reporting Form](#) to ask for help.

Within the last 12 months, have you experienced any of the following when drinking alcohol?

Times in the past 12 months:

Had sex with someone without their permission?  0  1-2  3-5  6-10  10+

Someone had sex with me without my permission?  0  1-2  3-5  6-10  10+

Did not use protection when you had sex?  0  1-2  3-5  6-10  10+

Got into an argument with a romantic partner that became physical (e.g., throwing, pushing, slapping)?  0  1-2  3-5  6-10  10+

Insulted or swore at my partner?  0  1-2  3-5  6-10  10+

For the following questions, give your best estimates:

What percentage of first-year Missouri men would tell someone if they heard what sounded like yelling or fighting through their residence hall/apartment walls?  %

What percentage of first-year Missouri men would get help if they saw a friend grabbing, pushing, or insulting their boyfriend/girlfriend/partner?  %

What percentage of first-year Missouri men would speak up and express concern if they heard someone talking about coercing someone to have sex?  %

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About how much money do you spend on alcohol per week?

\$  .00

About how much spending money do you have left in an average month? (If you are not sure, give your best estimate.)

\$  .00

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In the past year, have you used marijuana/cannabis in any form (e.g., weed, hash, edibles, butter, baked goods, vapes, etc.)?

No  Yes

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In the past year, how often have you used the following drug(s)?

	Never	1-6 times / year	1-2 times / month	1-2 times / week	3+ times / week	Daily
Marijuana/Cannabis	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Marijuana/Cannabis Derivative (i.e., weed/keto/fofo/huffer)	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Marijuana/Cannabis Edible	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

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How often in the past year have you driven a vehicle after using marijuana/tobacco?

- 0 times
- 1 time
- 2 times
- 3-5 times
- More than 5 times

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How often in the past year were you a passenger in a vehicle when the driver had used marijuana/marijuana?

- 0 times
- 1 time
- 2 times
- 3-5 times
- More than 5 times

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For the following questions, give your best estimates.

On average, how often do first-year Missouri men use the following drugs:

Marijuana/Cannabis (weed/marijuana)

- Never
- 1-6 times per year
- 1-2 times per month
- 1-2 times per week
- 3 or more times per week
- Daily

Marijuana/Cannabis Derivative (weed/leaf/roll/hotter)

- Never
- 1-6 times per year
- 1-2 times per month
- 1-2 times per week
- 3 or more times per week
- Daily

Marijuana/Cannabis Edible

- Never
- 1-6 times per year
- 1-2 times per month
- 1-2 times per week
- 3 or more times per week
- Daily

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Which of the following best fits your intentions to change the way you use marijuana/cannabis?

- I am currently trying to use marijuana/cannabis less often and/or quit.
- I am ready to try to use marijuana/cannabis less frequently and/or quit.
- I am thinking about using marijuana/cannabis less and/or quit.
- I see no need to change my marijuana/cannabis use.
- I prefer not to respond.

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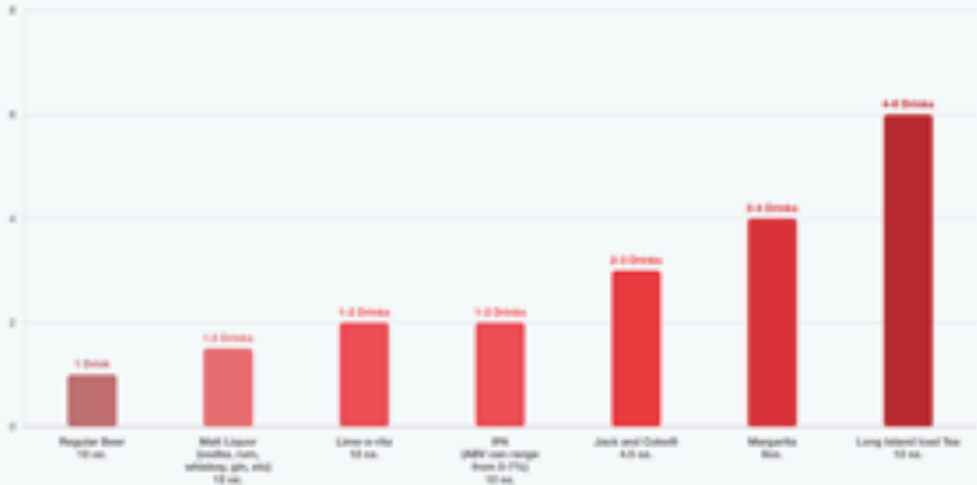
## Feedback – Alcohol

Your feedback is confidential and seen only by you. Please read it carefully and keep a copy for yourself.

YICBP calculates all drinks as standard drinks. If any of your drinks had more than a standard amount of alcohol, your actual drink totals will be higher than shown.

**Did you know?**  
 Not all drinks have the same amount of alcohol. A standard drink is any drink that contains .5 oz of pure alcohol. Some drinks contain more than this amount of alcohol, so they should actually be counted as multiple standard drinks as you can see in the chart below.

### \*Standard Drinks\* in a Drink



We expect that your decisions about alcohol, tobacco or other drug use while a student at Missouri will be guided by these things:

- The law
- Common sense
- The Missouri Alcohol Policy
- How using alcohol or drugs may keep you from being a successful student
- How your choices impact other people at Missouri

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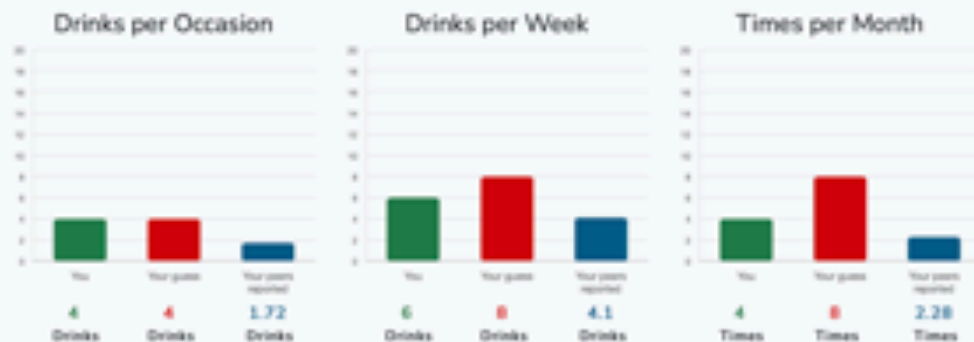
Out

## Feedback – Alcohol

## Your Drinking Compared to Other First-Year Men at Mizzou

The following information is shared with you, based on your response to the question about your sex assigned at birth and the experience of other first-year Mizzou men, who have been assigned that sex at birth.

This section shows your responses across 3 different measures of alcohol use. For each measure, you will see your habits compared to first-year Mizzou men and your initial guess of their habits.



40% of First-Year Mizzou  
Men don't drink at all.

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## Feedback – Alcohol

## Your Perception of Student Attitudes at Mizzou

What percent of first-year Mizzou men drink less or do not drink because they do not want to get sick?



What percent of first-year Mizzou men drink less or do not drink because they want to avoid regrettable situations?



What percent of first-year Mizzou men would get help if they saw a friend grabbing, pushing, or insulting their boyfriend/girlfriend/partner?



What percent of first-year Mizzou men would speak up and express concern if they heard someone talking about coercing someone to have sex?

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## Feedback – Alcohol

### How Much Do You Spend on Alcohol?

In this section, we'll look at how much of your spending money you estimated on spending on alcohol per month, how much that is over a year, and how much that is over 4 years.

30% of spending money

\$1,040 per year

\$4,160 over four years

If you had invested this four year amount in the stock market, it would be worth about \$132,789.07 when you near retirement age. The money spent on alcohol instead could help you with your tuition, rent for an apartment, a car payment, or other spending money. (Assumes an 8% average annual increase in stock value.)

\$1,040  
Per Year

\$4,160  
Over 4 Years

\$132,789  
By Retirement

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## Feedback – Alcohol

### Empty Calories: Alcohol Has Almost No Nutritional Value



Did you know?

The calories in alcohol have no nutritional value and are considered "empty calories"

The body cannot store alcohol and works to process it out through the liver. This takes priority and other processes like absorbing nutrients and burning fat are put on hold.

Alcohol consumption can increase appetite and create food cravings!

Don't drink on an empty stomach! This can cause rapid intoxication and increases side effects of drinking. Always make sure to eat before, during, and/or after drinking; below are some good options for food:

- Foods high in protein (meat or fish, almonds, pistachios, eggs, dairy, etc.)
- Complex carbohydrates (rice, quinoa, potatoes, etc.)
- Fruits and vegetables (pick your favorites)

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## Feedback – Alcohol

### Your Blood Alcohol Concentration (BAC)

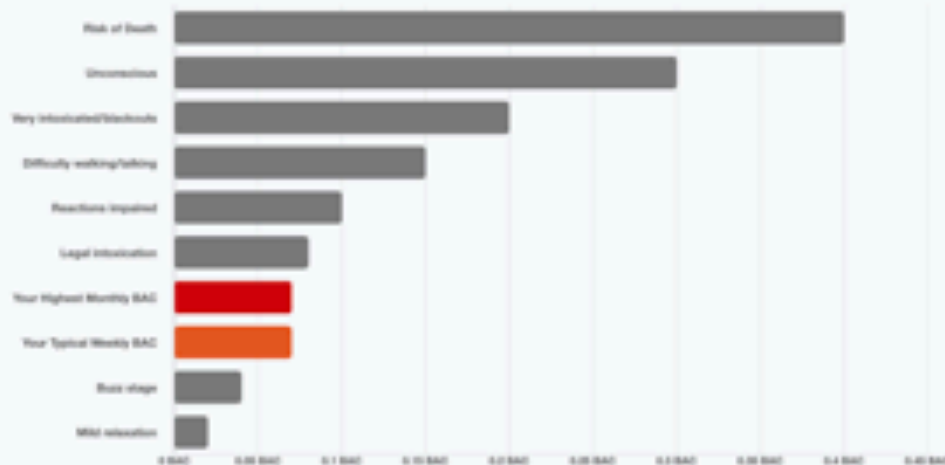
The amount of alcohol in your blood (BAC) is the best measure of how alcohol affects you.

In the past month, your highest BAC was **0.07%**.

In a typical week, your peak BAC was **0.07%**.

**⚠ A BAC of .08% or higher is considered legally intoxicated.**

### These are the usual effects of BAC levels:



**⚠ Since you are under 21 a BAC of .02 or less still puts you at risk for an MIPDWS.**

### Blackouts

Blacking out is the inability to remember what happened, while passing out is losing consciousness.

Frequent blackouts may be a sign of a serious problem.



They are usually caused by heavy and/or fast drinking.



Brain chemistry changes stop long-term memory storage.



During a blackout, a person is more likely to do something risky.



The drinker has little to no memory of what happened.

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## Feedback – Alcohol

### How Long Does It Take To Get Alcohol Out Of Your Body?

**Did you know?**  
The liver metabolizes .015 BAC per hour (one standard drink). It will take 4 hours for a .06 BAC to return to a .00 BAC.

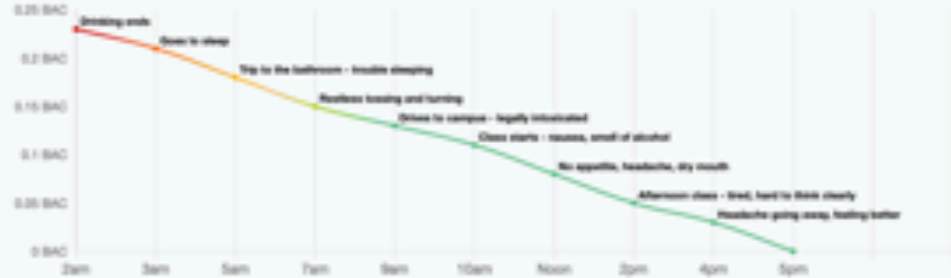
The following information is shared with you, based on your response to the question about your sex assigned at birth and how you compare to other first-year Missouri men, who have been assigned that sex at birth.

From your past monthly highest BAC of **0.07**, it took **4.67 hours** to return to 0.00 BAC.

From your typical weekly peak BAC of **0.07**, it took **4.67 hours** to return to 0.00 BAC.

### Metabolizing Alcohol

What happens to a person after a Thursday night of heavy drinking with a BAC of .225:



**Did you know?**  
Ten percent of alcohol is eliminated through breath, sweat, and urine. That's why you smell alcohol on someone from the night before.

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## Feedback – Alcohol

### Your Tolerance Level

Your BAC levels are a good way to estimate your alcohol tolerance.

Your alcohol tolerance level score is **70**.



#### Did you know?

High tolerance means you have to drink more than others to feel the same effect. New drinkers will often notice a small tolerance increase as their body adapts. Some people experience a significant tolerance increase soon after they begin drinking, which could be a sign that you may be at a higher risk for developing a substance use disorder.

### High tolerance means:



You need more alcohol to feel the same effects as those with low to medium tolerance.



You won't receive the cues that tell normal drinkers to slow or stop (fizziness, headaches).



You are consuming enough toxins to begin damage to your organs.



You will spend significantly more money on alcohol.



High tolerance does not mean you are not impaired nor that you metabolize alcohol any faster. It is like walking off a curb, breaking your ankle, but not feeling pain. With no pain cues, you keep on walking, unaware that you are causing more damage to your broken ankle.

### Your Inherited Family Risk

Alcohol problems in blood relatives increase the chances of similar problems if you drink.

For this calculation, parents and siblings count as 2 points each while other blood relatives count as 1 point each.

Your inherited family risk score is **0**.



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## Feedback – Alcohol

### Your Drinking and Driving Behavior



#### Did you know?

For drivers with BACs of .05–.079, the risk of being in a fatal crash (single-vehicle) is at least seven times higher than for drivers with no alcohol in their system.

Saler et al. 2000, NHTSA Alcohol Facts 2001, Yoon et al. 2011, NHTSA 2017

0

The number of times you said you drove after drinking in the past month

0

The number of times you said you rode with a drinking driver in the past month

### The Effects of Blood Alcohol Concentration

Below shows your possible side effects if you drive at your reported BAC levels.

**0.07** – your weekly peak BAC in the last month

**0.07** – your highest BAC in the past month

BAC	Typical Effects	Predictable Driving Effects
.02	Some loss of judgment, relaxation, slight body warmth, altered mood	Decline in visual functions (rapid tracking of a moving target, decline in ability to perform two tasks at the same time (divided attention))
.05	Exaggerated behavior, may have loss of small-muscle control (e.g., focusing your eyes), impaired judgement, usually good feeling, lowered alertness, release of inhibition	Reduced coordination, reduced ability to track moving objects, difficulty steering, reduced response to emergency driving situations
*.08 <small>*This is the rate at which most are legally impaired</small>	*Muscle coordination becomes poor (e.g., balance, speech, vision, reaction time, and hearing), harder to detect danger, judgement, self-control, reasoning, and memory are impaired	*Concentration, short-term memory loss, speed control, reduced information processing capability (e.g., signal detection, visual search), impaired perception
.10	Clear deterioration of reaction time and control, slurred speech, poor coordination, and slowed thinking	Reduced ability to maintain lane position and brake appropriately
.15	Far less muscle control than normal, vomiting may occur (unless this level is reached slowly or a person has developed a tolerance for alcohol), major loss of balance	Substantial impairment in vehicle control, attention to driving task, and in necessary visual and auditory information processing

Column 1 lists Blood Alcohol Content, Column 2 shows the typical effects of that BAC, and Column 3 shows predictable driving effects of that BAC.

Source: National Highway Safety Administration



The 21 to 24-year-old age group had the highest percentage (27%) of drivers with BACs of .08 or higher in fatal crashes compared to other age groups in 2018.

## Feedback – Alcohol

### Your Drinking and Driving Behaviors

#### Driving Under the Influence

The campus and nearby areas, including downtown, are heavily enforced/DWI zones. Here are a few ways to avoid a DWI:



Hand over your keys to a sober friend.



Make sure your designated driver remains sober throughout the night.



Take turns being the designated driver with your friends.



Call a taxi, Uber/Lyft, or other ride share program.



Did you know?

GET HOME SAFELY AFTER DRINKING – USE STROPEs

STROPEs provides free, safe, and confidential rides home to MU Students between 10pm–3am on Thursday, Friday, and Saturday nights during each semester. You can reach STROPEs at:

573-642-9672

Put the number in your phone today!

STROPEs will take you home anywhere within Columbia city limits without judgement and without cost.

#### Top 10 safe drinking tips



Stay with the same group of friends while drinking.



Eat before/while drinking.



Stick with only one kind of alcohol.



Determine in advance not to exceed a certain number of drinks.



Make a plan. Stick to the plan and take care of one another throughout the evening.



Avoid drinking games.



Keep track of how many drinks you've had.



Use a designated driver.



Pace yourself to 1 drink or less per hour.



Use CHEERS! CHEERS works with participating bars, restaurants, and nightclubs to provide free non-alcoholic drinks to designated drivers. Check out [mupj.org/CHEERS](http://mupj.org/CHEERS) to find participating establishments near you.



Did you know?

Interactions between alcohol and other substances in the body such as certain medications or illegal drugs increase impairment and make driving more risky.

**IMPAIRED DRIVING  
IS DANGEROUS  
DRIVING**

Alcohol and other drugs impair your ability to drive and can increase the risk of a crash. Never drive while intoxicated.

**ALCOHOL**

## Feedback – Alcohol



The higher your risk scores, the greater your chances of experiencing serious alcohol problems.

### Your Alcohol-Related Problems in the Last 6 Months

The following information is shared with you based on your response to the question about your sex assigned at birth and how you compare to other first-year Missouri men, who have been assigned that sex at birth.

This graph compares the number of alcohol problems you experienced to the average number experienced by first-year Missouri men.

You reported that you experienced  
2 alcohol problems.



The average number experienced  
by first-year Missouri men is 3.55.

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## Feedback – Alcohol

### The Complex Relationship Between Alcohol & Interpersonal Violence

Alcohol and violence in general, are associated, as drinkers are often involved in crime and violent acts more often than non-drinkers. The issue of the association of alcohol and interpersonal violence becomes incredibly complex given that much of the conversation around this intersection has historically been focused around "victim blaming" language. It is important to understand that alcohol is NEVER an excuse or reason to engage in violent behavior.



Alcohol lowers inhibitions, reduces impulse control, and diminishes decision-making capabilities, which at times may lead to non-consensual sexual encounters and other interpersonal violence. But, no matter the situation, alcohol use does not cause or welcome interpersonal violence and alcohol use never equates to consent.



In Missouri, consent as it relates to criminal sexual activity is defined in Mo. Rev. Stat. § 566.040(14) and states: "Consent or lack of consent may be expressed or implied. Assent does not constitute consent if (a) it is given by a person who lacks the mental capacity to authorize the conduct charged to constitute the offense and such mental capacity is manifest or known to the actor; or (b) it is given by a person who by reason of youth, mental disease or defect, intoxication, a drug-induced state, or any other reasons is manifestly unable or known by the actor to be unable to make a reasonable judgment as to the nature or harmfulness of the conduct charged to constitute the offense; or (c) it is induced by force, duress or deception."

Graphics adapted from UT Austin Healthy Home and University of California Davis

## Feedback – Alcohol

### Alcohol Laws and Policies

University of Missouri-Columbia regulations prohibit the unlawful possession, use, distribution, and sale of alcohol and illicit drugs by University students and their guests and for employees on University-owned or controlled property and at University-sponsored or supervised activities.

For students living in Missouri Residence Halls, Missouri law prohibits possession or consumption of alcoholic beverages by those under the legal drinking age and prohibits making alcoholic beverages available to persons under the legal drinking age. Regardless of age, students and their guests are not permitted to consume, manufacture, use, possess, sell or distribute alcohol in or on the premises of university-owned or -operated residential or dining locations (including common areas, such as Virginia Avenue Amphitheatre).

### University Discipline

Violation of these University regulations can result in disciplinary action up to and including expulsion for students and discharge for employees.

### Legal sanctions

Local, state and federal laws also prohibit the unlawful possession, use, distribution, and sale of alcohol and illicit drugs. Criminal penalties for violation of such laws range from fines up to \$20,000 to imprisonment for terms up to and including life.

### Missouri's Good Samaritan Law

If you are concerned about the physical well-being of a friend who is overly intoxicated or experienced a drug overdose, stay calm, get help, and call 911. The Missouri Good Samaritan Law is designed to save lives by encouraging people to seek emergency medical help if they experience or witness a drug or alcohol overdose or other medical emergency. Under this law, the person who seeks medical help and the person experiencing the medical emergency will be protected from minor drug and alcohol violations.

To receive the protections under this statute, a person must actively seek medical assistance for an overdose or other medical emergency (i.e., call 911 or otherwise seek help). Under this law, the person who seeks assistance and the person who experiences the overdose or medical emergency may not be arrested, charged, prosecuted, or convicted.

### Minor in Possession (MIP)

In Missouri, the legal drinking age is 21. Any person under 21 who purchases, attempts to purchase or has in their possession any intoxicating liquor is guilty of a misdemeanor. In Missouri, anyone who supplies alcohol to any person under the age of twenty-one years is guilty of a misdemeanor. Additionally, Missouri has a Minor in Possession by Consumption law, meaning that anyone who is under 21 who is visibly intoxicated can be arrested without being in physical possession of alcohol. In the State of Missouri, a person can be charged with OWI (driving while intoxicated) if it is determined their driving is impaired and/or their blood alcohol concentration (BAC) is .08 or higher.

### Career Impact

Your career may be impacted if you have alcohol violations on your record as many companies, including public and private schools, are now screening applicants for past legal problems with alcohol. Your application to a professional school including, but not limited to nursing, physical therapy, law, dental or medical may also be affected if you have been found responsible for violating the Student Code of Conduct. Applicants to such schools are typically required to report any Student Code of Conduct violations as part of their application.

I have read the policies in this program.

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### Missouri's Good Samaritan Law

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To receive the protections under this statute, a person must actively seek medical assistance for an overdose or other medical emergency (i.e., call 911 or otherwise seek help). Under this law, the person who seeks assistance and the person who experiences the overdose or medical emergency may not be arrested, charged, prosecuted, or convicted.

### Minor in Possession (MIP)

In Missouri, the legal drinking age is 21. Any person under 21 who purchases, attempts to purchase or has in their possession any intoxicating liquor is guilty of a misdemeanor. In Missouri, anyone who supplies alcohol to any person under the age of twenty-one years is guilty of a misdemeanor. Additionally, Missouri has a Minor in Possession by Consumption law, meaning that anyone who is under 21 who is visibly intoxicated can be arrested without being in physical possession of alcohol. In the State of Missouri, a person can be charged with OWI (driving while intoxicated) if it is determined their driving is impaired and/or their blood alcohol concentration (BAC) is .08 or higher.

### Career Impact

Your career may be impacted if you have alcohol violations on your record as many companies, including public and private schools, are now screening applicants for past legal problems with alcohol. Your application to a professional school including, but not limited to nursing, physical therapy, law, dental or medical may also be affected if you have been found responsible for violating the Student Code of Conduct. Applicants to such schools are typically required to report any Student Code of Conduct violations as part of their application.

I have read the policies in this program.

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## Feedback – Alcohol

### Shots

Many of the serious alcohol incidents that happen result from drinking shots because:

- You don't feel a shot right away, so it's easier to over indulge
- Shots make your BAC rise rapidly
- Rapidly increasing BAC may cause blackouts and loss of control

### Recognize and Respond to Alcohol Overdose

Know the signs of Alcohol Overdose (one or more of the following):



A person is semi-conscious or unconscious



8 or fewer breaths per minute



8 or more seconds between breaths



Cold, clammy, pale or bluish skin

Know what to do:



Call 911 immediately



Clear the person's airway if obstructed



Put the person on their side (prop up with pillow)



Stay with the person until help has arrived

If you are in a residence hall and have concerns about the well-being or safety of a friend or roommate who is intoxicated, contact your RA or RD. If it is a medical emergency dial 911.

### Never leave an intoxicated person alone, even when sleeping.

If you are concerned about the physical well-being of a friend who is overly intoxicated or experienced a drug overdose, stay calm, get help, and call 911. The Missouri Good Samaritan Law is designed to save lives by encouraging people to seek emergency medical help if they experience or witness a drug or alcohol overdose or other medical emergency. Under this law, the person who seeks medical help and the person experiencing the medical emergency will be protected from minor drug and alcohol violations.

To receive the protections under this statute, a person must actively seek medical assistance for an overdose or other medical emergency (i.e., call 911, or otherwise seek help). Under this law, the person who seeks assistance and the person who experiences the overdose or medical emergency may not be arrested, charged, prosecuted, or convicted.

**MISSOURI**

**If you witness an overdose,**  
stay calm and get help.

Flip this card over to learn about  
Missouri's Good Samaritan Law.

The most common reason people cite for not calling 911 is fear of police involvement. Missouri's Good Samaritan Law protects you from arrest and prosecution for possession of drugs or paraphernalia.

Learn more at [ru.missouri.edu](http://ru.missouri.edu)

## Feedback – Alcohol

### Worried About a Friend's Drinking?



Talk to them when they're sober.



Talk about your friendship and why it's important to you.



State the behaviors you're concerned about, using statements of fact (not opinion).



Connect negative behaviors to negative consequences.



Ask them to get help and then offer to provide more information and/or support.

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# Feedback – Marijuana/Cannabis

## Marijuana/Cannabis Use

Your marijuana/cannabis use and how you compare to other first-year men at Mizzou.

The following information is shared with you, based on your response to the question about your sex assigned at birth and the experience of other first-year Mizzou men, who have been assigned that sex at birth.



of first-year men at Mizzou do NOT use Marijuana (vape/smoke)

You said you use marijuana  
**1-6 times / year**  
which is more than



of first-year men at Mizzou do NOT use Marijuana Derivatives

You said you use marijuana derivatives  
**1-6 times / year**  
which is more than



of first-year men at Mizzou do NOT use Marijuana Edibles

You said you use marijuana edibles  
**1-6 times / year**  
which is more than



**Did you know?**  
Using marijuana/cannabis derivatives and/or edibles puts you at a higher risk for over consumption due to their delayed onset when compared with smoked or vaped marijuana.

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## Feedback – Marijuana/Cannabis

### Driving and Marijuana/Cannabis

You said you drove after using marijuana/cannabis **0 times** and rode with a driver who had used marijuana/cannabis **0 times** in the past year. Marijuana/cannabis can cause impaired driving and driving under the influence can result in legal consequences.



#### Did you know?

After consuming a 1/2 gram joint, it takes a 150 lb. male approximately 3 hours to reach a THC blood concentration of below 5 ng/mL, which is the upper limit for many states that have non-zero THC limits for driving.



You should wait at least 5 to 6 hours after using marijuana/cannabis before driving.

Many substances can impair driving, including alcohol, some over-the-counter and prescription drugs, and illegal drugs. Alcohol, marijuana/cannabis, and other drugs impair the ability to drive because they slow coordination, judgment, and reaction times. Using two or more drugs at the same time, including alcohol, can amplify the impairing effects of each drug a person has consumed. Impaired drivers can't accurately assess their own impairment - which is why no one should drive after using any impairing substances. Remember: If you feel different, you drive different. It's illegal. Driving impaired by any substance whether it is legal or illegal, is against the law in all 50 states and the District of Columbia. Even in states where marijuana/cannabis has been legalized for medicinal or recreational use, it is still illegal to drive under the influence of marijuana/cannabis.

#### Driving Under the Influence

The campus and nearby areas, including the downtown area, are heavily enforced DWI zones. Here are four ways to avoid a DWI:



Hand over your keys to a friend who isn't under the influence of drugs or alcohol.



Make sure your designated driver is sober.



Take turns being the designated driver with your friends.



Use a ride-share service.

### DRUGGED DRIVING IS DANGEROUS DRIVING

Cannabis impairs your ability to drive and can increase the risk of a crash. Never drive while intoxicated.

#### CANNABIS

Slows reaction time and ability to make decisions  
Impairs coordination and memory  
Distorts perception

Have a safe ride home planned!  
Use a DD, call a taxi, or use another safe ride service.

**DRIVE SAFE  
DRIVE SMART**

Learn more at [wepp.org/9101](http://wepp.org/9101)

# Feedback – Marijuana/Cannabis

## Marijuana/Cannabis and Mental Health

Marijuana/cannabis can also negatively impact your mental health. Some students report using marijuana/cannabis to help cope with anxiety and stress. Unfortunately marijuana/cannabis use can actually make these problems worse and lead to poor sleep quality, irritability and depression.

There are healthier ways to manage stress and anxiety:



Limit alcohol and caffeine.



Get enough sleep.



Do daily exercise.



Talk to someone, such as a friend or counselor, about what you are experiencing.



Take a time-out, practice yoga, listen to music, meditate or learn relaxation techniques.

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## Feedback – Marijuana/Cannabis

### Marijuana/Cannabis Side Effects

Individuals who frequently use marijuana/cannabis generally report some of the following symptoms after stopping use, which peak within the first week and can last up to 2 weeks.



**Did you know?**  
Marijuana/cannabis negatively affects your attention, concentration, and memory for up to 24 hours after use and up to 28 days for daily users.

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## Feedback – Marijuana/Cannabis

### Marijuana/Cannabis Laws & Policies

Despite new local and state laws around legalization of medical marijuana/cannabis, University of Missouri will continue to honor federal law as it relates to medical marijuana/cannabis. Marijuana/cannabis is classified as a Schedule I drug by the Drug Enforcement Administration (DEA) and allowing use on campus could violate the Drug Free Schools and Campuses Act. Violation of this federal law could result in the loss of federal aid for the institution.

While Missouri has legalized medicinal cannabis, marijuana/cannabis is still federally illegal and cannot be consumed on campus due to federal safe campus regulations. Medical cannabis consumption falls under this policy.

It is important that all Missouri students clearly understand that use, possession, sale or distribution of marijuana/cannabis in any form is prohibited on campus and during University sponsored activities and is a direct violation of the Standard of Conduct, found at:

[https://www.unsystem.edu/furnish/collected\\_rules/program/0300200000\\_standard\\_of\\_conduct](https://www.unsystem.edu/furnish/collected_rules/program/0300200000_standard_of_conduct)

I have read the policies in this program.



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## Collegiate Recovery Community



University of Missouri's Collegiate Recovery Program (CRP) is a gathering place for students in recovery from substance use and allies. We have weekly meetings, host guest speakers, and hold social events highlighting sobriety and well-being. Studies suggest students involved in a CRP have higher grades and achieve better outcomes in university life. Missouri students in recovery and allies strive to support each other and create a fun, welcoming atmosphere which fosters self-improvement and well-being. The CRP is located on campus at the Wellness Resource Center on the lower level of MU Student Center, room 62020.

Sign up using the field below:

[Sign Up](#)

Or contact CRC another way:

- Phone: 573-882-4634
- Email: [missouriwellness@missouri.edu](mailto:missouriwellness@missouri.edu)

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## Resources

### Mizzou Student Health and Well-Being

[wellbeing.missouri.edu](http://wellbeing.missouri.edu)

Counseling Center  
129 Parker Hall  
573-882-6601

Student Health Center  
1020 Hill St., 4th floor  
573-882-7481  
[umhsdc@missouri.edu](mailto:umhsdc@missouri.edu)

Wellness Resource Center  
6202 MU Student Center  
573-882-4834  
[mizzouwellness@missouri.edu](mailto:mizzouwellness@missouri.edu)

### Relationship and Sexual Violence Prevention Center

<https://rsvp.missouri.edu>  
573-882-6630  
[RSVP@missouri.edu](mailto:RSVP@missouri.edu)

### MU Police

<https://mupolice.missouri.edu/>  
573-882-7201  
[mupolice@missouri.edu](mailto:mupolice@missouri.edu)

### Accountability and Support

<https://accountability.missouri.edu/>  
573-882-5543  
[Accountability@missouri.edu](mailto:Accountability@missouri.edu)

### Mizzou's Care Team

<https://accountability.missouri.edu/support/care-team/>  
573-882-5543

### Gaines/Oldham Black Culture Center

<https://gobcc.missouri.edu/>  
573-882-2664  
[gobcc@missouri.edu](mailto:gobcc@missouri.edu)

### LGBTQ Resource Center

<https://lgbtc.missouri.edu/>  
573-884-7750  
[lgbtc@missouri.edu](mailto:lgbtc@missouri.edu)

### Multicultural center

<https://multiculturalcenter.missouri.edu/>  
573-882-7152  
[multiculturalcenter@missouri.edu](mailto:multiculturalcenter@missouri.edu)

### Women's Center

[MUWomenCenter@missouri.edu](mailto:MUWomenCenter@missouri.edu)  
(573) 882-6621  
[muwomenscenter@missouri.edu](mailto:muwomenscenter@missouri.edu)



y1cbp.missouri.edu/feedback/thanks



## Thanks!

You have completed the Y1CBP

Thank you for completing the curriculum.

[Save/Print your feedback](#)