

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.

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Your Student ID

Your Sex Assigned at Birth (why?)

Your Age

Weight (why?) 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 Greek Council?

Have you drunk alcohol in the last year?

☒ No ☐ Yes

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Do you plan on using alcohol during your first year in college?

☒ No ☐ Yes ☐ Unsure

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In your family, how many of your blood relatives have (or have had) an alcohol use disorder? [why?](#)

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 were you a passenger in a vehicle when the driver had three or more drinks?

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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 women, who have been assigned that sex at birth.

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

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

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

For the following questions, give your best estimates:

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

 %

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

 %

What percent of first-year Missouri women 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[< Previous](#)[Next >](#)[Out](#)

⚠ 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.

For the following questions, give your best estimates:

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

 %

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

 %

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

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In the past year, have you used marijuana/cannabis in any form (e.g., wax/dab/still/salt/hotbox/dabba/vape/smoke)?

☒ No ☐ Yes

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Have you used weed/marijuana/cannabis in any form (i.e., weed/cocaine/crack/crackers/crackles/vape/smoke)?

☒ No ☐ Yes

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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 women use the following drugs:

Marijuana/Cannabis (vape/smoke)

- ☐ 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/bats/bub/hatter)

- ☐ 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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Feedback – Alcohol

To Drink or Not to Drink

According to your answers, you do not drink alcohol.



You are part of the **25%** of
first-year Missouri women
who don't drink at all.

College students give many reasons for not drinking, including:

- I'm under 21.
- I don't like the taste of alcohol.
- I don't want alcohol to get in the way of my goals.
- My personal values.
- I don't like the feeling I get from alcohol.
- I've seen what alcohol can do to others.
- My religious beliefs.
- I had a bad experience with alcohol.
- I am committed to a healthy lifestyle.

Your reasons for not drinking may or may not be included on this list. But whatever your reasons, you have made a healthy choice.

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 Missouri women, who have been assigned that sex at birth.

Your Decisions About Alcohol and Other Drugs

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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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 and 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

Benefits of Not Drinking Alcohol

You Will Save Money

If you decide to drink once you turn 21, it could be an expensive choice.

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 Missouri women, who have been assigned that sex at birth.

Here's what it might look like for a Missouri student who is 21 and goes out 3 nights a week and buys 3 drinks per night:



The money spent on alcohol could instead help pay tuition, rent for an apartment, make a car payment(s), or just be extra spending money.

You Will Do Better Academically

Students who drink regularly tend to miss class more and study less than non-drinking students. In addition, many employers are less likely to hire graduates with alcohol violations on their records.

You Save Yourself a LOT of Worry

You won't have hangovers, blackouts or regrets about something you did or said. You won't have to worry about legal consequences like an MIP, DWI or their impacts on a future license you might need for your career.

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Feedback – Alcohol

Your Inherited Family Risk

Even though you don't drink, it is still important to know if you have a genetic risk for alcohol problems. This is especially true if you decide to drink at a later time or plan on having children at some point.

According to your survey answers, your inherited risk level is **Low**.



Having a family history of alcohol problems means you are more likely to have similar problems if you begin to drink. Your risk would be higher if any family members with alcohol problems are female, closely related to you (mother or sister), or if you have several family members with alcohol problems.

If you have a high or very high family risk score, not drinking will always be the safest choice for you. If you do choose to drink later on, limit yourself to an occasional drink once in a while.



Did you know?

Genetic risk can be passed from generation to generation, even if one generation doesn't drink. So, if you are a non-drinker with a high risk score, your children may inherit this risk factor from you even if you've never had a drink.

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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 sexual activity is defined in Mo. Rev. Stat. § 566.061(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

Relationship Violence and Consent Information

Stalking

Individuals who have experienced stalking since enrolling in school.


3% Men
10% Women
15% TGQN*

* Transgender, Queer, or Non-binary



Did you know?

More than half of female victims and more than 1/3 male victims of stalking indicated they were stalked before the age of 25.

Intimate Partner Violence

Individuals who experienced intimate partner violence since enrolling in school.


10% Men
14% Women
22% TGQN

Non-consensual Sex

Individuals who experienced non-consensual penetration involving physical force or inability to consent since enrolling in school.


4% Men
15% Women
15% TGQN

American Association of Universities Report on the AAU Campus Climate Survey on Sexual Assault and Misconduct (Fall January 17, 2020)

If you or anyone you know have experienced or are experiencing interpersonal violence, know that there is help available - on campus, in the community, and through national organizations.

National Resources:

Crisis Text Line | Text HOME to 742740
Love Is Respect | Text LOVEIS to 22522
National Domestic Violence Hotline | 800.799.SAFE
RAINN | 800.656.HOPE
Military Safe Helpline | 877.995.5247

Information about the University of Missouri's definition of consent is available in the Collective Rules and Regulations of the UMR System.

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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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.

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

Feedback – Alcohol

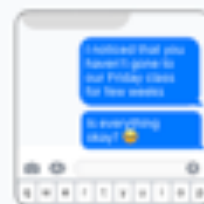
Worried About a Friend's Drinking?



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 – Alcohol

Your Perception of Drinking at Mizzou

On average, how many drinks do first-year Mizzou women have when they drink?



On average, how many drinks do first-year Mizzou women have per week?



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



Your Perception of Student Attitudes at Mizzou

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



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



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



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



Did you know?

You may have come pretty close to the correct answers. That's because students who don't drink or drink very little usually have a good perspective on drinking at their school. Students who drink a lot tend to think that everyone drinks like they do.

Feedback – Marijuana/Cannabis

Marijuana/Cannabis Use

According to your responses, you do not use marijuana/cannabis. This means you are a part of the 72% of first-year Mizzou women who don't use marijuana/cannabis.

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



College students give many reasons for not using marijuana/cannabis, including:

- Marijuana/cannabis, in all forms, is illegal in the state of Missouri (unless for certain medical conditions) and it is against university/college policy to have marijuana/cannabis on campus.
- My personal values.
- I've had a bad experience with marijuana/cannabis.
- I don't want marijuana/cannabis to get in the way of my goals.
- I've seen what marijuana/cannabis use can do to others.
- I don't like the feeling I get from marijuana/cannabis.
- I am committed to a healthy lifestyle.

National Survey on Drug Use and Health

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Feedback – Marijuana/Cannabis

Driving and Marijuana/Cannabis



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 where 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 sober friend.



Make sure your designated driver won't start drinking or using drugs.



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 mapig.org/2021

Feedback – Marijuana/Cannabis

Benefits of Abstaining from Marijuana/Cannabis Use

You Will Do Better Academically

Marijuana/cannabis use negatively affects attention, concentration, and memory for up to 24 hours after use, and for up to 28 days after use for daily users. Marijuana/cannabis violations on your record could also negatively impact your chances for future employment and even prevent you from holding licenses required for your profession.

Perceived Mental Health Benefits

Students often report using marijuana/cannabis to help cope with anxiety and depression, but marijuana/cannabis use can actually make these symptoms worse.

Marijuana/Cannabis Side Effects

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

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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/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.unimissouri.edu/unimissouri/collected_rules/programulch200206000_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: missourwellness@missouri.edu

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Resources

Missouri Student Health and Well-Being

wellbeing.missouri.edu

Counseling Center

129 Parker Hall

573-882-6601

Student Health Center

1829 Holt St., 4th floor

573-882-7481

umhsdco@missouri.edu

Wellness Resource Center

6252 MU Student Center

573-882-4834

missouriwellness@missouri.edu

Relationship and Sexual Violence Prevention Center

<https://rsvp.missouri.edu>

573-882-6638

RSP@missouri.edu

MU Police

<https://mupolice.missouri.edu/>

573-882-7201

mupolice@missouri.edu

Accountability and Support

<https://accountability.missouri.edu/>

573-882-5543

Accountability@missouri.edu

Missouri's Care Team

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

573-882-5543

Gaines/Oldham Black Culture Center

<https://gbcc.missouri.edu/>

573-882-2664

gbcc@missouri.edu

LGBTQ Resource Center

<https://lgbtq.missouri.edu/>

573-884-7790

lgbtq@missouri.edu

Multicultural center

<https://multiculturalcenter.missouri.edu/>

573-882-7152

multiculturalcenter@missouri.edu

Women's Center

MUWomensCenter@missouri.edu

(573) 882-6621

muwomenscenter@missouri.edu

Thanks!

You have completed the Y1CBP

Thank you for completing the curriculum.

[Save/Print your feedback](#)