

In the Bond
Associate Member Counselor Facilitation Guide



SESSION FIVE: ALCOHOL AND SOCIAL RESPONSIBILITY

HOW TO READ **THIS GUIDE**

SECTION TITLE HEADER WILL GO HERE ## MINUTES	
LEARNING OBJECTIVES FOR EACH SESSION WILL BE LISTED IN THE FIRST BOX	Each session begins with the following in the top boxes: <ul style="list-style-type: none">◦ Room Setup - how the room should be set up for each session, including any items you need to prepare in advance◦ Supplies - the items needed for each session◦ Time - each header will include the estimated time it will take to complete the section. It may be helpful for you to add in your own start/end times depending on your meeting schedule.
GUIDE MATCH Anything listed below this heading indicates that the AMC should direct AMs to reference or complete an activity in their workbook page	<i>AMC Notes are in red, bold, italicized text. These are instructions and information for you as the AMC and should not be read out loud.</i> <ul style="list-style-type: none">• AMC scripts items are in plain text with a bullet point. While an Associate Member Counselor is discouraged from reading directly from the guide to participants, they should do their best to stay close to the text and spirit of the curriculum.

AMC SESSION **NOTES + REFLECTIONS**

At the end of each session, there will be a text box available for you to make some notes about the strengths of the session and opportunities for improvement, along with some guided questions to consider. Use this space after each session to improve facilitation and note ideas for the future - this will also be helpful for you to reference and then respond to the IHQ feedback survey!

WEEK TWO | SESSION 5

ALCOHOL AND SOCIAL RESPONSIBILITY 60 MINUTES

<p>LEARNING OBJECTIVES</p> <p>Participants will be able to...</p> <ul style="list-style-type: none"> • Apply alcohol risk reduction strategies to personal and chapter scenarios. • Raise awareness of campus resources for support and engagement on health promotion. • Connect risk management policies with the principle of advancing justice. 	<p>ROOM SETUP</p> <ul style="list-style-type: none"> • Tables/desks with chairs for each participant - a classroom on campus that is centrally located is appropriate. • Audio/Visual setup (projector and Screen or large TV) with ability for an external presenter to connect a laptop (or for you to show short videos) <p>SUPPLIES</p> <ul style="list-style-type: none"> • Associate Member Workbooks (printed or digital) • If using printed workbooks, writing utensils should be provided • Associate Members should bring their <i>Cornerstone</i> to the meeting • List of campus and local community resources related to health promotion, sexual violence prevention, counseling, and support. <p>AMC Note: <i>This session, ideally, would be led by a trained professional with expertise in this topic area with alcohol and events - this could be someone on campus or within the local community (ex. Dean of Student Office, Health Promotion Office, Alcohol or Other Drug Office). As the AMC, you will need to connect in advance with the content expert for scheduling and availability - for assistance, reach out to your Fraternity/Sorority Advisor or Student Activities/Campus Programming office for recommendations.</i></p> <p><i>This session is outlined in such a way that you would cover the welcome and introduction; the presenter would then provide their content; and you would wrap up at the end. If you are unable to secure a presenter, there is some content that you may utilize instead. This session may also be supplemented by any campus requirements for chapters that address a similar topic (e.g. Alcohol Skills Training Program, Keynote Speaker on topic, etc.).</i></p>
<p>WELCOME AND INTRODUCTION 10 MINUTES</p>	
<p>FACILITATOR TALKING POINT</p> <p>GUIDE MATCH CALL TO ACTION: PERSONAL BOARD OF DIRECTORS: PAGES 25-26</p>	<p>AMC Note: <i>Make sure to take attendance, if required by your chapter.</i></p> <ul style="list-style-type: none"> • Welcome back everyone! Let's get started by sharing at least one of the members of our Board of Directors from the Call-to-Action worksheet, and why you selected that individual. <p>AMC Note: <i>Depending on how large the group is, you may need to have them share in partners or small groups for timing.</i></p> <ul style="list-style-type: none"> • Thank you everyone for telling us a bit more about some of the important people in your life and why they matter - I hope that you also see yourself as filling this sort of role for other people too!
<p>ACTIVITY INSTRUCTIONS</p> <p>GUIDE MATCH SESSION FIVE NOTES: PAGE 27</p>	<p>AMC Note: <i>If you have an external presenter, this is where you should introduce them and allow them to share their presentation and then cover the end section and wrap up - there is a blank notes page for AMs to take any notes from a presentation. If you do not have an external presenter, you can proceed with the session content as listed, and AMs can still take notes on that page in their workbook.</i></p>

	<p><i>AMC Note: You will only review this section of the content if you do NOT have an external presenter, or if you are not supplementing this session with something required by your campus or council.</i></p> <ul style="list-style-type: none"> • Let's start with a quick activity that will get us in the right mindset for today's session, we'll call it "stay or go." • I'm going to read out a set of hypothetical social or party situations. If, based on the information you have, you'd want to stay at the event, move to the right side of the room. If you'd want to leave, then move to the left. We may or may not debrief after the scenario before moving on. Are there any questions before we begin? <p><i>AMC Note: Answer any clarifying questions before reading your first statement. Depending on the size of your group, you may need to keep people seated and ask them to stand if they are able or raise their hands to "vote" for their choice. Pause between each statement as you read it and keep an eye on time to save enough opportunity to debrief the experience at the end (therefore, select the ones you think are the most important and skip others that might not be as relevant). It is not recommended that you also participate, and instead just read.</i></p> <ul style="list-style-type: none"> • First statement: You arrive and realize it's not a registered event. Move to the left if you would stay, and to the right if you would go. • A member hands another drink to a visibly intoxicated member, while laughing about how much they've already had. Move to the left if you would intervene, and to the right if you would walk away. • You're not drinking, but offered a ride home by someone that you think has been drinking earlier in the night but you know they haven't been drinking for the last hour. Move to the left if you would go with them, and to the right if you would find another way home. • A guest at the event keeps trying to get a game of beer pong going and asking you to be their partner and to find other people to play. Move to the left if you would play along, or to the right if you would step away. • You notice that the person managing the door of the event keeps letting in large groups of people, and you don't really know any of them and think they might not be invited. Move to the left of the room if you'd speak up or help manage, and to the right if you'd leave it alone. • You overhear someone make a degrading comment to a guest. Move to the left if you'd confront them or check in on the guest, and the right if you'd leave the situation entirely. • You're uncomfortable with some things that are going on at the party, but you don't want to seem like you're overreacting or ruining the vibe. Move to the left if you would speak up and do something, or to the right if you'd leave quietly or do nothing. • Thanks everyone, grab a seat and let's talk about this quickly.
DEBRIEF	<ul style="list-style-type: none"> • What made some of these decisions harder than others? • Were there any scenarios where your heart or gut said one thing, but your brain said another? Why do you think that internal conflict exists? • How do the actions we take at social events reflect on our brotherhood and the Fraternity as a whole? • How can we better support each other in making the right call, even if it might be uncomfortable?
TRANSITION	<ul style="list-style-type: none"> • I hope that you feel confident that there's someone in the chapter that you can go to and ask for help if something feels off, and perhaps there might even be people that you added to your Board of Directors already!

	<ul style="list-style-type: none"> • We need to continue to build a social culture where people are not forced to choose between their values and fitting in, and Delta Chi should be the place where you can be a values-based leader.
EVENT MANAGEMENT AND ALCOHOL 20 MINUTES	
FACILITATOR TALKING POINT	<p><i>AMC Note: You will only review this section of the content if you do NOT have an external presenter, or if you are not supplementing this session with something required by your campus or council.</i></p> <ul style="list-style-type: none"> • As you've read by now in the <i>Cornerstone</i>, on April 30, 1922, Delta Chi became a general social fraternity, meaning that we eliminated the requirement for members to be studying law to become a member. • The reference for "social" fraternity doesn't mean that we are here to give people connections to social opportunities, but the origin instead is about helping to prepare members for life in society. • Membership does come with certain privileges, such as being able to participate in our events, and with that we need to spend some time discussing what really makes up a Fraternity event, and the different types of events that are or are not permitted.
ACTIVITY INSTRUCTIONS GUIDE MATCH SESSION FIVE NOTES: PAGE 27	<ul style="list-style-type: none"> • Let's talk about what does or does not make something viewed as a Delta Chi event as outlined in our policies, because as you continue to move forward in your membership, this question may come up more often than you would expect. • There's a place in your workbook where you can take some notes as I review the information. Here's how Delta Chi, and in most cases, our university, will determine if something is or is not a Fraternity event: • First - is the event listed or advertised on our chapter's social media? • Next, is the event on our chapter calendar (internal or external)? • Will the event be announced during a chapter meeting or reminders given in a group message/text? • Will any chapter officers be present? • Is there an invite list or guest list that references our chapter? • Would a reasonable observer (our Fraternity/Sorority Advisor, Employee of the University, a neighbor, our parent/guardian) say it was a Delta Chi event? • Once you determine that something is a Delta Chi event, it should be categorized as one of three types: an event without alcohol (ex. A chapter meeting); a BYOB event (ex. A social event), or a third-party vendor event (ex. A formal). • While Delta Chi's risk management policies allow for two of our event types to have alcohol for members and guests who are of legal drinking age, there are also some provisions about the type and quantity allowed, as well as certain event restrictions with alcohol. Does anyone remember what some of these provisions are from when we reviewed the policy before? <p><i>AMC Note: Give AMs a few minutes to look back at the resource and provide correct responses before proceeding.</i></p> <ul style="list-style-type: none"> • For type/quantity allowed: The major highlights from the policy are that at our events, we can't have any alcohol present that contains more than 15% Alcohol by Volume (unless it's at a third-party vendor event). In most cases, this would mean that beer, wine, or hard seltzers would be permitted. • Kegs and other common sources of alcohol (ex. cases/30 racks, large batch drink dispensers/coolers, anything that would not be for someone's personal use) are not permitted.
GUIDE MATCH THE SPECTRUM OF HAZING: PAGE 22	

	<ul style="list-style-type: none"> There are some additional event restrictions. Alcohol cannot be present at any recruitment or rush activities, or at events where Associate Members are present. Alcohol cannot be consumed during or within 12 hours before or after any AM activity - including the Initiation Ritual.
DEBRIEF	<ul style="list-style-type: none"> Why is it important to know if something is or is not a Delta Chi event? Why do you think some of these policies with alcohol exist in the first place? A lot of the policies sound like things we “can’t” do - how can we shift our conversations to focusing on things that we can do? Why do you think there are expectations for fraternities that “social” means hosting or having events with alcohol, instead of the original meaning?
TRANSITION	<ul style="list-style-type: none"> It’s important to know the expectations that exist for us when it comes to all our events and programs, but even more so when alcohol is present. Many severe injuries or deaths in fraternities have been a result of the use of hard alcohol, and we need to be prepared to intervene or recognize signs when someone may be in distress to seek help. That’s why Delta Chi also has the Good Samaritan policy that we have already reviewed.
SEEKING HELP IN RISK SCENARIOS 25 MINUTES	
FACILITATOR TALKING POINT	<p><i>AMC Note: You will only review this section of the content if you do NOT have an external presenter, or if you are not supplementing this session with something required by your campus or council.</i></p> <ul style="list-style-type: none"> We’ve talked a lot about risk management or risk prevention - and that’s an incredibly important part of membership and trying to anticipate things that might happen, and we’ve touched on bystander intervention in a previous session. But we want to get more specific so that you are prepared in case of an emergency. These are useful life skills to recognize even without the context of Delta Chi, but as a Fraternity, we need to provide environments that are safe for you to not only have fun but also intervene if something happens.
ACTIVITY INSTRUCTIONS GUIDE MATCH PUBS SIGNS OF ALCOHOL OVERDOSE: PAGE 27	<ul style="list-style-type: none"> Delta Chi has an Emergency Management Plan guide, and our chapter has some outlines to follow in case something happens. You need to think of the plan being used to respond to anything from someone tripping and falling to you’re worried about someone’s mental health. Since we have been talking about alcohol, we’ll cover quickly about responses and basic principles for helping a friend who may be intoxicated. <p><i>AMC Note: If you have Audio/Visual set up, you can also show the 0:59 second video “PUBS Signs of an Alcohol Overdose” from the Gordie Center: https://youtu.be/ycwyLPgUunc</i></p> <ul style="list-style-type: none"> If someone is intoxicated and has passed out, you need to check for signs of an alcohol overdose, known as PUBS: <ul style="list-style-type: none"> Puking while passed out; Unresponsive to pinching or shaking; Breathing is noisy, slow, shallow, or has stopped; Skin is blue, cold, or clammy/nail beds and lips are pale. If you see even one of these signs, call 911 immediately, but if you’re unsure, you can also call the National Poison Center at 1-800-222-1222 for free, expert medical advice 24/7. If you are impaired or intoxicated but still concerned about someone, reach out to a sober monitor or friend to ensure clear decision making. If there’s any doubt about safety, make the call for help.

<p>GUIDE MATCH CAMPUS AND COMMUNITY RESOURCE REVIEW: PAGE 28</p>	<p>AMC Note: If you have Audio/Visual set up, you can also show the 1 minute 8 second video “How to Help a Friend - BACCHUS Maneuver” from the Gordie Center: https://youtu.be/grhJL3DE6jY</p> <ul style="list-style-type: none"> • If someone has passed out but they don’t have any of the PUBS signs, you should help them get to a safe place to rest and ensure that their airway remains open. You (or a sober individual) should stay with them and monitor for PUBS signs every 10 minutes. If PUBS signs develop or you are uncomfortable with monitoring the person, make the call to 911. • Finally, if someone is very intoxicated but has not passed out - but perhaps it’s time for them to stop consuming alcohol - stay calm. Try to lead them to a safer environment and get friends (especially those who are sober) to help. • The person doesn’t need any of the “myths” about “sobering up” (ex. food, water, coffee, cold shower), because the only way someone can sober up is the time it takes for your body to fully process alcohol. <p>AMC Note: Take a few moments to see if anyone has questions about what you’ve discussed so far before moving on to the next section - but be honest if you do not have the answers, you aren’t a medical professional!</p> <ul style="list-style-type: none"> • For the last part of this section, we are going to spend some time generating a list of different campus offices and resources in the community related to what we’ve been talking about: alcohol and being a socially responsible leader. We’ll start by having you locate 1-2 resources individually, then I’ll have you partner with one other person to exchange ideas, and then we’ll share back as a whole group, so we have a good list. <p>AMC Note: Give AMs about five or six minutes to look up at least two resources before prompting them to find a partner to exchange ideas and write down those additional recommendations. After about ten minutes, ask for recommendations from the group - without repeating any - to get a full list of campus and community resources. You should also have a list prepared in case there are any worthwhile departments that are missed.</p>
<p>DEBRIEF</p>	<ul style="list-style-type: none"> • What resources are available on campus and in the community? • How would you support someone who is seeking to utilize these resources? • How can the use of these resources be seen as advancing justice? • What does looking out for one another mean? How does stepping in to help a peer demonstrate leadership? • Why is it important to offer support and encouragement to brothers and guests who may need assistance? • Why do you think we focused so heavily on this topic as part of our onboarding experience? • What are ways we can build a culture that doesn’t need formal intervention very often?
<p>TRANSITION</p>	<ul style="list-style-type: none"> • It’s not only critical for us to know how to respond, but to make sure we have a solid awareness of the campus resources available to us so that we can continue to connect with experts and build relationships. • Risk management and emergency response directly connects with Delta Chi’s principle of advancing justice - which is our focus for this week!
<p>REFLECTION AND WRAP UP 5 MINUTES</p>	
<p>FACILITATOR TALKING POINT</p>	<p>AMC Note: If you have had an external presenter, you should thank them for attending and sharing the information. AMs will then need to complete the</p>

	<p><i>Campus & Community Resource review activity as a “call to action” assignment as they would not have done it during the session.</i></p> <ul style="list-style-type: none"> • Thank you all for your respect and attention during this session - learning about these topics will help to prepare us as leaders on campus and set you up for success with our future events and programs.
DEBRIEF	<ul style="list-style-type: none"> • What is one new thing you learned today that surprised you? • Was there a myth that you used to believe but no longer do? • Were there any times that someone intervened on your behalf, or when you could have stepped in but did not? What did you learn? • Think back to your personal life motto. How would it apply to what we’ve discussed in this session?
TRANSITION GUIDE MATCH TASK OUTLINES: PAGES 2-3	<ul style="list-style-type: none"> • You can look at the task outlines at the front of your workbook of what you should focus on before our next session. • If you haven't done so already, your Tightrope online modules need to be completed prior to our next session. This will help to ensure that, as a chapter, we are able to submit the Initiation Application for the chapter in the required timeline with IHQ. • Before our next session, spend time reading and reviewing Chapter 7 of the Cornerstone: The Chapter Today. • Thank you for your time and attention! Let's end this session by singing the Bond Song.

AMC SESSION 5 **NOTES + REFLECTIONS**

- What went well during this session?
- What unexpected challenges came up?
- How did the group respond to the teambuilder and discussion?
- What feedback did I receive from participants (verbal or nonverbal)?
- What would I improve about this session in the future?
- Did I meet the session's learning outcomes? Why or why not?