

The Role of Sex Education in Substance Abuse Prevention

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Program Objectives

- Discuss and explore models of effective prevention programs in higher education
- Identify and articulate why sex education is a critical component of effective substance abuse prevention
- Identify the co-occurring risk factors among college students related to substance use and sexual health and safety

Alcohol & Other Drug (AOD) Use Among College Students

52.2% of males and 34.2% of females consumed 5 or more alcoholic drinks the last time they drank

24.7% of males and 6.4% of females consuming 9 or more drinks the last time they drank

(American College Health Association National College Health Behavior Survey 2004)

Alcohol & Other Drug (AOD) Use Among College Students

Primary motivation for substance use

- Facilitate sexual opportunity
- Interpersonal connection

(CORE Survey)

Sexual Risks Associated with Alcohol & Other Drug Use

- Reduces likelihood of
 - practicing safe sex
 - obtaining or giving sexual consent
- Increases likelihood of
 - engaging in nonconsensual sexual activity
 - engaging in sexual experiences later regret

Sexual Assault and College Substance Use

- Factor in the majority (75%) of sexual assaults among college students (U.S. Dept of Justice)
- Each year more than 70,000 college students experience a date rape caused by another student who had been drinking (2002 NIAAA Report)

Sexual Assault Prevention Legislation

- Federal government mandates sexual assault prevention be conducted on campuses that receive federal funding (Clery Act, Higher Education Reauthorization Amendment 1998)
- In 2006 the State of California passed legislation requiring all state colleges and universities provide sexual assault prevention to all incoming first year students

Effective Primary Prevention

- Universal Strategies - AlcoholEdu for College evaluative research demonstrates that ~ 85% of course participants understand how alcohol effects one's ability to give sexual consent
- Selective Strategies – Male centered and male only programs

