



## Safe Spring Break Annual Report 2024

### Overview & Program Summary

Fraternity & Sorority Programs developed the Hunter White Safe Spring Break Symposium as an interactive way to empower fraternity and sorority members to tackle their greatest challenges in health and wellness and create positive change for the welfare for themselves and others. Spring break is a time when students get to unwind from the stressors of school and leadership roles, and many do this by bonding with their fellow chapter members on a trip somewhere away from campus. We want our fraternity and sorority members to have a fun, memorable, and safe experience during their spring break, The Safe Spring Break Symposium is an educational program that offers education, tips, and advice when it comes to alcohol and substance use during this high-energy time. Through this program, we provide the tools chapters need to create a safe, healthy, and responsible environment that allows all members to have fun and be safe during their break.

#### Safe Spring Break Symposium 2024 – Lorin Philips

Fraternity & Sorority Programs hosted the 2024 Safe Spring Break Symposium, **Life Doesn't Come with a Designated Driver** on Tuesday, February 27th at 5:30 PM at Centennial Hall presented by Lorin Phillips. Lorin discussed blackout culture and how it pertains to Greek life. Black out culture refers to drinking excessively to the point of losing motor functions and forgetting details of the night to prove your commitment to having a 'good time' and didn't 'back out'. This phenomenon is commonly referred to as "back out or blackout". This speaker series was designed to educate students about the effects of alcohol and offer the opportunity to make informed decisions that lead to healthier choices. Lorin is a former member of Greek life and a professional speaker educating and engaging college and university audiences in vital conversations in harm reduction and safety.

“Lorin Phillips believes in approachable prevention education. Lorin looks to start critical conversations about hazing, alcohol misuse, confronting with confidence, and above all, the importance of harm reduction and safety.

She has been involved with Fraternity and Sorority Life since college. Lorin is an educator invested in helping students talk about the tough stuff. Her goal is to help students/communities recognize and confront harmful behaviors with confidence. In her 20+ years in the field, she has seen firsthand what is possible when people find their

voice and realize that safety and harm prevention is less about rules and more about caring about your own well-being and about those around you.”

This program keynote speaker was handpicked by the Health & Wellness Graduate Assistant. Drinking excessively to the point of blacking out has become a common occurrence for many in the Greek life population. Lorin Phillips was chosen to be our speaker because she is skilled in presenting about this issue to the Greek community and offers practical tips to avoid heavy or binge-drinking.

The symposium was held in Centennial Hall which is an alternate location compared to the traditional ballroom reservation in the Student Union Memorial Center. Since Centennial Hall has a capacity of over 2,000, we were able to host only one session from 6 PM-7 PM where over 1,754 students were in attendance. Each chapter was assigned a certain number of members to attend to receive full SOE points. Chapter Presidents were responsible for picking up tickets to the event and distributing them to the members who would be in attendance.

## Overview

### *Learning Objectives*

- Students will learn about Hunter White’s story and why the Hunter White Safe Spring Break Symposium came to be
- Students will learn about quick campus resources related to alcohol safety (Wildcats Anonymous, Campus Health, SafeRide)
- Students will learn about basic alcohol information (how much alcohol is actually in your drink, calculating BAC, etc.)
- Students will learn to debunk myths on common pride points related to college drinking such as tolerance and getting blacked out
- Students will apply alcohol basics to their regular social patterns such as techniques to self-monitor
- Students will be able to challenge or support their peers to make better choices in their alcohol consumption

### *Key Questions*

- Do Greek students see the harmful social norms that are expected when it comes to drinking culture?
- Is Fraternity & Sorority Programs able to make a genuine impact on students drinking habits through this program?
- Given the appropriate tools and education, can Greek students encourage and motivate themselves and others to develop healthy attitudes around drinking in their organizations?

## Participant Demographics

### *Sample Population*

Our total student attendance to Safe Spring Break Symposium was **1,754 attendees** representing chapters from Panhellenic Council, Interfraternity Council and United Sorority & Fraternity Council. There was no breakdown by council.

### *Academic Classification*

In this section, you can learn more about the demographics of our 1,754 program participants. We saw participation from all three councils (IFC, PHC, and USFC).

Figure 1A. Academic Classification

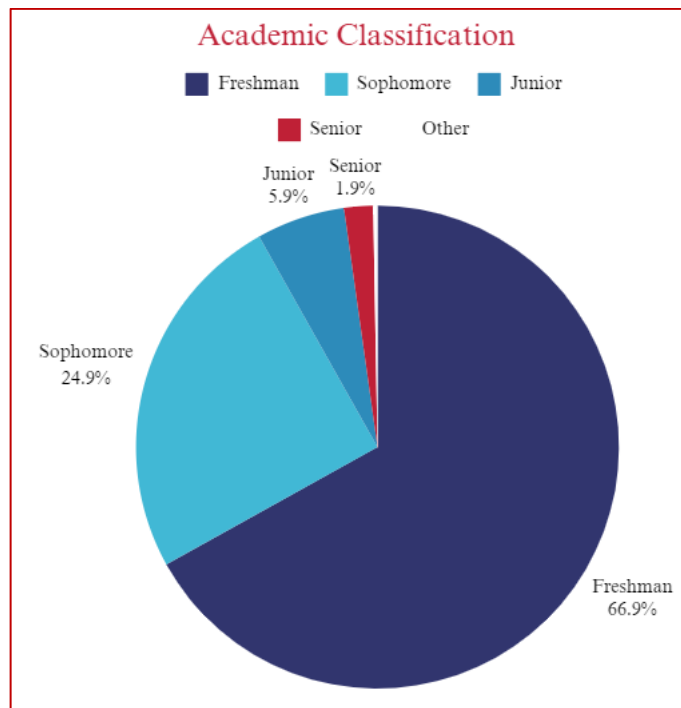
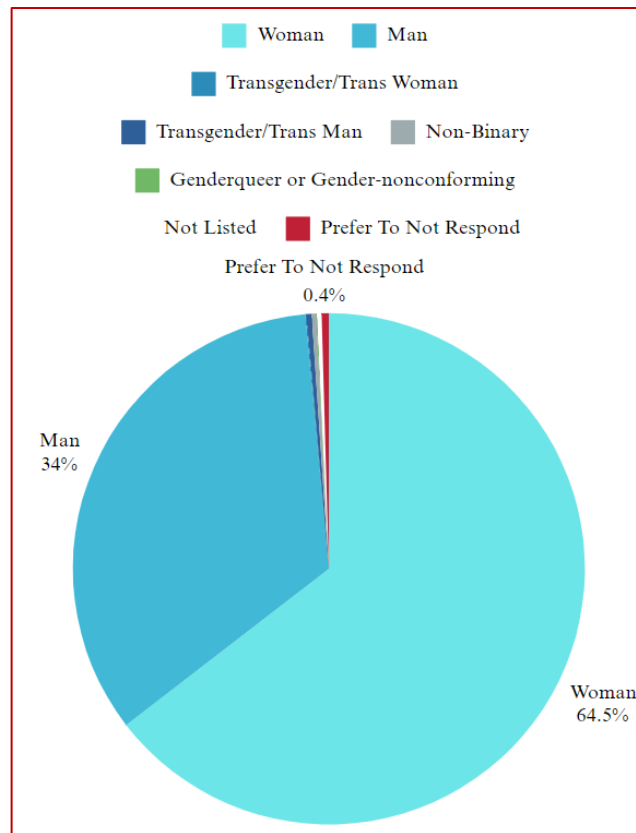


Figure 1B. Academic Classification

Q6 - Academic Classification - Selected Choice	Count	Number of responses
Freshman	1,174	1,174
Sophomore	437	437
Junior	104	104
Senior	34	34
Other	5	5

While there was representation from various academic classifications, most participants identified as freshmen and/or sophomores.

Figure 2. Gender Identity



In terms of identity, a vast majority of participants were women (1,148) while less than a third were men (605). Most of Greek life is composed of women and this is primarily held by

Panhellenic council. Other identities in attendance included transgender populations, non-binary, and gender non-conforming individuals. Others chose to put 'Not Listed' and 'Prefer Not to Respond' for this question.

Students were asked if they held any leadership roles in their organizations. A majority (**81%**) did not but a small percentage (**19%**) did. Those who did were asked what their role and responsibilities were, the answers were extremely diverse- Health advocate, academic chair, President, New Member Educator, Housing Manager, Social Chair, etc.

## Program Evaluation

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### *Program Evaluation – 100% Response Rate*

A program evaluation was required to capture students' attendance. Therefore, we had a 100% response rate, and the following feedback reflects the in-person sessions on Tuesday, February 27<sup>th</sup>. Some questions were modeled in a Likert Scale style. Others were open response.

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Likert Scale Questions (Strongly Agree, Somewhat Agree, Neither Agree nor Disagree, Somewhat Disagree, Strongly Disagree)

Participants Shared the following feedback regarding their experience.

- A. The presenter communicated the topic clearly.**
  - a. 84% Strongly/Somewhat Agree
- B. I learned useful skills and tools that will help me in my life.**
  - a. 84% Strongly/Somewhat Agree
- C. The presenter challenged me to think from different perspectives.**
  - a. 80% Strongly/Somewhat Agree
- D. The presenter was knowledgeable about the topic.**
  - a. 84% Strongly/Somewhat Agree
- E. The presentation was useful and relevant to the Greek community.**
  - a. 83% Strongly/Somewhat Agree

### Open-Response Questions

We asked students to share any additional feedback regarding Safe Spring Break Symposium.

- 1. What part of the program was the most useful, important, or interesting?**
  - a. "I think the presentation showed me to be more careful when on spring break"
  - b. "Overall I feel like the presentation really made me conscious of drinking habits."
  - c. "Knowing how many standard drinks are in each drink."

- d. "I think the most useful was knowing the presenters' story and that she was in our shoes at one point in her life and actually understand what she is presenting."
  - e. "Learning about how to manage BAC levels and how to measure the amount of time it would take to sober up"
  - f. "It was interesting how this was about spring break, but I only learned how to be safe with drinking and not anything else involving break."
  - g. "LOVE LORIN PHILLIPS! Amazing, perfect speaker. I really respect her for connecting with us and sharing her personal experiences. Definitely made the crowd more willing to listen."
  - h. "I think it is important to spread awareness of risks that we are subject to face in the Greek community and learn how to prevent and respond in those situations"
  - i. "The story hit home for me. We went through a similar ordeal involving a student from my high school in Cabo during spring break a few years ago. Tragically, he got drunk, fell off his hotel balcony and was discovered the next morning, having passed away unnoticed."
- 2. Do you have any additional feedback regarding Safe Spring Break Symposium?**
- a. "No! It was a really good presentation, and I enjoyed the speaker and her sharing her personal stories"
  - b. "The photography was super bright and distracting"
  - c. "It was difficult for my chapter with centennial hall and us not having a chapter facility to store our bags."
  - d. "Please include stuff that actually helps us be safe and what to look out for during break while many of us are going to different states or countries. All we learned about is drinking."
  - e. "It was a thought provoking and valuable symposium"
  - f. "I thought the speaker did an excellent job of getting the message through"

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### ***Additional Recommendations & Considerations***

As the lead coordinator of Safe Spring Break 2024, I would highly recommend avoiding renting Centennial Hall if possible because it is very pricey even for a small timeframe. Centennial Hall also enforces a security protocol where all attendees must have a ticket to enter the building. This is great for security reasons but also requires more coordination to hand out the tickets further in advance to the event itself. These responsibilities fall on chapter presidents to pick up their chapters tickets and distribute them to the members prior to the event. While this ticketing system was efficient in increasing security there were other pitfalls of renting Centennial Hall. Many students found the no bags or backpacks policy an inconvenience since many of them were coming out of class before the event started. Not all chapters have facilities to quickly drop off their bags and walk over to the symposium. In the end, the Centennial Hall security allowed backpacks since this was a student-centered event.

Also important to note- ensure that the presenter will have enough content for the full hour. Lorin's presentation was somewhat brief as the program began at 6 PM and ended at 6:40 with 15-20 minutes to spare. Students did appreciate the briefness of the whole event since this program typically falls during midterms week before students leave for Spring Break. Above all, have some sort of agreement between you as the coordinator and the presenter that the program will go the full timespan that was paid for.

### **Future Programming Ideas**

When asked about future programming ideas for Safe Spring Break Symposium, students suggested many diverse topics such as:

- Safety at parties,
- Opening dialogue about drug usage at apartments and dorms,
- Campus safety
- Drugging prevention- especially with being roofied
- Sexual assault
- How to travel safely in other states or foreign countries for spring break

Other interesting ideas that came up include the idea of how to talk to someone who may have a problem with alcohol which is a hard conversation to have. Other attendees mentioned *"I think just speakers with personal experiences make me want to listen and engage more because it's never easy to be vulnerable with topics like that"*. Vulnerability is scary but, if talked about successfully, can be the most thought-provoking conversations that leave people with a different perspective. Students want to have critical conversations; they just need the right environment to be motivated to start.