EverFi Online Courses

Why do I need to take them?
The University of Minnesota requires all new undergraduates to complete 2-3 online courses. Many universities around the country are implementing similar courses for new students. These courses promote health and safety. Some of these topics are difficult to discuss or taboo in certain cultures. In the United States, it is considered important to be able to have open conversations about these topics.

What else do I need to know?
Your privacy and confidentiality will be protected. You will be asked questions during the online courses and your individual answers to the questions will not be connected to your identity, shared with the university, or used against you in anyway.

Some of the content and language may be confusing. We have provided you with definitions of terms and slang that you can refer to while completing the AlcoholEdu and Haven courses.

The Courses:

AlcoholEdu - being safe with drinking alcohol or when around people who drink
- AlcoholEdu is only required for students below the age of 21.
- Campuses across the country have had a history of being places for problem drinking.
- Alcohol & drug problems are taken seriously in the United States with potentially severe consequences.
- While viewing the videos, you can read along with subtitles by clicking the “CC” in the upper left corner of the video. A text transcript that lists the dialogue is also available by clicking “VIDEO TRANSCRIPT”.

Haven - understanding sexual assault
- Includes information about sexual and relationship violence such as statistics about prevalence, legal terms, prevention, and what to do when you or someone you know experiences it.
- Sexual and relationship violence is not openly discussed in some places, but it occurs across the entire world in all countries. In the United States, this violence is openly discussed to raise awareness to prevent sexual assaults from occurring.
- During the videos, click the “CC” button in the corner to enable subtitles.

Transit - financial literacy and managing your money
- While not everything in this course relates to international students, much of it is important information that will help you.
- As an international student, you should pay extra attention to the following topics:
  o Credit cards & debit cards, checking & savings accounts, using checks, & managing your budget
- Please note: international students are not eligible for most federal and state financial aid.
TERMS: AlcoholEdu

Getting Started

- Scare tactics ........................................ A strategy to influence someone by scaring or alarming him/her
- For your eyes only .................................. Private; can only be seen by you
- Look out for one another ......................... Take care of someone, who also will take care of you

Standard Drink

- Sober, Sober up ...................................... “Sober” is to not be intoxicated at all. “Sober up” is to become sober or less intoxicated
- “You can’t just eyeball them” ................... You can’t determine characteristics by just looking
- Slipped in ............................................. Secretly added
- “This probably goes without saying…” ........ This is probably already known without needing to say anything or describe it
- Steer clear ........................................... Avoid

What is a standard drink?

- Blood Alcohol Concentration (BAC) .............. A measurement of how much alcohol is in a person’s bloodstream
- Hard alcohol/liquor .................................. Alcoholic beverages with high alcohol content
- “Looks can be deceiving” .......................... Things can look different than they actually are

Survey

- Binary constructs .................................. Culturally created groups/labels that divide a category (e.g. gender) into 2 groups (male and female), when there may be more than 2 groups of genders in reality
- “I’ve decided to cut down” ....................... I’ve decided to drink less

Where do you stand?

- Hang out with friends ............................... Spend time relaxing or having fun
- …chill outdoors ..................................... To relax outside
- “I don’t need alcohol to cloud my mind” ....... I don’t need alcohol to prevent me from thinking clearly

Drinking and Motivation

- Alcoholism, an alcoholic .......................... A disease characterized by excessive drinking and dependence on alcohol. An alcoholic is someone who has alcoholism.
- “…think they’ve got women pegged” ........... When you completely understand someone, you have them “pegged”
- Tagline ............................................... A slogan/phrase often used in advertising

Brain and Body

- Prescriptions, prescription drugs .................. Medicine that can only be obtained through a doctor
- Birth control, oral contraceptives, “the pill” .. Medicine that prevents pregnancy
- Antidepressants ...................................... A drug used for the treatment of depression
...working her liver **overtime** ...................... Working beyond what is normal
...**broken down** by the liver .......................... To decompose something into smaller elements
...put your liver in **overdrive** ....................... Work to exhaustion
Hotspots ................................................. An area of interest or activity
Menstrual cycle ......................................... The recurring monthly series of physiological changes in women
Blackouts .................................................. A period of total memory loss resulting from excessive alcohol drinking
Lowered inhibitions ..................................... Being open to doing something you normally would not, or inhibit yourself from doing.
**Turning to alcohol** .................................. Start to use something in an attempt to help yourself in a difficult situation
Withdrawal ................................................ The period of stopping to drug use, sometimes accompanied by painful symptoms
Panic attacks ............................................. A sudden feeling of anxiety
*Attention-deficit hyperactivity disorder* .......... A psychiatric disorder characterized by difficulties with inattention, hyperactivity, or impulsivity.
Impaired judgment ...................................... Inability to make clear, rational decisions
Rape drug .................................................. Drugs that are given, sometimes secretly, to inhibit a person’s awareness, consciousness, or memory to facilitate sexual assault
Sexual assault perpetrators ......................... People who commit the crime of sexual assault.
**True consent** ........................................ Consent/agreement to sexual activity that is clear, explicit, and verbalized. For consent to be “true”, it cannot occur while under pressure, being manipulated, after drinking alcohol/using drugs, or while in an incapacitated state (e.g. passed out, asleep). Sexual contact without true consent is sexual assault and a crime.
**Predator warning signs** ........................... A predator is someone who looks for other people to harm or sexually assault. Predator warning signs are signals that someone may be a predator.
It’s kind of a **blur** ...................................... An unclear memory
**Moving too fast** ...................................... Becoming physically intimate or sexual before someone wants or is ready
Respecting each other’s boundaries .............. Respecting each other’s rules and limits
...**didn’t look that into it** ......................... Into is slang for “interested in”, “liking”, or “enjoying”
A grand old time ........................................ An old saying meaning a great time
**General rule of thumb** ............................. An easy to learn and remember rule/guideline
Hangovers ............................................... A headache and/or other unpleasant physical effects from drinking alcohol
**When BAC isn’t kept in check** .................... When BAC isn’t kept under control
Time to kill ................................................ Extra time
Pre-gaming ................................................ Drinking alcohol before attending a social event
**Keep up with the guys** ............................ To drink at the same speed as the males
My Action Plan

- **Buddy System** .................................................. A strategy of having a friend to watch and take care of each other

Laws & Policies

- **I was worried he might blow up** ......................... To become angry and lose one’s temper
- **Designated driver** ................................................. A person who agrees to not drink alcohol so they can drive safely. Agreed upon before any drinking begins
- **“I’d rather them crash here than crash their car”** .............................. “Crash” is slang for sleeping or staying at someone’s house. “Crash” also means to impact an object with another object causing destruction.
- **Drunk driving** ...................................................... Driving a car after drinking alcohol. A serious crime, called a DUI, if the driver’s BAC is above 0.08%

Helping Friends

- **“…where it just kind of hits you”** .......................... To suddenly come into contact or arise
- **Frat parties** ................................................................. Parties at fraternity organizations. Commonly known as places of binge drinking on college campuses.
- **“…that punch. That’ll knock you out”** ..................... Punch, here, means a sudden forceful feeling. “Knock you out” something causing you to lose consciousness.
- **“…once you start to feel the buzz”** ......................... A feeling of intoxication
- **Tone it down** .............................................................. Become more moderate.
- **“You gotta hold your own”** ................................. You gotta (got to/must) hold your position and strength through a difficult situation
- **Sloppy mess** .............................................................. In this situation, “sloppy mess” means being unorganized, uncontrolled, and messy due to drinking alcohol.
- **“…swaying and slurring her words”** ....................... “Swaying” refers to moving back and forth, “slurring her words” means speaking indistinctly and unclearly.
- **“…cutting off her access to alcohol”** ..................... Preventing her from accessing any alcohol
- **Passed out** ............................................................. Lost consciousness due to drinking excessive alcohol
- **Cool and clammy** .................................................. Cool, cold, damp, wet, and sticky-feeling
Welcome to Haven

- **Assault** ......................................................... Any unwanted contact or offensive touching, or threats with the apparent ability to carry out the threat

**Connections: What do you value?**

- “…just hanging out or something” .......................... A relationship as friends or a relationship with more commitment and/or intimacy

**Connections: What I like about you**

- “Someone who gets me” .................................... Someone who understands me and knows me closely
- “…talk over me” ................................................. Talk while I’m talking, but louder than me
- **Joined at the hip** ............................................... Spend a lot of time together
- “Someone I can be myself with” ............................. Someone I feel comfortable with

**Connections: Can you spot the red flags?**

- **Intimate partner violence** ................................. Assaultive, coercive, and/or abusive behavior that a person uses to control, harass, injure, frighten, or dominate a current or former partner. Also called relationship violence, an abusive relationship and domestic violence.
- “acts closed off” .................................................. Acts not open, doesn’t talk, or doesn’t disclose feelings
- “seeing” ............................................................... Dating
- **Put downs** ....................................................... Negative comments about someone
- **Calls him out** .................................................. Makes comments about him
- “Every little word he says” ................................. Every word he says including insignificant words
- “broke it off” ....................................................... Broke up with; ended a relationship
- **Keeping tabs** .................................................... Observing; keeping your attention on someone
- **(Cyber) Stalking** ............................................... Obsessive and unwanted contact by someone. Following, harassing, monitoring someone, and threats either in-person or through technology such as texting, repeated phone calls, and social media.

**Connections: Types of relationship violence**

- **Contraception** ............................................... Methods/devices used to attempt to prevent pregnancy, and possibly the transmission of sexually transmitted infections.
- **Harassment** ................................................... Verbal, psychological, or physical behaviors and language that is threatening, offensive, abusive, and unwanted. Sexual harassment includes unwanted sexual advances and communication through technology including texting and online social media.
- **Restraining order** .......................................... An order of protection. A legal order that can be issued
requiring someone to stay physically away from and end all communication with another person. Includes using technology, and through 3rd parties.

Be yourself: Culture and expectation
- “No one wants to be put in a box” No one wants to be defined by limiting stereotypes.
- Gender stereotypes Beliefs, assumptions, expectations, and attitudes about genders. Gender stereotypes can be largely influenced by culture.

Female
- “Going with the flow” Being passive, accepting things without pushing back

Male
- Macho Aggressive, masculine.
- Not taking “no” for an answer Refusal to accept or listen to someone saying “no”.
- Sexist language Negative, offensive language about a gender.
- Picking on someone Using negative language or bullying towards someone
- “Nice guys finish last” Common saying that nice males have a disadvantage.
- “gives someone an edge” Gives someone an advantage

Be yourself: Mind matters
- Homophobia A negative attitude or using negative language about gay, lesbian, or bisexual people

Be yourself: Sexual assault in college
- Stigmatized Something described or considered to be disgraceful, negative, and shameful
- Criminal charges A formal accusation by the government that someone has committed a crime. The courts determine guilt or innocence. May result in punishments such as fines, jail, immigration, or university sanctions.
- Perpetrator A person who commits a crime
- Bystander Someone who is present but does not become involved

Be yourself: My take
- “cool with it” Okay with it; accept it
- “And the other guys back me up” And the other guys agree with me
- “We just don’t want to be lumped in with that guy” We don’t want to be considered to be in the same group

Conversation: Can you read between the lines?
- Read between the lines Understand or see the hidden meaning
- “Move too fast” Becoming physically intimate or sexual before someone wants
- Consent To agree or express approval. To consent, a person
cannot be pressured, manipulated, incapacitated, or influenced by drugs/alcohol.

- **Physical or verbal advances** ........................................... Gestures toward another person with the intention of becoming intimate or sexual. Unwanted advances can be "sexual harassment".

**Conversation: This is not consent**

- **Passed out** ................................................................. To lose consciousness, sometimes from the use of drugs/alcohol

**Conversation: Did you know?**

- **Coercion** ................................................................. Forcing someone through intimidation, threats, control, or using a position of authority to do an action
- **Loosening someone up with alcohol** .......................... Making someone lower their inhibitions through alcohol
- **Not taking “no” for an answer** ................................. Refusing to accept someone saying “no”
- **“There is absolutely no room for pressure or force when it comes to hooking up”** ................................. It is unacceptable to use pressure or force when becoming sexual
- **Rape drug** ................................................................. Drugs that are given, sometimes secretly, to inhibit a person’s awareness, consciousness, or memory to facilitate sexual assault

**Conversation: Voices for consent**

- **“Stuff they’re not into”, “She’s into you”** ........................... “Into” is slang for “interested in”
- **He was all, ‘I’m going to go for it, guy’s’** .......................... He said “I’m going to do it. Men have to take control, right?”
- **“Not if the other person isn’t into it”** ............................... Not if the other person doesn’t want to
- **“Wantin’ to get down or whatnot”** ................................. Wanting to have sex or something like that
- **“she’s gotta be there”** .................................................. She’s got to be present, sober, aware, and conscious

**Conversation: Stepping in**

- **“A ton of hot chicks”** .................................................. Many attractive girls
- **Leeway** ................................................................. Freedom to move or act
- **“Mind your own business”** ........................................... Avoid getting involved in other people’s issues
- **Peer pressure** .......................................................... Influence to do something from peers, such as friends
- **Bad vibe** ................................................................. Feeling of being uncomfortable, uneasy, or unsafe

**Creating Community: It happened to my friend**

- **“Led this guy on”** ....................................................... Showing signs of affection or flirtation without an intention of being intimate or having a relationship
- **Come out** ................................................................. To tell people that you are gay, lesbian, bisexual, or transgendered
- **Post-Traumatic Stress Disorder (PTSD)** ........................ A psychological disorder that sometimes occurs after a traumatic event. Sexual assault is a traumatic event that sometimes leads to PTSD.
- **Victims/Survivors** .................................................... “Victims” experience a crime. “Survivor” implies someone
Explore your options: How do you make a difference?

- **“Poke your nose in someone”** ........................................................... Intrusively observe or focus your attention onto someone else’s issues
- **Defuse the situation** ................................................................. Make a situation more calm

who experienced a crime, survived, has strength, and continued on with their life.