

# the RED CUP Q&A

separating alcohol fact from fiction

**wildfact** Almost 7,000 UA students live in dorms.

## Wouldn't RAs writing up drunk students make the student want to avoid their dorm (a safe environment) to drink in?

The answer clearly depends on how a student responds to their consequence of breaking a code of conduct agreement while wanting to do what is best to keep themselves and others safe.

So, to navigate what you should do after being sanctioned to attend SHADE (Student Health Alcohol and Drug Education) class, we'd ask you to look *empathetically* at the role your RA plays in maximizing residents' safety while also being responsible for upholding rules and laws. Also, we'd ask you to explore the role you play in being *responsible* for the consequences of your actions as well as identifying the most common-sense way to maximize your safety.

Your personal safety is the intention behind your RA's decision to sanction you. By attending SHADE you are given an opportunity to explore your style of drinking and how it impacts your life. SHADE is purposefully designed not to preach abstinence,

but to explore ways to keep students from the negative consequences that may come from the over-consumption of alcohol. The goal is to actually put you in charge of your choices by making you better-educated and more self-aware.

Ultimately, what you do with this new-found knowledge is up to you. To seek out unsafe places to drink in order to avoid being caught seems counterintuitive if your true intention is to stay safe. If you choose to drink, drink in the safest place and not the one that keeps you furthest from legal or sanctioning consequences.

Let me make a speeding analogy here. Just because I get a speeding ticket on a safe highway, that would not make me avoid using that highway in the future. If I learned anything at all from the consequence of getting a ticket and going to traffic school, I'd most likely find that I still use the same roads but just drive safer on them. Dig?!

Got a question about alcohol? Email it to [redcup@email.arizona.edu](mailto:redcup@email.arizona.edu)



[www.health.arizona.edu](http://www.health.arizona.edu)



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HEALTH**

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