For the second consecutive year, all students interested in joining a Greek organization in Spring 2019 were required to attend one session of PREGAME. The program focused on three components: 1) clarifying social norms regarding alcohol culture at Lehigh; 2) understanding the impact of alcohol on the body; and 3) reviewing moderate drinking guidelines and intervention strategies. OFSA believes this program stresses harm reduction and bystander intervention when in a social setting where students may choose to drink alcohol.

AS A RESULT OF ATTENDING PREGAME, I CAN...
- Recall the effects of alcohol on the body.
- Apply intervention strategies in risky situations involving alcohol.
- Differentiate between the perception of students’ drinking habits and actual habits.

18% agreed or strongly agreed.

35% of students indicated that their perception of the Lehigh alcohol culture changed.

12% would directly step in when witnessing a friend drink too much.

WE NEED TO BE MORE AWARE OF THE EFFECTS OF ALCOHOL ON OUR BODIES AND WORK TO SPREAD AWARENESS OF THE IMPORTANCE OF SAFE DRINKING.

PARTICIPANT TAKEAWAYS

"I was expecting a greater amount of students to drink more often and more amounts, since I now know that my judgements were wrong I feel less pressured to always drink when I go out."

"I'm now making efforts to implement methods to not go overboard."

88% response rate.

Students continue to have strong knowledge regarding alcohol and can recall information correctly. Intervention continues to be a challenge for students outside of their peer circle. Participants indicated the content was repetitive with Orientation programming, which should be examined in the future. Finally, more attendees were "unsure" or planning not to join a fraternity or sorority.