

# Substance Abuse Awareness Week 2010

Remember the game!

**94% of 4<sup>th</sup> years intervene to stop friends from hurting themselves.**

The first 750 fourth-year students who pledge not to attempt the fourth-year fifth will receive free sunglasses and a stadium cup. Pledge forms will be available at the 4<sup>th</sup> Year Breakfast, at all presentations, and at the Gordie CASE office (170 Rugby Road, Lower Level of Madison House) between 8am-5pm Monday, Nov. 8 – Friday, Nov. 12.

## Fourth-Year Bagel Breakfast

Monday, Nov. 8, 8:45am-11:15 am, Pavilion V

Free Bodo's, OJ & coffee while they last! Fourth-years who pledge not to attempt the fourth-year fifth will receive free sunglasses and a stadium cup.

*Sponsored by ADAPT, the Class of 2011 Trustees, and the Student Athlete Mentors.*



**Becky Bell and Dr. Scott Goldman:**

**"Step-Up and Make Difference"**

**(Susan Grossman Memorial Speaker)**

Tuesday, Nov. 9, 7:30 pm, Newcomb Theater

FOA opportunity

Have you or anyone you know ever been concerned about a situation and wanted to help ... but didn't? You're not alone. This situation is more common than you might think, and is known as the bystander effect. Becky Bell and Dr. Scott Goldman of STEP UP! will use interactive technology, videos, and discussion to teach what bystander behavior is, why it happens, and what steps you can take to help a friend in need. The presentation will focus on the knowledge and skills needed to intervene in alcohol-related incidents. *Sponsored by the Women's Center, the Office of the Dean of Student, the Department of Athletics, ADAPT, and the Department of Student Health's Gordie Center for Alcohol & Substance Education.*

Several members of Hoos In Recovery (a group of U.Va. students, alumni, faculty and staff in recovery from alcohol or drug addiction) will talk about their experiences, including being in recovery at U.Va. Q&A to follow.

## Hoos in Recovery Panel Discussion

Thursday, Nov. 11, 7:30 pm, Clark 107

FOA opportunity

*Sponsored by Hoos in Recovery & ADAPT*



## 19<sup>th</sup> Annual 4th Year 5K Run/Walk

Saturday, Nov. 13, 8:00 am, Newcomb Plaza

Register at Student Health's Office of Health Promotion until Nov.12, Mon – Fri from **9am-5pm.**

**Other times/locations available at:** [www.virginia.edu/studenthealth/peer/5k.html](http://www.virginia.edu/studenthealth/peer/5k.html)

Proceeds benefit the Leslie Baltz Foundation for Art History or Studio Art scholarships.

