



Awareness Program

VIRGINIA BAPTIST COLLEGE

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Drug and Alcohol Awareness

Institutional Policy

- ▶ VBC maintains a policy of zero tolerance for alcohol and drug use. Students or employees guilty of drinking alcoholic beverages or using drugs will be dismissed.
- ▶ The use of illegal drugs poses both a health risk and a risk of criminal prosecution. The use, sale, possession, or facilitation of the use or sale of any illegal drug(s) is prohibited. Violations could result in arrest by the local, state, or federal law enforcement agencies.
- ▶ Students and employees annually sign a Standard of Conduct form pledging to remain drug- and alcohol-free and to maintain personal conduct that is consistent with biblical standards and preparation for Christian ministry.
- ▶ The use of alcohol or illegal drugs constitutes a serious health risk to the user and to others. Additionally, the Christian testimony of the user is compromised.

Institutional Policy Continued...

- It is the desire of the college to assist those who have been or become involved in these practices.
- Past drug or alcohol use does **not** exclude one from full participation as a VBC student.
- If a student or employee becomes involved with drugs or alcohol, the disciplinary action taken will be accompanied by efforts to help the student seek counsel and treatment with the goal of returning to alcohol and drug-free living and complete restoration to academic life.

Institutional Policy Continued...

VBC willingly answers inquiries concerning these or other policies. Questions may be directed to the President, Academic Dean, or any other college administrator.

Health Risks: Drug Abuse

- ▶ Weaken the immune system, increasing susceptibility to infections.
- ▶ Cause cardiovascular conditions ranging from abnormal heart rate to heart attacks. Injected drugs can also lead to collapsed veins and infections of the blood vessels and heart valves.
- ▶ Cause nausea, vomiting and abdominal pain.
- ▶ Cause the liver to have to work harder, possibly causing significant damage or liver failure.
- ▶ Cause seizures, stroke and widespread brain damage that can impact all aspects of daily life by causing problems with memory, attention and decision-making, including sustained mental confusion and permanent brain damage.
- ▶ Produce global body changes such as...dramatic fluctuations in appetite and increases in body temperature, which may impact a variety of health conditions.

Taken from [recoverygateway.org](https://www.recoverygateway.org)

Health Risks: Drug Abuse

Behavioral Problems:

- ▶ Paranoia
- ▶ Aggressiveness
- ▶ Hallucinations
- ▶ Addiction
- ▶ Impaired Judgment
- ▶ Impulsiveness
- ▶ Loss of Self-Control

Taken from [recoverygateway.org](https://www.recoverygateway.org)

Health Risks: Alcohol Abuse

Brain:

Alcohol interferes with the brain's communication pathways, and can affect the way the brain looks and works. These disruptions can change mood and behavior, and make it harder to think clearly and move with coordination.

Heart:

Drinking a lot over a long time or too much on a single occasion can damage the heart, causing problems including:

- ▶ Cardiomyopathy – Stretching and drooping of heart muscle
- ▶ Arrhythmias – Irregular heart beat
- ▶ Stroke
- ▶ High blood pressure

Information taken from: [National Institute on Alcohol Abuse and Alcoholism](#)

Health Risks: Alcohol Abuse Continued...

Liver:

Heavy drinking takes a toll on the liver, and can lead to a variety of problems and liver inflammations including:

- ▶ Steatosis, or fatty liver
- ▶ Alcoholic hepatitis
- ▶ Fibrosis
- ▶ Cirrhosis

Pancreas:

Alcohol causes the pancreas to produce toxic substances that can eventually lead to pancreatitis, a dangerous inflammation and swelling of the blood vessels in the pancreas that prevents proper digestion.

Information taken from: [National Institute on Alcohol Abuse and Alcoholism](#)

Health Risks: Alcohol Abuse Continued...

Cancer:

Drinking too much alcohol can increase your risk of developing certain cancers, including cancers of the:

- ▶ Mouth
- ▶ Esophagus
- ▶ Throat
- ▶ Liver
- ▶ Breast

Immune System:

Drinking too much can weaken your immune system, making your body a much easier target for disease. Chronic drinkers are more liable to contract diseases like pneumonia and tuberculosis than people who do not drink too much. Drinking a lot on a single occasion slows your body's ability to ward off infections – even up to 24 hours after getting drunk.

Information taken from: [National Institute on Alcohol Abuse and Alcoholism](#)

Health Risks: Drug and Alcohol Abuse

Further information on the health risks of drug and alcohol abuse and addiction can be found by following the links below.

- ▶ Drugabuse.gov
- ▶ CDC.gov
- ▶ American.edu

List of Substances and Effects

- ▶ **Marijuana-** (cannabis) is the most commonly used illicit substance. This drug impairs short-term memory and learning, the ability to focus, and coordination. It also increases heart rate, can harm the lungs, and may increase the risk of psychosis in vulnerable people.
- ▶ **K2/Spice-** (“synthetic” marijuana) Poison Control Centers report a variety of K2/Spice symptoms, including rapid heart rate, vomiting, agitation, confusion, hallucinations, raised blood pressure and reduced blood supply to the heart, and, in a few cases, heart attacks.
- ▶ **Prescription and Over-the-Counter Medications**
- ▶ **Alcohol-** can damage the brain and most body organs, including the heart, liver, and pancreas. It also increases the risk of some cancers, weakens the immune system, puts fetal development at risk, and causes deadly vehicle accidents.
- ▶ **Amphetamines/ Methamphetamine-** Methamphetamine’s effects are particularly long lasting and harmful to the brain. Amphetamines can cause high body temperature and can lead to serious heart problems and seizures.

You can find a more detailed list of substances and their effects [here](#)

Information taken from [National Institute on Drug Abuse](#)

Counseling and Treatment Options

Local

- ▶ [Reformers Unanimous](#)
- ▶ [List of Christian Rehab Centers](#)
- ▶ [Virginia Christian Drug Treatment](#)
- ▶ [Victory Christian Counseling](#)

Across the Nation

- ▶ [Reformers Unanimous](#)
- ▶ [Sober Nation](#)
- ▶ [Addiction and Recovery](#) (A division of the American Association of Christian Counselors)



Violence Against Women Act:

PROGRAMS TO PREVENT DATING VIOLENCE, DOMESTIC VIOLENCE, SEXUAL ASSAULT, & STALKING

College Statement

Domestic violence, dating violence, sexual assault, and stalking are not tolerated within the student body, faculty or staff of VBC. As a community, our college provides for the adjudication of accusations of these types of actions and take seriously any allegation of such violence.

Definition of Terms

- ▶ **Consent** is affirmative, unambiguous and voluntary agreement to engage in a specific sexual activity. Crimes of sexual and relationship violence take place without someone's consent.
- ▶ **Sexual Assault**
 - Rape (except Statutory Rape): The carnal knowledge of a person, without the consent of the victim, including instances where the victim is incapable of giving consent because of his/her age or because of his/her temporary or permanent mental or physical incapacity
 - Sodomy: Oral or anal sexual intercourse with another person, without the consent of the victim, including instances where the victim is incapable of giving consent because of his/her age or because of his/her temporary or permanent mental or physical incapacity
 - Sexual Assault With An Object: To use an object or instrument to unlawfully penetrate, however slightly, the genital or anal opening of the body of another person, without the consent of the victim, including instances where the victim is incapable of giving consent because of his/her age or because of his/her temporary or permanent mental or physical incapacity
- ▶ **Domestic Violence:** "includes felony or misdemeanor crimes of violence committed by a current or former spouse or intimate partner of the victim, by a person with whom the victim shares a child in common, by a person who is cohabitating with or has cohabitated with the victim as a spouse or intimate partner, by a person similarly situated to a spouse of the victim under the domestic or family violence laws of the jurisdiction receiving grant monies, or by any other person against an adult or your victim who is protected from that person's acts under the domestic or family violence laws of the jurisdiction. 42 U.S.C. § 1392(a) (8)
- ▶ **Dating Violence:** "means violence committed by a person – (A) who is or has been in a social relationship of a romantic or intimate nature with the victim; and (b) where the existence of such a relationship shall be determined based on a consideration of the following factors: (i) the length of the relationship (ii) The type of relationship (iii) The frequency of interaction between the persons involved in the relationship." 42 U.S.C. § 1392(a)(10)
- ▶ **Stalking:** "means engaging in a course of conduct directed at a specific person that would cause a reasonable person to – (A) fear for his or her safety or the safety of others; or (B) suffer substantial emotional distress" 42 U.S.C. § 1392(a) (30)

Options for Bystander Intervention

When an incident of sexual or relationship violence is about to take place, bystanders can intervene simply and safely, often changing the outcome. Some positive ways to intervene include...

- ▶ Provide a distraction that interrupts an interaction
- ▶ Directly engage one or more of the involved parties
- ▶ Get police or other authorities involved
- ▶ Tell someone else and get help
- ▶ Ask someone in a potentially dangerous situation if he/she is okay and/or wants to leave
- ▶ Make sure he/she gets home safely
- ▶ Remind a potential perpetrator that incapacitated people can't give consent
- ▶ Help remove someone from the situation
- ▶ Provide options and a listening ear

Information on Risk Reduction

To protect yourself and others from incidents of sexual assault, dating violence, domestic violence and stalking, there are preventative measures you can take to reduce risk including:

- ▶ Trust your instincts
- ▶ Get out of the situation in any way possible
- ▶ Make your limits know early and often
- ▶ Say “NO” clearly and firmly
- ▶ Notice when your boundaries aren’t being respected
- ▶ Assert your right to have those boundaries respected
- ▶ Be “situationally aware” by taking note of your surrounding and who is present.
- ▶ Don’t be afraid to ask for help in situation where you don’t feel safe.
- ▶ Walk with others
- ▶ Lock doors and windows in your car and living space
- ▶ Look out for each other

Ongoing Prevention and Awareness Campaigns

Each spring VBC makes available a sexual assault seminar that raises awareness, promotes safety, and reduces risk.

Contact Information

- ▶ College Office: (540)785-5440
- ▶ Advising/Counseling: ext. 310 & ext. 318
- ▶ Dean of Students: ext. 322
- ▶ Title IX/Business Office: ext. 308