

Gauge Consent

Signs you Should Stop

- ◆ You're too intoxicated to gauge or give consent.
- ◆ Your partner is asleep or passed out.
- ◆ You hope your partner will say nothing and go with the flow.
- ◆ You intend to have sex by any means necessary.

Signs you Should Pause and Talk

- ◆ You're not sure what the other person wants.
- ◆ You feel like you are getting mixed signals.
- ◆ You have not talked about what you want to do.
- ◆ You assume that you will do the same thing as before.

Keep Communicating

- ◆ Partners come to a mutual decision about how far to go.
- ◆ Partners clearly express their comfort with the situation.
- ◆ You feel comfortable and safe stopping at any time.
- ◆ Partners are excited!

Consent is Sexy!

Consent is an active agreement between both people that is voluntary, sober, enthusiastic, creative, wanted, informed, mutual, honest, and is not coerced.

Consent is a process that must be asked for every step of the way and is never implied or assumed, even in the context of a relationship. Therefore the absence of a "no" does not mean "yes."

Party Smart Tips

Plan to do something at the party besides drinking alcohol, like dancing, socializing, or grabbing a bite to eat.

Go to the party with friends. Make a pact to watch out for each other and leave together. Also, select a designated driver before leaving for a party or gathering. Volunteer to be a Sober Sidekick!

Do not mix alcohol and prescription or non-prescription medications. Also avoid alcoholic drinks that include caffeine.

Observe the environment around you. Is it changing? Do you sense a dangerous situation? If so, move to where you feel more comfortable.

Never leave your drink unattended.

Know your limits. Be aware of how your height, weight, gender, and other factors influence your blood alcohol content.

Avoid drinking games, mixed drinks, "Jungle Juice" and other situations that promote high risk drinking.

Campus and Community Resources

Counseling and Health	607-746-4690
University Police	607-746-4700
Delhi Police Emergency Non Emergency	911 607-746-2249
Student Life Office Judicial Affairs	607-746-4440 607-746-4443
Residence Life Resident Assistant Offices	607-746-4630
Catskill Hall DuBois Hall Gery Hall Murphy Hall O'Connor Hall Riverview Townhouses Russell Hall	607-746-4852 607-746-4285 607-746-4295 607-746-4288 607-746-4291 607-832-4100 607-746-4290
Hazing Hotline	607-746-4562
O'Connor Hospital	607-746-0300
Safe Against Violence 24/7 Crisis Hotline	607-746-1720 607-746-6278

BroncoCHECK in Action

Like what BroncoCHECK stands for? Want to take a more active leadership role in your campus or community? Learn how to become a student leader through Student Life, Foreman Hall, Residence Life, The O'Connor Center for Community Engagement, SUNY Delhi Athletics, or Student Activities!

BroncoCHECK



- ✓ Meet the Check!
- ✓ Know the Check!
- ✓ Be the Check!

What is BroncoCHECK?

“A BroncoCHECK is an intentional decision that an individual or group makes to intervene in a situation that has the potential to be risky, dangerous, unhealthy, unjust, or an emergency.”

The BroncoCHECK program is designed to:

- ◆ Increase awareness and understanding of problematic and unjust behaviors
- ◆ Instill a sense of responsibility for helping to solve problems and support others
- ◆ Develop skills related to intervening in risky, dangerous, or unjust situation
- ◆ Empower people to act individually and collectively.

Creating a Healthy and Safe Community at SUNY Delhi

A **bystander** is anyone who is aware of or observes situations or interactions that could be risky or dangerous. Creating a community of proactive bystanders is integral to developing a healthy and safe environment at SUNY Delhi.

To schedule a BroncoCHECK session on a variety of topics, contact Counseling and Health Services in Foreman Hall at (607)746-4690.

Alcohol

Meet the Check

Alcohol is the most significant public health issue impacting college students today. Nationally, over 1,800 college students die from alcohol poisoning, alcohol-related accidents and fights, or alcohol-related motor vehicle crashes.

Additionally, college students face negative consequences related to physical and sexual violence, harassment, poor academic performance, legal, or campus consequences.

Each of these consequences, no matter how severe, has the potential to be prevented.

Know The Check

Make sure to know, and look out for the symptoms of alcohol poisoning:

- ◆ Passing Out
- ◆ Confusion
- ◆ Irregular Breathing
- ◆ Vomiting
- ◆ Seizures
- ◆ Pale Skin

If any of these symptoms are observed, take responsibility and get help.

Be The Check

Examples of a BroncoCHECK related to alcohol and alcohol poisoning include:

- ◆ Call 911 for anyone showing signs of alcohol poisoning.
- ◆ Have a Sober Sidekick
- ◆ Take the keys from someone who has been drinking and intends to drive.

Express concern for friends who are exhibiting problematic drinking behaviors.

Contact Counseling and Health at (607)746-4690

Conflict/Confrontation

Meet the Check

Confrontation can take on many forms, whether it is a domestic dispute, verbal altercation, cyber bullying, or physical violence.

Bullying and hazing take on many different forms; knowing the signs and resources can help someone in need.

At SUNY Delhi, Resident Assistants, Residence Directors, Counseling Staff and Judicial Staff are all available to assist with conflict mediation.

Know The Check

Conflicts and confrontations can be identified by the following:

- ◆ Raised voices
- ◆ Verbal Abuse
- ◆ Cyber stalking
- ◆ Chasing or stalking
- ◆ Physical violence

If any of these signs are observed, take responsibility and get help.

Be The Check

If a clearly dangerous or criminal situation is occurring, call 607-746-4700 for University Police if on campus or 911 if off campus.

If you observe a situation that could unfold into a serious event, call University Polices or seek a faculty/staff member to gain assistance.

If you feel comfortable doing so and it is safe to do so, approach the situation to see if you can help diffuse any tensions and create positive change.

Sexual Assault

Meet the Check

Sexual misconduct describes a continuum of behavior; unwanted touching to sexual assault and rape.

Researchers suggest that 1 in 4 college women will experience sexual assault during their college experience.

Sexual misconduct and assault can be prevented when bystanders speak out against sexist jokes and harassment and intervene in situations that have the potential to lead to sexual assault.

Know The Check

In most cases of sexual assault or rape, the victim knows the perpetrator.

Someone under the influence of alcohol or another substance **cannot** legally consent to sexual behaviors.

Consent is permission, freely given by word or action, by all participants to a sexual act.

Consent can be given by words or actions, as long as those words or actions create mutually understandable permission regarding the conditions of sexual activity.

A lack of consent constitutes sexual assault or rape.

Be The Check

Examples of a BroncoCHECK related to alcohol and sexual misconduct and assault include:

Speak out against sexist jokes and other comments that degrade women.

If you see a situation which looks like it may lead to sexual assault, draw attention to it.

Be an “Ultimate Wingman.” If your buddy is in a situation where they may be too intoxicated to make a responsible decision, step in and voice your concerns.

Talk to and mentor younger peers and children about respecting themselves, others, and the community.