

# ICAN Grant-Encouraging Healthy Choices among Trine University Students

1. DUI-A Powerful Lesson Presentation by Mark Sterner
2. Red Watch Band/Toxic Drinking Prevention Training
3. Choices program booklets from Change Companies

A close-up portrait of a man with short, dark hair, looking directly at the camera with a neutral expression. He is wearing a light-colored, vertically striped button-down shirt. The background is a solid, dark blue-grey color.

**MARK  
STERNER**

**DUI:**

**A POWERFUL LESSON©**

**Feb. 24 @ 6:30PM**  
**Fabiani Theater**

**ONE NIGHT CAN CHANGE IT ALL.**



Sterner leaves students with a real story that forces them to confront their own decisions. He puts real faces to the tragic consequences of impaired driving by showing videotape the friends made of their trip, ending just moments before the crash.

Sterner's presentation helps students realize that the simple choice they make — like drinking and driving — can cause an everlasting impact on their friends, families and themselves.

# Red Watch Band



# Training

## **WHEN**

**Thursday, Feb. 25**

**6:30pm**

## **WHERE**

**Best Hall 229**

**Learn how to identify warning signs, prevent toxic drinking deaths, and promote a student culture of kindness, responsibility, compassion, and respect.**

**YOU can help end alcohol overdose deaths!**



## Red Watch Band Program

**GOAL-**To insure that all students are provided with accurate information about the dangers of alcohol use and know when, where, and how to get help when every second counts.

**MISSION-** To provide students with the knowledge, awareness, and skills to prevent toxic drinking deaths and to promote a student culture of kindness, responsibility, compassion, and respect. Students will serve as mentors to prevent high-risk drinking situations.

Students who participate in CPR & Red Watch earn a Red Watch for completing both courses.

## Choices Participant Journals

Choices Participant Journals use interactive journaling to provide a brief, research-based, cost-effective and easy to implement method for helping students reevaluate their choices around alcohol. The program engages students in self-reflection and discussion about facts, risks and norms associated with alcohol while equipping them with the information, strategies and skills to make wise decisions. The approach emphasizes student safety combined with personal responsibility.

[www.changecompanies.net](http://www.changecompanies.net)