



**QUEEN'S  
UNIVERSITY  
BELFAST**

# **ALCOHOL EDUCATION INITIATIVE**

## **STUDENT WORKBOOK**



## Pro tanto quid retribuamus – For so much, what shall we give back? (Queen's Motto)

- **8,777** of our students are involved in **volunteering**, giving their time for others.
- **140** of our students volunteered in **homework clubs** across Belfast in 2024/25, with over **400 children** and young people availing of Homework Clubs support.
- Through the **Science Shop**, 270 students have completed **64 research projects** for community and voluntary sector organisations.
- **32%** of our young first degree entrants are from lower socioeconomic groups, which places us first amongst the UK's leading universities for **widening access**.
- Queen's is a lead UK university in tackling the unequal representation of women in science and engineering. Queen's holds a prestigious Athena SWAN Gold Award, along with 15 Departmental Awards (3 Gold, 6 Silver and 6 Bronze).
- Queen's work on issues of **diversity and inequality** in early childhood has been developed into a programme adopted and embedded in over 1,200 pre-school settings, involving more than **40,000 children**.
- Queen's University is in the top 206 universities in the world and is ranked 1st in the UK for **Agriculture and Forestry**.
- Queens currently has some **3,900 international students** from over 90 different countries.
- Every eight international Queen's undergraduates create £1m of economic impact, based on £129,000 spend per student throughout their studies.
- We have over **160,000 alumni** making a difference in 120 countries around the world.
- Queen's has to date made annual energy savings of 1.5m and over 6,000 tons of carbon emissions and aspires to become one of the top ten **environmental friendly** universities in the world.
- Queen's 42 **spin-out companies** have created over **3,500 jobs**.
- Queen's currently has over **25,000 students** with 58% female: 42% male student population. 16% of the Queen's student population are international students.





## How to successfully complete the Alcohol Education Initiative

### 1. In advance of the Workshop you must:

- Read Section 1 of this Workbook.

### 2. For the Workshop you must:

- Bring this Workbook;
- Turn up on time;
- Abide fully by the House Rules for the Workshop (see page 15).

### 3. After the Workshop you must:

- Complete an online questionnaire within five working days. This Workbook and the information provided during the Workshop will assist you in achieving the pass mark. Details of the questionnaire will be emailed to your Queen's/Colleges email address following the Workshop;
- Retain this Workbook for future reference and for successful completion of the questionnaire.

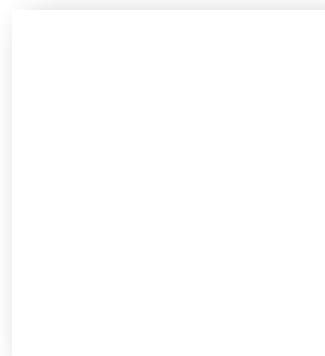
## Neighbourhood Engagement Team



**Ryan Rankin**  
Neighbourhood Engagement  
Officer



**Mie Palmer**  
Neighbourhood Engagement  
Support Officer (Maternity Cover)



**Andrew Robinson**  
Joint University and Colleges  
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To contact Neighbourhood Engagement: email [community@qub.ac.uk](mailto:community@qub.ac.uk) or phone 028 9097 3758.  
<http://go.qub.ac.uk/community> [@QUBEengagement](https://twitter.com/QUBEengagement)

## Foreword



Queen's University is committed to promoting a positive impact on society, locally and globally. As a student, you are part of Queen's and an ambassador for the University. Therefore you must treat our neighbours who live in the community surrounding the University with respect.

Our students greatly enrich the community: by giving their time through volunteering; sharing skills and knowledge through initiatives such as the Science Shop or Street Society; working to address global challenges through ground-breaking research; and developing the skills needed to fulfil vital roles in society.

The reputation of Queen's can sometimes be undermined when students of the University behave in a manner that negatively impacts on those who share our local community. Although often unintentional, antisocial behaviour impacts on the quality of life of your local neighbours and creates tensions between students and local residents, together we can work to ensure that this does not happen.

Alcohol can often be a major factor as it lowers inhibitions, impairs judgement, and makes people less likely to consider the consequences of their actions. We want you to enjoy your student experience, but we also want you to be safe and responsible.

The Alcohol Education Initiative has been established in consultation with the Students' Union to provide you with an opportunity to learn about and consider the impact of excessive alcohol consumption on yourself and others. This Workbook also provides information on extra-curricular activities that will enrich your student experience, enhance your career prospects and make a difference in the lives of others.

Your safety, health and future are of paramount importance to the University, we want you to have an excellent student experience that includes meeting new friends, socialising and taking new opportunities which will develop you both personally and professionally.

Therefore, respect your local neighbours, make a positive contribution to the place that you will live during your time as a student, and have an enjoyable time but do not be irresponsible or engage in damaging antisocial behaviour which could have consequences for your future.

Finally, be proud to be part of your University, we are proud of you.

**Ryan Feeney**  
Vice-President Governance and External Affairs and Registrar

## Student Union President



Here at Queen's Students' Union, we know that student life isn't just about getting your degree. It's about making friends, discovering new passions, developing skills, and having fun of course. We want every one of our students to have the best experience possible during their time here.

The Alcohol Education Initiative is a programme designed to help challenge our perceptions of alcohol use. We hope this initiative can help ensure that your wellbeing is at the core of your time at university, so that you can enjoy

every experience that student life has to offer. Your wellbeing is always our number one priority, which is why we are fully committed to taking a harm reduction approach to student drug and alcohol use.

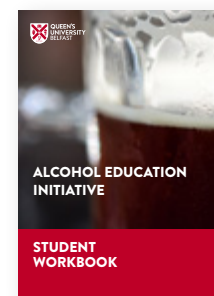
We're not here to judge, so don't hesitate to reach out to us if you need help or support. The University's Wellbeing team offers several services for students who would like advice and support around their alcohol or drug use. They hold regular drop-ins throughout the academic year dedicated to students with questions or concerns regarding their drug and alcohol use.

You can also contact SU advice; our free, independent and confidential advice service at [su.advice@qub.ac.uk](mailto:su.advice@qub.ac.uk) if you experience issues with disciplinaries, accommodation, academics, or finances.

You can also find contacts for your student representatives, including your Student Officer team, on [www.q-su.org](http://www.q-su.org). Speaking from personal experience, your time at Queen's is likely to pass by in the blink of an eye – let's make sure it's the best it can be! And, if you ever need anything, please just get in touch at [su.president@qub.ac.uk](mailto:su.president@qub.ac.uk)

**Amy Smith**  
Students' Union President

## Participant Feedback



We also wrote to all students who had completed the programme asking if anyone would like to share their story. Thank you to the student who sent in the following contribution.

### What I learned from the Alcohol Education Initiative – A Student Perspective

The Alcohol Education Initiative (AEI) really opened my eyes to the units of alcohol contained in each drink, and how few it takes to put yourself over the limit. Contrasting this with the amount many students, including myself, would consume between pre-drinks and a night out, it really hits home the damage you are doing to your body, and also the loss of control and potential impact on your mental health, education and community relations.

I ended up on the AEI program following a run-in with the police after a night out. It could have happened to anyone, but disturbing the local neighbourhood from singing too loudly and being unwilling to provide my personal details when asked could have led to a criminal record. That really scared me as it can restrict your travel and job opportunities, which is just not worth being thrown away on one night out.

I found the AEI so useful to me, not just in terms of making me realise the importance of looking after yourself and your future, but also in terms of respecting the local community you are living in, whether it be home or student accommodation. The noise levels after certain hours detrimentally impact families who may have work themselves and children to send out to school the next morning.

It has massively changed how I think and behave. I no longer drink to excess, for fear of ever leaving myself in the position where I am not in full control of my actions.

Student life at Queen's is so much more than this, with a wide range of extracurricular activities, including clubs and societies, opportunities through the Students' Union, and other programmes and events promoted throughout the year.

From drinking less, I found my mental health was better – just feeling better about myself and not suffering the lows that can follow excessive drinking, as alcohol is a depressant. It's easier not to drink when you really put your mind to it, and organise to socialise through other means. It is also often used as a way to escape from stress and worry, but the next day the stress is still there, and often more prevalent than before.

The University also provides help through counselling and other services if the stress and worry from your academic life, financial situation, or any other issue, is affecting you.

By all means enjoy University life, but it's important to realise how easy it is for alcohol to become too frequent and central to your weekly schedule, and how easy it can be for one night of excess drinking to mean you could lose all that you have been working towards.

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Section 1:  
Disciplinary Policies and Guidance

Section 1: Disciplinary Policies and Guidance

Responsibilities of Students

The General Regulations state:

5.6 Every person on signing up to officially become a student of the University makes the following undertaking:

‘I do hereby promise that I will conform to the Statutes of the University and to all Regulations, Rules and Policies, including the Student Charter.’

Prospective students should be aware of this obligation before deciding to accept the offer of a place.

In addition, the Student Charter states that students are expected to:

- *treat fellow students, University staff and visitors equally and respectfully regardless of gender, religion, community background, nationality, race/ethnic origin, disability, marital status, care of dependants, sexual orientation, or age;*
- *behave in a responsible manner on and off campus, and on social media and other forms of communication, and ensure that your actions do not have an adverse impact on the University’s reputation, its environment, your neighbours, the local community or those who work or study at the University;*

- *comply with the terms of all Statutes, Ordinances, Study Regulations, Conduct Regulations, policies, rules and requirements of the University including where applicable, immigration legislation and any professional standards and requirements which are applicable to your programme;*

Disciplinary Penalties

All cases are considered by a Conduct Officer. If the allegations are serious, and/ or are against a student with a disciplinary record, the case may be considered by the Conduct Committee. It should be noted that the Conduct Committee is required to consider whether the nature and severity of an offence warrants expulsion.

The standard penalties available to Conduct Officers and the Conduct Committee are set out in Table on the following page.

For further information and guidance on the Conduct Regulations, go to: <https://www.qub.ac.uk/directorates/AcademicStudentAffairs/AcademicAffairs/AppealsComplaintsandMisconduct/StudentConduct/>



Section 1: Disciplinary Policies and Guidance Cont’d

Table 1: Standard Penalties for Misconduct Offences

		Standard Penalty/Action	
	Offence	First Offence	Second Offence
1	Smoking or vaping in a non-designated area (outside).	Written Warning and Fine - £50	Written Warning and Fine - £100
2	Drinking alcohol in a prohibited area.	Written Warning and Fine - £50	Written Warning and Fine - £150
3	Smoking or vaping in a prohibited area (inside).	Written warning and Fine - £150	Referral to Conduct Committee under the misconduct offence of “Minor offence committed by a student with a Misconduct Record”
4	Burning incense or candles on University premises without appropriate authorisation.	Written warning and Fine - £150	Referral to Conduct Committee under the misconduct offence of “Minor offence committed by a student with a Misconduct Record”
5	Failure, without reasonable cause, to produce personal identification upon request.	Written Warning and Fine - £150	Written Warning and Fine - £250
6	Minor anti-social disturbance including off-campus noise disturbance.	Written Warning and Fine - £150	Written Warning and Fine - £250
7	Causing minor harm or threatening to cause minor harm to another person (e.g. slap, push) or making threats via social media or online platform.	Written Warning and Fine - £150	Written Warning and Fine - £250
8	Minor vandalism or malicious damage to property.	Written Warning and Fine - £150	Written Warning and Fine - £250
9	Disruption or obstruction of, or interference with, the functions, duties or activities of the University or any member of the University or authorised visitor of the University, whether on University premises or elsewhere.	Written Warning and Fine - £150	Written Warning and Fine - £250
10	Behaviour which interferes with the legitimate freedom of speech, ideas, actions or enquiry of any other student or member of staff.	Written Warning and Fine - £150	Written Warning and Fine - £250
11	Failure to engage with a misconduct procedure and/ or failure to comply with a penalty previously imposed under these regulations for a minor offence.	Written Warning and Fine - £150	Referral to Conduct Committee under the misconduct offence of “Failure to engage with the University’s misconduct procedure and/or failure to comply with a penalty previously imposed under the Conduct Regulations on more than one occasion.”
12	Breach of University Regulations or Policy and Procedures.	Written Warning and Fine - £150	Written Warning and Fine - £250
13	Misuse of learning materials, including online and recorded materials, provided to students by the University	Written Warning and Fine - £250	Referral to Conduct Committee under the misconduct offence of “Repeated or Serious/gross misuse of learning materials, including online and recorded materials, provided to students by the University”

Section 1: Disciplinary Policies and Guidance Cont'd

		Standard Penalty/Action	
	Offence	First Offence	Second Offence
14	Minor offence committed by a student with two or more previous minor misconduct offences	Written Warning and Fine - £350	Suspension
15	Taking property without the consent of the owner	Written Warning and Fine - £500	Expulsion
16	Major vandalism or malicious damage to property.	Written Warning and Fine - £500	Expulsion
17	Misuse of fire or other safety equipment.	Written Warning and Fine - £500	Expulsion or Exclusion from University Accommodation
18	Failure to engage with the University's misconduct procedure and/or failure to comply with a penalty previously imposed under the Conduct Regulations on more than one occasion.	Suspension	Expulsion
19	Behaviour which brings, or may bring, the name of the University into disrepute.	Suspension	Expulsion
20	Possession of an illegal substance or illegal possession of a controlled drug, or possession of any prescription drug which has not been prescribed directly to the student.	Suspension/exclusion from University accommodation	Expulsion
21	Production of, offer of, sale of or giving to any person, any illegal substance, controlled drug or prescription drug.	Expulsion	n/a
22	Abusive, threatening, intimidating, bullying or harassing behaviour whether in person or via social media or online platform.	Expulsion	n/a
23	Making false, frivolous, malicious, mischievous or vexatious allegations against another member of the University.	Suspension	Expulsion
24	Sexual misconduct, including attempted sexual misconduct.	Expulsion	n/a
25	Failure to disclose the required information to the Director of Academic and Student Affairs as required by regulation 6 of these Regulations.	Expulsion	n/a
26	Fabrication or falsification of evidence or information provided to the University.	Expulsion	n/a
27	Physical misconduct.	Suspension	Expulsion
28	Public disorder.	Expulsion	n/a
29	Repeated or serious/gross misuse of learning materials, including online and recorded materials, provided to students by the University.	Suspension	Expulsion
30	Failure to engage with an investigation into allegations of serious misconduct.	Suspension	Expulsion
31	Repeated or serious breach of interim measures	Suspension	Expulsion

Second misconduct offences listed at 14-17 and misconduct offences listed at 18-31 of table 1 will normally be referred to a Conduct Committee for consideration.

In addition to the above penalties, students will be required to pay for any loss or damage that resulted directly or indirectly from the student's misconduct.

The standard penalties listed are not maximum penalties and should be read in conjunction with regulations 8.1.3 and 9.2 of the Conduct Regulations which set out the penalties available to Conduct Officers, and to the Conduct Committee and Student Conduct Appeals Committee.

The standard penalty should be applied and deviation should only be made where the Conduct Officer, Conduct Committee or Student Conduct Appeals Committee can clearly evidence the rationale.

For further information and guidance on the Conduct Regulations, go to: <https://www.qub.ac.uk/directorates/AcademicStudentAffairs/AcademicAffairs/AppealsComplaintsandMisconduct/StudentConduct/>

Section 2:  
For Use During the Alcohol  
Education Workshop



Section 2: For Use During the Alcohol Education Workshop

Typical Alcoholic Intake Diary

Complete the table below by entering the type of alcoholic drink(s), the number and the glass size/amount that you consume each day in a typical week.

	Type of Drink(s)	No of Drinks	No of Units
Mon			
Tues			
Weds			
Thurs			
Fri			
Sat			
Sun			
		Total units per week	

Section 2: For Use During the Alcohol Education Workshop Cont'd

Alcohol Education Initiative

The Alcohol Education Initiative is a programme that consists of two elements: the Alcohol Education Workshop and a follow-up questionnaire to be completed online. Failure to complete BOTH elements successfully will mean that you have failed the programme. Failing the programme will lead to any penalty, or part of a penalty, that was set aside subject to successful completion of the Alcohol Education Initiative being imposed.

Please note that the fee for the Alcohol Education Initiative must be paid in advance of the Workshop, in accordance with the terms set out in the invitation to join the programme. Failure to respond to the invitation, or to pay the fee by the deadlines set out in the invitation, will mean that you will have lost the opportunity to take part in the programme. As a consequence, any penalty, or part of a penalty, that was set aside subject to successful completion of the Alcohol Education Initiative will be imposed.

1. Alcohol Education Workshop: House Rules

To successfully complete the Workshop, you must comply with all of the following House Rules. Failure to do so will lead to exclusion from the Workshop and will mean that you have failed the programme. This will lead to any penalty, or part of a penalty, that was set aside subject to successful completion of the Alcohol Education Initiative being imposed.

- You must arrive on time for the Workshop. If you arrive late you will be excluded.
- You will be asked to show photographic I.D. If there is any doubt about your identity you will be asked to leave.
- The Workshop will last approximately three hours, and you must complete the full Workshop. There will be a short break.
- Mobile phones must be switched off.
- You must follow any reasonable instructions/requests from the Workshop facilitator.
- You must participate/contribute within the sessions.
- You must respect and keep confidences shared in the Workshop.
- Anything likely to offend others during the Workshop, in terms of provocative language or behaviour, is not permitted.
- You must not turn up for the Workshop under the influence of alcohol or drugs, or consume alcohol or drugs during the Workshop, including break times.
- Smoking is not permitted during the Workshop.

You will be required to sign a copy of the House Rules at the start of the Workshop.

2. Follow-up Questionnaire

Following the Workshop, you will receive an email containing instructions for completion of an online questionnaire. To successfully complete the questionnaire, you must achieve the pass-mark set out in the email by the stated deadline. There is no limit to the number of attempts you can make to achieve a pass mark prior to the deadline. **Failure to achieve a pass mark will mean that you have failed the programme, and will lead to any penalty, or part of a penalty, that was set aside subject to successful completion of the Alcohol Education Initiative being imposed.**



Section 2: For Use During the Alcohol Education Workshop Cont'd

Introductions

All students participating in this programme have been found to have committed a disciplinary offence, and have admitted that alcohol played a part in the incident(s). It is helpful for participants to outline (in broad terms) what happened to them.

1. What was the nature of the complaint you received?

2. What have been some of the personal consequences for you?

Section 2: For Use During the Alcohol Education Workshop Cont'd

3. What have you learned from the experience about living in the community?

Section 2: For Use During the Alcohol Education Workshop Cont'd

What do You Know About Alcohol?

(Choose one answer only per question)

1. Beer makes you drunk because of:

- ☐ A. the hops
- ☐ B. the gas
- ☐ C. the alcohol
- ☐ D. the yeast

2. One pint of premium strength beer at 5.0% has as much alcohol as:

- ☐ A. one small glass of wine 125ml
- ☐ B. one double whisky 2 x 35ml
- ☐ C. one single Vodka 35ml
- ☐ D. two pints of cider

3. What can speed up the effect of drink on you?

- ☐ A. an empty stomach
- ☐ B. gulping the drink rather than sipping it
- ☐ C. fizziness in the drink
- ☐ D. all of these

4. Alcohol travels in the body by:

- ☐ A. the blood
- ☐ B. the nervous system
- ☐ C. the urine
- ☐ D. the digestive juices
- ☐ E. don't know

5. How many units are in a 700ml bottle of 37.5% vodka?

- ☐ A. 10 units
- ☐ B. 13 units
- ☐ C. 26 units
- ☐ D. 37 units

6. Which statement is true? Alcohol makes reaction times:

- ☐ A. quicker
- ☐ B. slower
- ☐ C. no change

7. Alcohol is broken down by:

- ☐ A. the liver
- ☐ B. the kidneys
- ☐ C. the stomach
- ☐ D. all of these

8. Alcohol is:

- ☐ A. a stimulant drug
- ☐ B. a depressant drug
- ☐ C. not a drug
- ☐ D. a non-toxic beverage

9. Which statement is true? Drinking alcohol after taking drugs:

- ☐ A. increases the effect of alcohol
- ☐ B. makes no difference
- ☐ C. reduces the effect of alcohol

10. Alcohol begins to affect the brain:

- ☐ A. the moment it is swallowed
- ☐ B. within five minutes
- ☐ C. after twenty minutes
- ☐ D. only after several drinks

11. You drink a pint of 4.0% beer. How long is it before the alcohol in it is completely broken down by the body and will no longer affect you?

- ☐ A. about half an hour
- ☐ B. 2-3 hours
- ☐ C. 4-5 hours
- ☐ D. it depends how regular a drinker you are

12. Which of these is an effective way of removing alcohol and sobering up?

- ☐ A. a cup of strong coffee
- ☐ B. making yourself sick
- ☐ C. fresh air or a cold shower
- ☐ D. none of these
- ☐ E. paying for a round

Section 2: For Use During the Alcohol Education Workshop Cont'd

13. Once inside the body, alcohol affects:

- ☐ A. the bladder
- ☐ B. the brain
- ☐ C. the stomach
- ☐ D. all parts of the body

14. How many units are in a 750ml bottle of 12% wine?

- ☐ A. 7 units
- ☐ B. 8 units
- ☐ C. 9 units
- ☐ D. 10 units

15. The number of working days lost per year through heavy drinking in the UK is approximately:

- ☐ A. 2 million days
- ☐ B. 7 million days
- ☐ C. 12 million days
- ☐ D. 17 million days

16. "One Unit" is the amount of alcohol in:

- ☐ A. half pint of beer (3.5%)
- ☐ B. double whisky
- ☐ C. 1 pint of lager (4.0%)
- ☐ D. don't know

17. If a heavy drinker and an occasional drinker both drank three pints of beer, which answer would be correct?

- ☐ A. the heavy drinker would be less affected
- ☐ B. the heavy drinker would be more affected
- ☐ C. they would be equally affected but the occasional drinker would seem more drunk
- ☐ D. they would be equally affected but the heavy drinker would seem more drunk
- ☐ E. don't know

18. How many units are there in 1 pint of Stella Lager?

- ☐ A. 1 unit
- ☐ B. 1.5 units
- ☐ C. 2 units
- ☐ D. 2.5 units
- ☐ E. 3 units

19. For health reasons, what would your Doctor recommend as the maximum low risk number of units for an individual to consume per week?

- ☐ A. 14 units
- ☐ B. 21 units
- ☐ C. 28 units
- ☐ D. 35 units

20. Drinking too much over a period of time can seriously affect:

- ☐ A. your brain
- ☐ B. your liver
- ☐ C. your stomach
- ☐ D. all of these

And finally, your score

\_\_\_\_\_/20



## Section 2: For Use During the Alcohol Education Workshop Cont'd

## The Calculation Process

$$\frac{\text{Units} = \text{Volume (ml)} \times \text{Strength (\%)}}{1000}$$

## Notes

[illegible]

## Section 2: For Use During the Alcohol Education Workshop Cont'd

## The Impact of Binge Drinking on Emergency Services

**Aisling Diamond, A&E Consultant**



I have been a Consultant in emergency medicine for 15 years, having trained in the U.K. and Australia. I currently work in a local Accident and Emergency Department and also in outreach at outdoor events.

Working in a busy A&E can be both rewarding and challenging and juggling the needs of a wide variety of patients and the public is not always easy.

An increase in people attending after drinking alcohol or taking drugs presents particular challenges. As well as clogging up an already busy A&E, staff are often diverted from caring for people who are seriously unwell to deal with disruptive behaviour by people who are intoxicated.

I strongly believe that my work should be about dealing with critical situations such as resuscitating a new born baby, supporting an elderly patient in their final hours, or dealing with people with life threatening injuries from a road traffic incident. Instead my time has so often been taken up dealing with people who have just had too much to drink.

## The Alcohol Recovery Centre

My experience of working nightly in A&E moved me to get involved in setting up the Alcohol Recovery Centre (ARC), which is a partnership between Health and Social Care Trusts, Northern Ireland Ambulance Service, the Police Service Northern Ireland and voluntary sector agencies.

The ARC is an outreach service led by professionals from emergency departments, and delivered at outdoor events and weekend evenings, which allows people who are intoxicated to be treated and supported to recover in a specially designed unit, only being transferred to emergency departments if needed.

The ARC has made a very positive impact on emergency services with significantly reduced attendances of intoxicated people in local emergency departments, freeing up staff time and emergency department space, and enabling ambulances to focus on responding quickly to other incidents across the city.

While people who are intoxicated do not always need to be treated in A&E, alcohol can be extremely dangerous, and has been a trigger for many deaths, including celebrities such as Whitney Houston, so the involvement of medical professionals in the ARC is essential.

My message to you when heading for a night out is to please think about the impact of binge drinking both on your own health and safety, and on the staff and patients in hospitals whose care can be disrupted by the behaviour of drunk people.



Section 2: For Use During the Alcohol Awareness Workshop Cont'd

Health

Work down the body listing the short term and long term impact

Short Term

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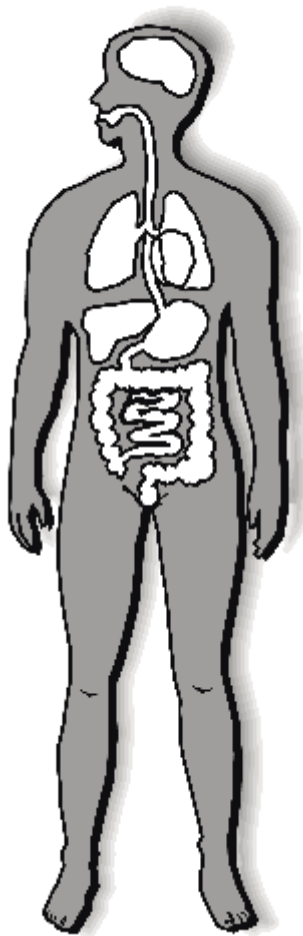
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Long Term

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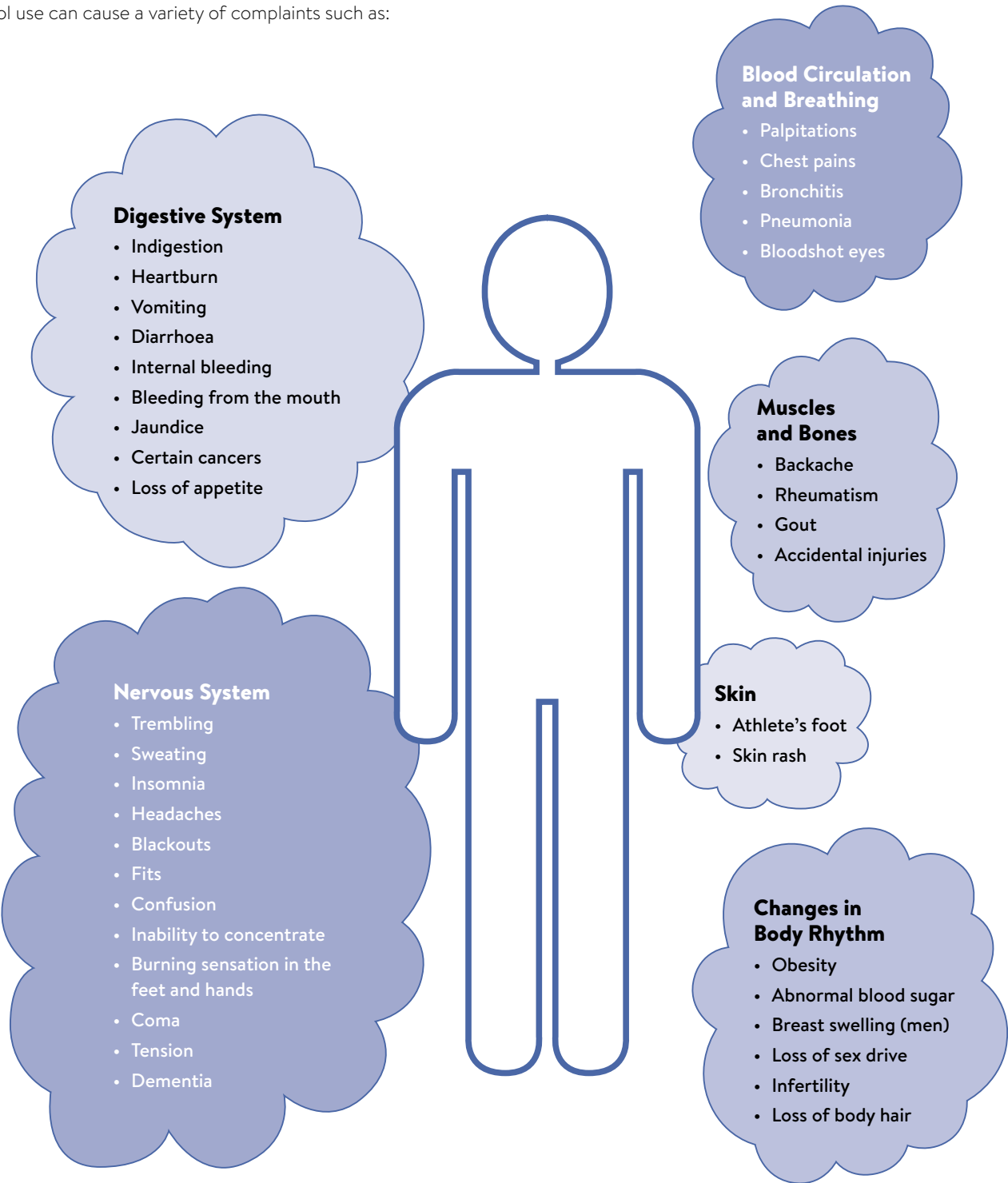
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Section 2: For Use During the Alcohol Education Workshop Cont'd

Physical effects of alcohol

Alcohol use can cause a variety of complaints such as:





Section 2: For Use During the Alcohol Awareness Workshop Cont'd

Units Reminder

Remember! The volumes mentioned are standard pub measures; if drinking at home the volumes will be much higher.

Spirits

Whiskey, Brandy 40%	U.K. Units
Vodka, Bacardi & Gin 37.5%	
Jägermeister, Morgan’s Spiced Rum and Southern Comfort 35%	
<b>Sold in:</b>	
(Based on 40% spirits)	
1 litre,	40 Units
700ml,	28 Units
350 ML bottles.	14 Units
Pub measure of spirits 35 ml.	1.4 Units
Cocktails generally contain 50 ml of mixed spirits:	2 Units



Wines

Red, White & Rose ranges from 9–15 %	
<b>Sold in:</b>	
750 MI (75cl) Bottles @ 12%	9 Units
187.5 MI (1/4 bottle @ 12%)	2.3 Units
By the Glass:	
250 MI @ 12%	3 Units
175 MI @ 12%	2.1 Units
125 MI @ 12%	1.5 Units
Remember to recalculate for a higher %	
<b>Buckfast</b>	
750 MI @ 15%	11.25 Units
350 MI @ 15%	5.5 Units



Beer

<b>Pints</b>	
568 MI @ 4% (Standard) Harp, Carlsberg, Guinness	2.5 Units
568 MI @ 5% (Premium Lager) Stella, Becks, Bud.	3 Units
330 MI Bottles @ 5 %	1.7 Units
440 MI Cans @ 5%	2.2 Units

Calculate your units as follows:

**Volume X%**  
**1000 = U.K. Units**



Section 2: For Use During the Alcohol Education Workshop Cont'd

Scenarios

In your group read the scenario below and decide how the scenario ended. (Remember these are real, they actually happened.)

1. Scenario 1 - Picking up a Poster Girl

A group of three students left Laverty’s night club to walk back to Agincourt Avenue. On the way home they passed a Hairdressers shop and took a shine to the promotional board with a life size photo of a female model on it.

They managed to remove the board from the wall and carried it off down the street joking and passing it between them as if they had picked her up for the night.

As they entered Agincourt Avenue they fell into the headlights of a Police patrol land rover and were stopped with the board.

Names and addresses were taken and the students were cautioned for the offence of theft and criminal damage. The students, although they had drink taken, co-operated with the patrol and confirmed their identities, and were left to go home. They believed that was the end of the matter.

The board was taken off them and returned to the owner of the salon the next day.

2. Scenario 2 - Girl in a Taxi

A Fresher joined a new group of housemates and headed out for the night to the Botanic Inn. They had had pre-drinks and she was “well on” before they hit the “Bot”. During the night she left the company of the house mates and at closing time found herself on her own outside the Botanic Inn in a large crowd. She started to walk home, but was “called over” by a guy she had met once before. He offered to share a taxi back to the Holylands where she was staying.

When they approached the Spar on Rugby Ave, the Taxi slowed to a stop and the male jumped out and made off without paying for the fare. The girl was held by the Taxi driver and was unable to get out because she was so heavily intoxicated. She had no money and couldn’t remember the house number she had just moved into that day!

She argued with the driver and the police came over to sort out the argument. Unfortunately she continued to argue with the Police patrol and in spite of appeals to calm down and sort the £4 fare out she would not settle. Other students became involved at the request of the PSNI to see if she could be calmed and the house identified.

3. Scenario 3 - Holyland house party!

A group of students decided to have another night-in drinking and generally messing around their house in the Holylands. Much drink was taken and boredom set –in. Horse-play ensued and they started to wrestle with each other, and became more and more physical. A couple of pieces of furniture were damaged at first, then, as things developed, they broke more of the furniture up including, for reasons best known to themselves, the beds, wardrobes etc. They then decided to post the debris out the bedroom window into the alley! The stud walls were also the focus of attention and they made an opening between the upstairs rooms by putting fists and boots through the walls.

The PSNI were called (due to the noise, residents had believed that a fight and serious assault was in progress). A Public Order unit arrived and made a forced entry to the house, breaking through three locked doors. They calmed down the situation and the Landlord’s agent was called to see the damage. As it was private property the option was left for him to contact the owner to make a formal complaint if they wanted.

Section 2: For Use During the Alcohol Awareness Workshop Cont'd

Consequences

Please answer the following questions;

1. What would have happened if you had not been allowed to attend this course?
2. How could your academic future be affected by your actions?
3. How can a criminal conviction affect your future?
4. What would you do differently next time?
5. Do you hold yourself or someone else responsible for the situation you have found yourself in?

Section 2: For Use During the Alcohol Education Workshop Cont'd

Community Impact

How we interact with our neighbours also makes a huge impact on the local community.  
Please answer the following questions.

1. Who are your neighbours? Who else lives in the local community?
2. How could your actions impact on others living in the community?
3. How can you make a positive contribution to the local neighbourhood?



## Section 2: For Use During the Alcohol Education Workshop Cont'd

### ANSWERS: Health & Physical Effects (p21)


#### Short Term

Brain shrinkage causing general motor and sensory impairment. Difficulty in abstract thinking, concentration, problem solving and impairment of memory for recent events. Blackouts.

Increased risk of cancer of the mouth, throat and oesophagus.

Liver becomes enlarged with fat deposits and may become inflamed causing alcoholic hepatitis. Continued drinking causes liver cirrhosis, or severely damaged liver tissue, which will be replaced by new tissue further enlarging the liver. Ultimately the liver becomes unable to perform its metabolic function and goes into failure. Decrease in tolerance of alcohol occurs with the degeneration of the liver. Chronic excessive drinking may cause primary liver cancer or hepatoma.

Tremulous hands. Tingling numbness and loss of sensation in fingers (peripheral neuritis).

 Men: Impotence, shrinkage of the testicles, loss of male characteristics and possible feminisation in the development of breast tissue. Reduced fertility.

#### Long Term

Aggressive, irrational behaviour. Arguments, violence, anxiety, depression, neuroses, phobias and hallucinations.

Oesophageal varices occur as a result of increased pressure of the portal veins. Causes localised varicose veins; these may rupture, resulting in haemorrhage (often fatal).


Reduced resistance to lung infection, colds, pneumonia and TB.

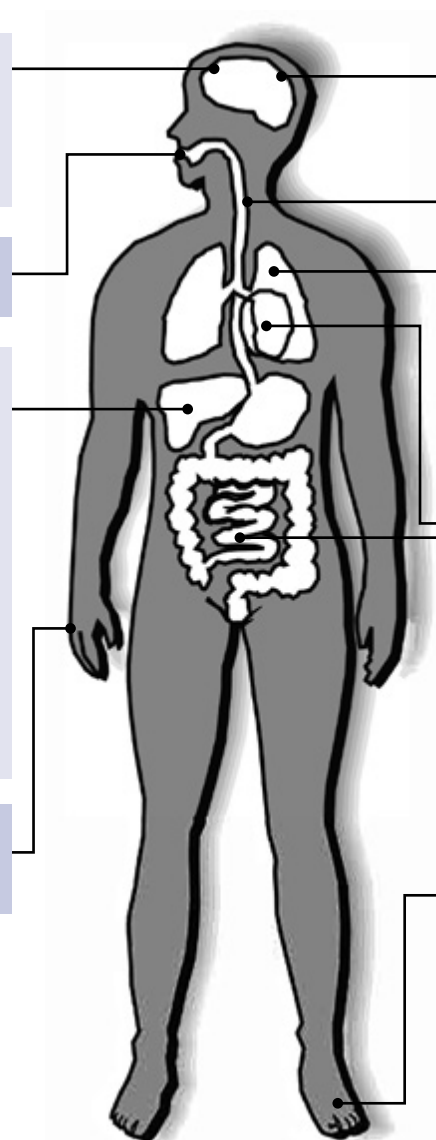
Fat deposited in the heart muscle, impairing its function (alcoholic cardiomyopathy) precipitating heart attacks.

Chronic gastritis, stomach or duodenal ulcer, vomiting, diarrhoea, malnutrition.

Inflammation of intestine wall inhibits absorption of vitamins and iron causing vitamin deficiency and anaemia.

Numbness and tingling in toes (peripheral neuritis).

 Women: Excessive drinking during pregnancy increases risk of impairing normal foetal development. Reduced fertility.



## Section 2: For Use During the Alcohol Education Workshop Cont'd

### Alcohol and Drugs Information and Support

**www.addictionni.com** – Local charity providing treatment and support for people who are dependent on alcohol or drugs. Website includes an online self-assessment tool. Also offers volunteering opportunities.

**www.alcoholandyouni.com** – Local initiative aimed at people who would like to learn more about alcohol and its impacts, or have been impacted by someone else's drinking. Includes an online screening tool, drinks tracker, drinks diary and lots of online info.

**www.ascert.biz** – Local charity providing services that address the impact of alcohol and drugs related issues that affect people's lives. Info on their site includes impacts of drugs and alcohol, a downloadable Drugs and Alcohol mobile phone app (created with Queen's and the Public Health Agency, see p48), and the 'Know your drinking levels' online measuring tool.

**www.carlislehouse.org** – A residential substance use residential treatment centre situated near the centre of Belfast that aims to provide a safe and therapeutic space for individuals who have substance use difficulties.

**www.daisy.uk.net** – DAISY is a service for young people up to the age of 21 who need confidential advice and help for alcohol or drug use.

**www.drinkaware.co.uk** – Online alcohol information, including tips on cutting down and an online unit calculator. Free mobile phone app which can track your alcohol consumption, calculate units and calories and set goals to help moderate your drinking. Downloadable factsheets, flyers, posters and workshop materials.

**www.lifelinehelpline.info** – Northern Ireland crisis response helpline service for people who are experiencing distress or despair. Call 0808 808 8000. Lifeline counsellors are available 24 hours a day, seven days a week to listen and help, in confidence.

**www.sosbusni.com** – SOS NI works on the streets of Belfast, particularly late at night on weekends, to unconditionally help vulnerable people in their time of need. Also offers volunteering opportunities.

**www.talktofrank.com** – Online drugs information including Drugs A-Z, dealing with peer group pressure, legal highs and emergency response advice. Advice available online, by text, email and phone.

**www.drugwise.org.uk** – Drugwise provides information about drugs including a Drug Encyclopaedia and Drug FAQ with information on addiction, impact of drug use, available treatment, and the legal side of drug use.

**www.alcoholchange.org.uk** – Alcohol Change UK is a British charity and campaign group founded in 1984 whose aim is to reduce the harm caused by alcohol.

<https://www.drinklessalcohol.com/>



# Section 3: Citizenship

## Section 3: Citizenship

### Introduction

If you're fortunate enough to live in the heart of South Belfast, it is a great way to experience the diversity of the community. Here, residents from a variety of backgrounds, ages and ethnicities come together and share all the excitement South Belfast has to offer. As a student at Queen's, you are one of these residents and therefore an ambassador for local, national, and international society. This also encompasses the idea of being a global citizen; one who listens, understands, helps out, and above all else, shows respect towards others. These are behaviours closely connected with the University's Core Values of Connectivity, Excellence, Respect, Ambition and Integrity.



Fortunately, there are many ways to engage with your local community. There are numerous community organisations out there who seek to provide volunteering opportunities to local residents and students. Giving back to your community is a rewarding step we can all take towards being a good citizen while also enabling you to network and build strong friendships with your peers.

Each year, your Students' Union witnesses some of the most inspiring cases of students who go above and beyond what is expected of them. These are students who give up their time, share their talents, or simply carry out random acts of kindness – all because they understand that we are all humans who live together as part of a community.

We all have a shared interest in making our world a better place for everyone. Whether you engage with volunteering opportunities through SU Volunteer, or extra-curricular activities such as SU Clubs & Societies, it's a fantastic way to complement your studies. We guarantee there'll be something out there for everyone.

**This is your community. Make sure it's one you can be proud of.**

Your Students' Union





## Section 3: Citizenship Cont'd

### How to get a criminal record in the Holylands. A resident's perspective and action.

On Saturday evening I was settling down to watch a key football premiership match. As I picked up my TV remote control heard a noise from a group of males in the street outside. I glanced out of the window and saw one of them kick off the wing mirror of a parked car.

Wearily I put down the remote and picked up my phone and went outside. I saw the car had been damaged so I followed the group as they made their way along Fitzroy Avenue.

On College Green the same individual kicked off the wing mirror of a little red car. I was on the phone to the police when one of the group spotted me. They also saw a free taxi at the Botanic Avenue junction.

Three got into the taxi and called the fourth to hurry up and get in. As the taxi moved off it seemed they would get away but thirty seconds later a police car arrived. I told the police about the taxi and they gave chase. I then followed up behind the Police.

When I arrived at Shaftsbury Square two police cars had boxed in the taxi. Three males were talking to the police and the fourth, the one who had damaged the cars, was resisting arrest.

As it took three police officers to subdue him he was arrested for resisting police, causing criminal damage and being drunk and disorderly.

Instead of a nice evening on the town this individual had to spend the night in the custody suite at Musgrave police station (worst nightclub ever). I asked one of his friends why they hadn't stopped him and he lamely replied he'd tried.

In the Holylands a considerable amount of criminal damage is caused by visiting "friends and acquaintances" who believe there will be no consequences. This is a mistake. Getting a criminal record is a very big mistake, and certainly has consequences.

**Signed: A Holylands' resident**



**Outcome: The PSNI Neighbourhood confirmed this resulted in arrest and conviction for Criminal Damage of a non-student.**

## Section 3: Citizenship Cont'd



### SU Volunteer

What better way to bring about positive change in your community than through volunteering which gives you back so much in return? It's an opportunity to develop new skills, improve your confidence, meet new people, support your mental wellbeing, enjoy new experiences and enhance your employability.

SU Volunteer has a network of over 500 organisations that welcome volunteers and we can match you to your perfect role based on your interests and skills. If you know you want to do something but you're not quite sure what, never fear, we will be able to provide you with a range of volunteering options and just know something will spark your interest.

SU Volunteer supports you, whether you're a seasoned volunteer or looking for your first role. From, volunteering fairs for those just starting out or looking for something new, to training sessions and expert Q&As for those more experienced in volunteering, we ensure you can build the networks, skills and confidence you need to progress in your voluntary role and enhance your employability skills.

Alternatively, if you have got a charitable or voluntary idea of your own, we can provide you with the guidance you need to set up and structure your project for maximum impact. We can also introduce you to key contacts that can help your project succeed.

Have a look at the latest opportunities:  
**<http://www.q-su.org/volunteer/opportunities/LocalOpportunities>**

Or sign up to our monthly newsletter, jam packed with the latest volunteering opportunities on offer:

**<http://go.qub.ac.uk/qsu-volunteer-newsletter>**

Asides from external opportunities, we run our own programmes:

### Homework Clubs

Volunteering with Homework Clubs gives you the chance to provide homework support to local children and young people living in areas of educational underachievement, to improve their study skills, build confidence and raise their future aspirations.

Recruitment open at the beginning of Semester 1 and Semester 2:  
**<http://www.q-su.org/volunteer/opportunities/HomeworkClubs>**

### Handy Helpers

This is a unique initiative which enables you to take part in a wide range of one-off volunteering opportunities in the local community without making a regular commitment. You can pick and choose what activities you want to participate in based on your interests and availability. Past projects have included bird house making, archiving historical records, sorting donations to be distributed to those in need, painting and planting to enrich local physical locations.

Registration open throughout Semester time:

**<http://www.q-su.org/volunteer/opportunities/HandyHelpers>**

### Get Rewarded

You can also ensure your volunteering is recognised through Prestige certificates, evidencing 50, 100 and 200 hours of volunteering. Volunteering can also lead to the Future Ready Award which is an employability award that allows you to gain formal recognition and a certificate for the extracurricular experience (including volunteering) you gain during your time at Queen's. Remember – 73% of employers would employ a candidate with volunteering experience over one without.

Find out more here: <http://www.q-su.org/volunteer/get-rewarded/PrestigeAwards>

Just drop us a line on:  
**[su.volunteer@qub.ac.uk](mailto:su.volunteer@qub.ac.uk)** or visit  
**<https://q-su.org/volunteer>**  
to find out more.





Full-Time Student Officer Team: **Eli**, Undergraduate Education; **Róisín**, Activities & Engagement, **Mórrigan**, Accessible Education; **Amy**, Union President; **Nadine**, Postgraduate Education; **Jack**, Welfare & Community.

## Section 3: Citizenship Cont'd



The Students' Union is led by students for students, alongside a team of staff who are here for you.

Every year, a team of Full-Time Student Officers is elected by the student body to: represent the 25,000+ students at Queen's; organise campaigns to make the changes you want happen; and lead the Union on your behalf.

We also offer services and support such as SU Advice, SU Clubs & Societies, SU Enterprise, SU Volunteer and SU Voice. Plus, we've a Union Shop, Union Bar, bookable rooms and loads of areas where you can relax and meet up with friends.

To make sure that the views of all our students are heard and that we're as representative as possible we also have further representative roles that you can run for each year. These include Faculty, School and Course Rep, Student Councillor and Student Association Chair positions.

Becoming a Student Rep is a really rewarding leadership role. You'll make a huge impact at Queen's, improve the experience of your friends and fellow students, meet loads of new people, get lots of training, learn new skills and even be rewarded with Future Ready Awards. Make sure to keep an eye out for when nominations take place in January and October each year.

Find out more about the Union at [www.q-su.org](http://www.q-su.org) and keep up to date by following us on:

**Facebook:** QueensStudentsUnion

**Instagram:** QueensStudentsUnion

**TikTok:** QueensStudentsUnion

**LinkedIn:** queens-students-union

Section 3: Citizenship Cont'd

Students' Union Student Officers

The Student Officers are here to help and represent you (and the other 25,000+ students at Queen's), organise campaigns to make the changes you want happen and lead the Union on your behalf.

Union President  
su.president@qub.ac.uk

President

- Represents students' views to the University, community, and beyond
- Oversees the activities of the Union, sets priorities, and manages campaigns
- Leads the Student Officer team and drives impactful change

Student Officer  
Undergraduate Education  
su.ugeducation@qub.ac.uk

Student Officer Undergraduate Education

- Advocates for the academic interests of undergraduates
- Works with student reps to ensure that undergraduates have a say in their education
- Collaborates with University leaders on ways to help undergraduates thrive academically

Student Officer  
Postgraduate Education  
su.pgeducation@qub.ac.uk

Student Officer Postgraduate Education

- Advocates for the academic interests of postgraduates
- Works with student reps to ensure that postgraduates have a say in their education
- Collaborates with University leaders on ways to help postgraduates thrive academically

Student Officer  
Activities & Engagement  
su.activities@qub.ac.uk

Student Officer Activities & Engagement

- Identifies and organises Students' Union campaigns
- Advises and supports students in relation to campaigns
- Seeks to create a campaigning spirit and develop a sense of community at Queen's
- Strives to engage students with the Students' Union, including clubs and societies, enterprise, employability and volunteering

Student Officer  
Accessible Education  
su.accesseducation@qub.ac.uk

Student Officer Accessible Education

- Advocates for the academic interests of all students, with a focus on groups that are underrepresented or disadvantaged
- Collaborates with University leaders on ways to help all students thrive academically
- Campaigns to improve education for all

Student Officer  
Welfare & Community  
su.welfare@qub.ac.uk

Student Officer Welfare & Community

- Represents students' interests in key areas such as housing, safety, financial support, mental health, and wellbeing
- Advocates for students within the local community
- Drives meaningful campaigns and initiatives that enhance student wellbeing

Section 4:  
Employability



## Section 4: Employability



### SU ENTERPRISE

Start or grow your own business with SU Enterprise.

SU Enterprise is a team based in the Students' Union that is here to support you in exploring entrepreneurship and learning more about business or freelancing.

Whether you are just beginning to explore ideas for your own business, or you have already started up, our 1-2-1s can help guide you when it comes to funding, professional networks, and growing your business or side hustle.

We can help you:

#### Brainstorm ideas

We will help you develop a new business idea or talk through one you already have. We can be a sounding board that will give you impartial advice. We can point you in the direction of industry-specific mentors to give you expert insights and guide you in the right direction.

#### With Business Planning

We can guide you when it comes to planning the future of your business, whether that's when it comes to strategy, finances, or partnerships. While business plans can often change in the early days, organising your ideas and putting your plans on paper can be useful for staying accountable and accessing support.

### Find Support

We can pinpoint organisations and mentors to help you with your specific needs. Maybe you want help researching your preferred industry, competitors, or target audience. You might want to find out how you can get a prototype of your product created. We work with a range of professionals in various industries who are happy to have a chat with you about your business.

### Access Free Office Space

We have a dedicated co-working space in the Students' Union for student and graduate entrepreneurs to work on their business. Not only is it free to use, but you'll also have the chance to meet and network with other entrepreneurs also working on their businesses. This is great for making contacts, sharing advice, and bouncing ideas off others in the same position as you.

### Take part in Events, Competitions, and Programmes

There are tonnes of events, funding competitions, and programmes for new entrepreneurs throughout Northern Ireland and beyond. Whether run by us in the Students' Union or by external organisations outside of the University, we can point you towards relevant opportunities and help you with applications.

We have supported hundreds of students just like you. Whether you are an undergrad, postgrad, part-time or mature student, we can arm you with all the skills and experience you need!

If you have any questions or would like to meet our SU Enterprise experts, just get in touch. We're happy to help!

You can find our contact details and further information at [q-su.org/enterprise](http://q-su.org/enterprise)

## Section 4: Employability Cont'd

### Social Media Policy for Students

As a student at Queen's, you are required to adhere to the Social Media Policy when posting or sharing comments or content online. The aim of the policy is to help you use social media in a way that is professional, ethical and legal. Careless use of social media could damage your reputation and employment prospects and result in disciplinary action or legal proceedings, so make sure that you check out **and adhere to** the Policy and the accompanying Social Media Guide for Students at: <http://go.qub.ac.uk/social-media-students>

### Managing Your Online Reputation. What does your online behaviour say about you?

Every time you share information, photos or videos on sites like Facebook, Twitter or Instagram, TikTok, Weibo and Douyin you are contributing to the image of you that is portrayed online. Whilst some social media sites offer privacy settings, information

posted to these sites can still be easily shared and often becomes public. Anyone, including family, friends and potential employers, can find this information and may use it to make judgements about you.

### How can you protect your online reputation?

Take some time to consider how your online behaviour could reflect on your reputation.

#### Think before you share

- Before posting comments, images or videos online, think carefully about whether they could have a negative impact on your reputation – now or in the future.
- Regardless of your privacy settings, assume anything you put online may become public. Would you publish it in a national newspaper?
- Don't be tempted to post into group chats and public platforms as they get picked up and reposted or often referred to universities.

### Connect with respect

- Don't post anything online that could cause others offence or embarrassment.
- Respect the privacy of others and ask for permission before sharing images of them.
- Don't show support for offensive views by liking or sharing them.

### Clean up your 'digital dirt'

- Remove any offensive comments or references to anti-social behaviour or illegal activities from online profiles.
- Review photos or updates that you've been tagged in.
- If someone posts something that could reflect negatively on you, send a polite request asking them to remove it.

For more advice on managing your online reputation, visit <https://www.youtube.com/watch?v=Y9o59u3bLjg>





Section 4: Employability Cont'd



Careers, Employability and Skills

Whether you are in your first year at Queen’s or about to graduate and embark on employment or further study, CES has a wide range of services and programmes to help you Go Further. Our dedicated Careers Consultants and support staff are here to help and support you to explore your options, identify opportunities, prepare by developing relevant skills or apply for that dream job, course or internship.

We provide a full range of services and programmes to help you improve your employability including:-

Services

- MyFuture – your personalised Career Management System
- Career mentoring, planning and one-to-one guidance
- Employer presentations and workshops
- CVs, making applications and interviews
- International exchange, study and work abroad
- Personal Development Planning (PDP)
- Information resources
- Internships, graduate opportunities and casual work

Programmes

- National and International Work Place and Leadership Study Tours
- Get Employment Ready Award
- MEDIA
- Skills for Success
- Insight into Management
- Queen’s Work Experience Award

For upcoming events, jobs, careers fairs, career development workshops, employer presentations and skills sessions etc. log into **MyFuture**. For further information on our services, go to our website [www.qub.ac.uk/careers](http://www.qub.ac.uk/careers).

Degree Plus: Get accredited for your extra-curricular, work-related experiences!

This award is open to all full-time and part-time undergraduate and postgraduate taught students, and is a means of gaining recognition from Queen’s for valuable experiences and skills that you develop outside your studies. Almost 2000 students complete DegreePlus each year and receive the Award alongside their degree at graduation.

Employers are looking for graduates who can demonstrate that they have the skills needed for workplace success. Many activities you participate in – e.g. undertaking an additional leadership development programme, organising your own work or international experience, setting up your own business or engaging in voluntary or committee work – enable you to acquire important employability skills such as teamwork, leadership, communication and commercial awareness. The Degree Plus Award formally recognises these skills and experience.

Find out more

[www.qub.ac.uk/degreeplus/](http://www.qub.ac.uk/degreeplus/) or visit Careers, Employability and Skills at One Elmwood Centre

Section 5:  
Wellbeing

## Section 5: Wellbeing



### Keeping Safe if you're Drinking

Going out for a night out can be great craic and it doesn't always need to involve alcohol. The Students' Union organise alcohol free events throughout the year, and there are a huge range of clubs and societies to join.

Take care if you *are* drinking as alcohol can make you more vulnerable to accidents or being a victim of crime. Here are some things you can do to keep yourself and your friends safe.

#### Drink spiking

According to a recent survey of Belfast students, 25% said they had their drink spiked.

If you start to feel strange or more drunk than you should be, get help immediately. **Tell the bar manager or security and your friends that you think you have been spiked**

- Never leave your drink unattended and keep an eye on your friends' drinks.
- Don't accept a drink from someone you don't know.

- Consider sticking to bottled drinks and avoiding punch bowls or jugs of cocktails.
- If you think your drink has been tampered with, don't drink it – tell a trusted friend or relative immediately.

If you think your friend has been spiked:

- Stay with your friend and keep talking to them
- Try to get them safely home and don't let them leave with strangers
- If their condition deteriorates, they are repeatedly sick, they lose consciousness or are unable to stand/walk call an ambulance
- If you're on your own and are unsure what to do, call a friend for support or the non-emergency NHS line on 111

Free drinks covers, bottle toppers to reduce the risk of drink spiking are available from the Students' Union Officers' office on the first floor of the Students' Union or by contacting the Welfare Student Officer at [su.welfare@qub.ac.uk](mailto:su.welfare@qub.ac.uk)

### Getting Home Safe

- Don't give out your address to someone you've just met, or go home alone with them.
- Before going out, let someone know where you're going and what time you expect to be home.
- If possible, make plans for your journey home e.g. book a taxi, arrange a lift, designate a driver, check out the public transport options.
- Don't drive if you are over the limit or take a lift from someone else who is. If you have had a drink and are planning to drive, give yourself at least an hour for every half pint you've had.
- Avoid taking expensive equipment with you or anything that could be a target for thieves.
- Keep your keys and phone somewhere safe.
- Where possible, travel home with friends.
- If you have to travel separately, text each other once you get home or download the HollieGuard App.

## Section 5: Wellbeing Cont'd



### HollieGuard App

HollieGuard App is a next generation smartphone app that provides enhanced levels of protection over traditional panic alarms. Every 5 seconds the platform will update your precise location based on your speed and movement activity to identify where you are once an alert has been raised. HollieGuard is a personal alarm, deterrent, evidence catcher and more. Providing a lot more functionality than a regular keyring alarm and it has two versions- a paid for service which alerts police (Hollie Guard Extra) and a free version which has all the key features below apart from alerting police via the staffed control room.

More details can be found here:  
<https://hollieguard.com/>

### Fire Safety

In Northern Ireland, impairment due to alcohol, illegal or prescription drugs is a factor in 80% of fatal house fires. Avoid cooking or lighting fires when drunk, and take care with candles and cigarettes. Make sure you have smoke alarms installed in your accommodation, test regularly and don't ever cover them up. What may seem a harmless bit of fun, such as letting off a fire extinguisher, can lead to the loss of life.

If you are in University Accommodation, you can be fined up to £500 if you cover or tamper with fire safety equipment.

### Preventing Choking

If someone passes out after binge drinking (but is still breathing normally), you should put them on their side in the recovery position (see overleaf) to reduce the chance of them choking on their own vomit. Also, try to make sure someone is with them – don't leave them on their own to sleep it off.

### Safe and Consensual Sex

Binge drinking can impact your ability to feel sexual stimulation as well as your judgement and may make you less likely to use a condom, which increases your risk of getting a sexually transmitted infection such as chlamydia, gonorrhoea, HIV or hepatitis. It can also lead to an unplanned pregnancy.

Drugs and/or alcohol can inhibit a person's ability to give informed, willing consent. If either party is under the influence, it's important to be extra sensitive to your partner's boundaries and clearly communicate your own. If someone is incapacitated, cannot walk, stand or talk as they would sober then they cannot consent.

It is recommended to ask your partner directly if they feel they are clearheaded enough to give consent – regardless of their answer, if you feel they are not clear enough to give consent then stop.

Source: Healthline - Guide to Consent ([healthline.com](https://www.healthline.com))

Free advice and contraception is available from Common Youth **028 9032 8866** <https://commonyouth.com/> and from the SU Sexual Health Clinic based in the Students' Union.

Free advice and contraception is available from the SU Sexual Health Clinic on the 3rd Floor of Queen's Students' Union. Visit <https://qubsu.org/Events/> to see the weekly Clinic Drop-In times and for more info.

Drugs and/or alcohol can inhibit a person's ability to give willing consent; please think about this before engaging in sexual activity. If you feel someone is too drunk to give consent, stop and make sure the person is safe.

**It is never the victim's fault.**

If you have been a victim of sexual misconduct, we advise you seek help. You can contact the 24 hr Domestic and Sexual Violence Helpline on **0808 8021414**. The Rowan Centre (Sexual Assault Referral Centre) provides clear guidance, first aid and confidential support to all victims of sexual assault. You can also contact

<https://reportandsupport.qub.ac.uk> to receive support from trained staff called safe and healthy relationship advocates.

While you may find it hard to talk about what's happened, the advocate can talk to you about the incident and your options which could include reporting to Police and/or the University as well as discussing support options including help with counselling services.

Here are some contacts you may find helpful:

- Report and Support - <https://reportandsupport.qub.ac.uk/>
- PSNI Emergency 999 non-emergency 101
- 24 hr Domestic and Sexual Violence Helpline **0808 082 1414** <https://www.dsa helpline.org/>
- The Rowan (Sexual Assault Referral Centre for Northern Ireland) **0800 389 4424** – for all ages who have been sexually abused, assaulted or raped
- Nexus (NI counselling service for those who have been sexually abused) **028 9032 6803**

## Section 5: Wellbeing Cont'd

Here at Queen's University we have a zero tolerance policy towards sexual misconduct on and off campus. Sexual misconduct can be defined as any sexual act that a person hasn't consented to, or is forced to do, against their will. It is a form of sexual violence that includes rape (an assault involving penetration of the vagina, anus or mouth) and/or other sexual offences such as groping, forced kissing, sharing of sexual images and harassment (*Sexual Offences (NI) Order, 2008 and Protection from Harassment (NI) Order, 1997*).

Sexual assault can happen to anyone of any gender or sexual orientation.

### Alcohol Poisoning

The signs and symptoms of alcohol poisoning include: confusion, vomiting, seizures (fits), slow breathing (less than eight breaths a minute), cold, clammy, pale-bluish skin caused by a dangerous drop in body temperature (hypothermia). In severe cases, alcohol poisoning can cause unconsciousness, coma and death.

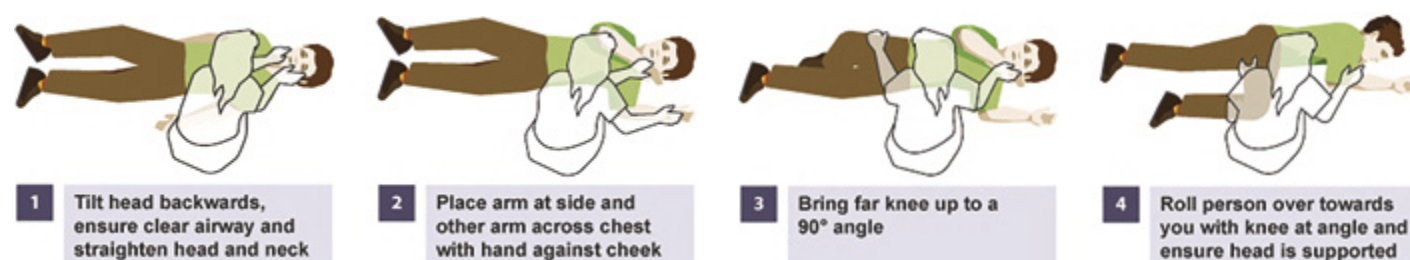
If you suspect alcohol poisoning, dial 999 immediately to request an ambulance. Never leave a person to 'sleep it off'.

If someone is unconscious, but breathing normally, put them into the recovery position.

### Recovery Position

To place someone in the recovery position:

- **kneel on the floor on one side of the person;**
- **place the arm nearest you at a right angle to their body with their hand upwards towards the head;**
- **tuck their other hand under the side of their head, so that the back of their hand is touching their cheek;**
- **bend the knee farthest from you to a right angle;**
- **roll the person onto their side carefully by pulling on the bent knee;**



Source: www.bbc.co.uk

- the top arm should be supporting the head and the bottom arm will stop you rolling them too far;
- open their airway by gently tilting their head back and lifting their chin, and check that nothing is blocking their airway;
- stay with the person and monitor their breathing and pulse continuously until help arrives;
- turn the person onto their other side after 30 minutes, unless they have suffered an injury that prevents you from doing so.

For further information, go to <http://www.nhs.uk/conditions/Accidents-and-first-aid/pages/the-recovery-position.aspx>

### Just a hangover?

Carbon monoxide gas poisoning can kill. Don't confuse the symptoms with a hangover.

- Ask your Landlord for a gas safety record to prove gas appliances are checked annually.
- Fit a carbon monoxide alarm marked with BS EN 50291 from any DIY store.
- A gas flame should be blue. If it is yellow and floppy, switch off and inform your landlord.
- Don't sleep in the same room as an open fire or gas fire.

- Smoke coming into the house from an open fire can be a sign of a blocked flue or chimney.
- Make sure your boiler is serviced regularly by a registered engineer.
- Never have a barbeque indoors.



## Section 5: Wellbeing Cont'd

### Get home safe with SOS Bus NI

SOS Bus NI are delighted to be working in partnership with Queen's University Belfast to meet the needs of vulnerable people on our streets and provide reassurance to the community, helping to keep Belfast safe and allowing people to feel safe in this fantastic city.

Operating since 2007, SOS volunteers have interacted with hundreds of thousands of people, providing tea, coffee and a listening ear and we also provide welfare support and basic first aid for large scale public events and festivals.

SOS Bus NI provides welfare support and crisis intervention on our response minibuses on Weekdays from 2pm – 6pm in the city centre and Friday and Saturday nights from 10:30pm – 3am based at Shaftsbury Square.

We realise that anyone can become vulnerable. We a non-judgemental space in which everyone is treated equally and our trained volunteers can provide the right level of support to help each client.

Our clients often include people who are:

- Victims of violent and non-violent crime
- Suffering from poor mental health, considering self-harming or thinking about suicide
- At risk of or experiencing homelessness
- Under the influence of alcohol or drugs
- Injured or unwell
- Unable to get home or to hospital
- Isolated, lost or separated from friends and without charge on their phone

We want to make Belfast a safe city for everyone, ensuring you get the best possible experience when out at night.



Here are our tips for a great night out:

- Plan a safe way home before you leave, or book a taxi in advance;
- Ensure your phone is fully charged before you go out
- Eat well and drink plenty of water during the day
- Pace yourself when drinking and take breaks
- Never leave your drink unattended
- Stay together with your friends and keep important numbers at hand if you get separated

It is a good idea to put our emergency number in your phone in case you or a friend ever need us:

**07901 505 505**

### Volunteer with SOS Bus NI

Volunteering is a great way to give something back to the community and make some amazing friendships. There are several ways to volunteer with SOS Bus NI and they all make a positive impact on the lives of vulnerable people and our community. You can apply to volunteer with us at any time here: <https://www.sosbusni.com/volunteers>

All core training and uniform are provided free of charge. We are committed to developing all of our volunteers and therefore we offer many additional training courses for you to broaden your knowledge and gain skills which will stay with you for life. You can find out more about the work we do by visiting our website – [www.sosbusni.com](http://www.sosbusni.com)



Section 5: Wellbeing Cont'd

A Drug is...

A chemical which can cause changes in the way the human body functions, either mentally, physically or emotionally.

Drugs can change the messages your brain cells are sending to each other, and to the rest of your body, by interfering with your brain’s own chemical signals, Neurotransmitters.

A drug can be:

- Obtained naturally from plants
- Prepared from natural materials by semi-synthesis
- Totally man-made

The four main categories of drugs are: Stimulants

A stimulant is a drug which speeds up the central nervous system. These substances tend to increase alertness and physical activity.

Examples of Stimulant Drugs

- Cocaine
- Nicotine
- Caffeine
- Mephedrone
- Amphetamine (speed)
- Ecstasy
- Khat
- MDMA
- Methamphetamine

Depressants

Depressants are substances that depress the activity of the central nervous system. Depressants are often referred to as “downers” because of their sedative, hypnotic and tranquillizing effects. There are both legal and illegal depressants. Alcohol is the most common legal depressant. Other legal depressants include medications prescribed to induce sleep, relieve stress, and subdue anxiety. Some of these prescriptions such as Rohypnol are also often abused. GHB is an illegal depressant often used in drug-facilitated sexual assaults because of its sedative properties.

Examples of Depressants

- Alcohol
- Cannabis
- Benzodiazepines (blues and yellows)
- GHB/GBL



Section 5: Wellbeing Cont'd

Opiates

An Opiate is a chemical substance that has a morphine-like action in the body. These agents work by binding to Opioid receptors, which are found principally in the central nervous system. Opiates have long been used to treat acute pain (such as post-operative pain). They have also been found to be invaluable in palliative care to alleviate the severe, chronic, disabling pain of terminal conditions such as cancer.

Examples of Opiates

- Heroin
- Morphine
- Codeine

Hallucinogens

Hallucinogens are drugs that cause hallucinations. They may involve hearing, seeing, smelling, tasting or feeling something that isn’t really there. Or they may involve distorted sensory perceptions, so that things look, sound, smell, taste, or feel differently. The user typically knows that what he or she is seeing, hearing, smelling, etc. is not real, but on occasions, the hallucinations can be very frightening to the user.

Examples of Hallucinogens

- Magic Mushrooms
- Salvia
- Cannabis



LEGAL INFORMATION: POSSESSION AND SUPPLY OF DRUGS IN NI

Misuse of Drugs Act 1971

This act serves to control the non-medical use of certain drugs. Drugs subject to this Act are known as ‘controlled’ drugs. The Act stipulates a series of offences, including unlawful supply, intent to supply, import or export (all these are collectively known as ‘trafficking’ offences) and unlawful production, and also governs unlawful possession. To enforce this law the police have special powers to stop, detain and search people on ‘reasonable suspicion’ that they are in possession of a controlled drug.

New psycho active substances are illegal under the Psychoactive Substances Act 2016. See link below for clear guidance on the new law related to NPS with specific reference to Northern Ireland. <http://go.qub.ac.uk/NPSinfo>

RECENT DRUG TRENDS

More people died from the use of opioid drugs than in road fatalities in 2015, according to a statement by the PSNI. Latest figures indicate there were 88 opioid-related deaths in that year, and 74 fatalities as a result of road accidents. Opioids include heroin, morphine, methadone, as well as prescription drugs such as tramadol.

There is an increasing trend of non-opioid drugs in Northern Ireland being laced with opiates causing people to unknowingly take opiates and risk life threatening overdoses. In particular, there has been an increase in benzodizepines laced with opiates.

In addition, the use of Novel Psychoactive Substances (NPS), formerly known as legal highs, continues to increase in Northern Ireland. Problems arise as the changing nature of the compounds they contain makes it difficult for users to know what they are taking, and they effect they will have.

The risks of taking NPS are further exacerbated when they are combined with alcohol, prescription drugs and other more common recreational drugs such as MDMA and Cannabis.

Section 5: Wellbeing Cont'd



SU ADVICE

University life can throw up all sorts of difficult situations and challenges. SU Advice is here to help.

At times you may have academic, money, housing, conduct or funding concerns.

If you would like to speak to one of our Advisers, you can:

Pop in for a 15min Drop-In Session:

- Tuesdays, Wednesdays and Fridays: 11.30am - 2pm
- Third floor of the Students' Union at One Elmwood

We'll see students in the order they arrive at drop in. If your issue can't be resolved within 15 minutes, your adviser is likely to arrange an appointment for you to come back for further advice.

Book a 30min In-Person or MS Teams appointment by:

- Emailing [su.advice@qub.ac.uk](mailto:su.advice@qub.ac.uk)

We also have lots of useful information on our website: [q-su.org/advice](http://q-su.org/advice)

One Elmwood Student Centre

The One Elmwood Centre is located across the road from the Main Lanyon Building. The services within the One Elmwood Centre include:

- Careers, Employability & Skills
- Accessible Learning Support (formerly Disability Services)
- International Student Support
- Learning Development Service
- Resilience & Wellbeing Service (inc. Counselling)
- Student Finance
- Student Registry Services
- Widening Participation

To find out more about our services and support available, please visit <https://www.qub.ac.uk/directorates/sgc/wellbeing/InformationforStudents/SupportAvailable/>, visit us: Level 1, One Elmwood or call us: **07387 546 123**.

For out of hours support, please consider contacting:

Emergency Support

- In the event of an emergency, please ring the Emergency Services on **999**. You will have to state which service(s) you require such as: police, ambulance, fire and rescue services. You will also need to provide a name and contact number.
- In a non-emergency call **101**.

Students who require immediate Wellbeing support can contact:

- Inspire – (24/7 helpline – Freephone) – **0808 800 0016** (Wellbeing Support)
- Lifeline – (24/7 helpline – Freephone) – **0808 808 8000** (Crisis Support)
- Samaritans – **116 123**

For any other health & wellbeing-related issues, contact:

- Student's own GP or local A&E hospital service. The GP out of hours number for the University area is **028 9079 6220**.

Section 5: Wellbeing Cont'd

Student Support in Other Colleges

St Mary's

The Student Guidance and Support Service at St Mary's University College is situated upstairs in the Student Services Hub (Rooms 016.6 & 016.7). Guidance and information is available regarding the following: accommodation, counselling, academic matters, careers, health, living in the community and financial matters. Students with additional needs should also contact this service at the earliest opportunity to ensure that appropriate support can be arranged.



The Student Guidance and Support Service staff work closely with the officers in the Students' Union to ensure that students' needs are met as fully as possible.

Remember that there is always someone here to help you. If rooms 016.6 & 016.7 are unstaffed, please consult with a member of staff in the GAC who will provide you with contact details for staff who are also available to offer support and assistance.

Deirdre Cree  
Ruairi Wilson

Coordinator Student Guidance and Support  
Student Support Officer

Email: [d.cree@smucb.ac.uk](mailto:d.cree@smucb.ac.uk)  
Email: [r.wilson@stmarys-belfast.ac.uk](mailto:r.wilson@stmarys-belfast.ac.uk)

Stranmillis

Student Support and Wellbeing seeks to provide a wide range of help and support structures for all students studying at Stranmillis. Such services include disability support and advice, student health, counselling, chaplaincy, advocacy and academic support.



Student Support and Wellbeing provides a welcoming environment where all students may drop in, or alternatively, make an appointment.

The Student Support and Wellbeing Centre is open Monday to Friday 9.00am to 5.00pm (Friday 4.25pm). The Centre is closed for lunch from 1.00pm to 2.00pm.

Student Support & Wellbeing Centre  
Stranmillis House  
Stranmillis University College  
Stranmillis Road  
Belfast  
BT9 5DY

Mrs Claire Kerr, Director of Student Services and Wellbeing  
Email: [c.kerr@stran.ac.uk](mailto:c.kerr@stran.ac.uk)  
Tel: 028 9038 4483

Mrs Patricia Smyth, Student Support and Wellbeing Officer  
Email: [p.smyth@stran.ac.uk](mailto:p.smyth@stran.ac.uk) or [studentsupport@stran.ac.uk](mailto:studentsupport@stran.ac.uk)  
Tel: 028 9038 4510





# Student Support at Belfast Met

**Next Steps**  
Careers & Employability  
028 9026 5066 or  
careers@belfastmet.ac.uk  
There to help you with decisions about your career progression.

## Safeguarding

Safeguarding is about helping students to keep themselves safe and to prevent abuse from taking place. It is also about responding to disclosures of alleged and suspected abuse.

For help with a safeguarding issue, contact us on:  
028 9026 5109 or  
safeguarding@belfastmet.ac.uk

## Student Voice

There to give you a say in how your college is run.  
Contact us on:

028 9026 5053 or  
studentsunion@belfastmet.ac.uk

## Student Counselling

We provide counselling via Lena By Inspire to allow you to talk in confidence about any issues that are causing you difficulties.

Lena's Freephone telephone support line is open 24 hours a day, 365 days a year and can provide access to a team of specially trained counsellors.

Contact us on:  
0808 800 0032 or  
support@lenabyinspire.com



## Students' Union

There to support you with extracurricular activities and advice.

Contact us on:

028 9026 5053 or  
studentsunion@belfastmet.ac.uk

## Inclusive Learning

There to support you if you have a disability, a learning difficulty or a long-term medical condition.

Contact us on:

028 9026 5097 or  
028 9026 5064 or  
inclusivelearning@belfastmet.ac.uk

## Centre for Student Wellbeing

There to help you to overcome barriers to your education by providing:

- Pre-entry information and guidance
- Emotional wellbeing and resilience-building workshops, events, activities and clinics
- Signposting / referral to specialist external support services
- Signposting / referral to student support services

Contact us on:  
028 9026 5108 or  
centre4wellbeing@belfastmet.ac.uk



## Student Funding

There to support you with advice on a range of student finance issues.

Contact us on:

028 9026 5183 or  
studentfunding@belfastmet.ac.uk

## Library Services

There to provide you with a wide range of services and facilities in support of your studies.

Castlereagh Campus Library

028 9053 3125

Millfield Campus Library  
028 9026 5334

Titanic Quarter Campus Library

028 9026 5072  
library@belfastmet.ac.uk

## Which Course?

Careers & Employability

There to support you when making decisions about:

- your further and higher education options
- your skills and career development
- on-course options like work experience and part-time employment

028 9026 5066 or  
careers@belfastmet.ac.uk



## About Alcohol: Did You Know?

In a student survey by ICM Unlimited for Drinkaware on 'Drunken Nights Out':

- 14% said they had a sexual encounter they regretted the next day.
- 5% couldn't remember whether they had sex.
- 21% males said they had an accident and hurt themselves.

(Drunken Nights Out Student Harassment Survey, 2015)

And more generally,

- Alcohol use costs Northern Ireland in the region of £900m per year.
- Alcohol is the world's no.1 risk factor for ill health and premature death within the 20-39 age group.
- 38% of all road deaths in Ireland in 2016 were attributed to alcohol.
- Impairment due to alcohol or drugs is a factor in 80% of fatal house fires in NI.
- Alcohol is believed to be responsible for approximately 12,800 Cancer cases annually in the UK.
- A quarter of all adult drowning victims have alcohol in their bloodstream.
- 65% of suicides have been linked to excessive drinking.
- Five pints a week over a year contains the same calories as 221 doughnuts.

For further information on managing drugs and alcohol, check out

<https://www.qub.ac.uk/directorates/sgc/wellbeing/InformationforStudents/StudentConcerns/DrugsandAlcoholSupport/>

**drinkaware.co.uk**  
for the facts about alcohol

Queen's Alcohol Education Initiative for students has been developed by the University's Public Engagement Unit in partnership with Coach House Training.

Coach House Training has extensive experience of the design and provision of drink drive rehabilitation schemes and road safety programmes. Coach House Training provide interactive and highly commended training courses for everyone from individuals to the corporate sector.



