

The University of Queensland Union College Responsible Consumption of Alcohol Policy & Procedure

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Purpose and Scope

Union College encourages and promotes a responsible attitude toward the consumption of alcohol within its community.

In our *Resident Code of Conduct*, we establish a standard by which you are expected to conduct yourself and should be referred to in relation to this policy.

The policy is designed to be supportive of responsible practices rather than restrictive and is guided by several principles which include:

- that 'harm minimisation', 'moderation' and 'protective behaviour' underpin the supply and consumption of alcohol,
- that education and/or training is a key component of the implementation process,
- that legislative, insurance, risk and legal requirements be adhered to, and
- permits responsible consumption of alcohol for adults over 18 years of age, and,
- resident events are well planned to be safe, fun, and enjoyable; and
- that the reputation of Union College is maintained within the University and the broader community.

We operate on the basic principle that our residents are young adults and are responsible for what you consume.

We also recognise that safe alcohol consumption in Australia is legally and culturally accepted, and residents at the College who are over the age of 18 are legally entitled to purchase and consume alcohol.

All activities at Union College are covered by relevant Commonwealth and State laws, and the College's own policies and procedures.

Education

We aim to prevent alcohol-related injury through harm minimisation. Harm minimisation seeks to decrease impairment resulting from excessive or anti-social consumption of alcohol.

By adopting an educative approach towards alcohol consumption, we proactively promote the standards of behaviour towards alcohol use we expect on college premises, at licensed premises, and of those participating in college events.

Our aim is for all residents to develop responsible attitudes and behaviours towards alcohol and to ensure that consumption does not prevent you from engaging energetically with college life and their university studies.

All members of the Resident Mentor team are provided with training that incorporates evidence based, safe practices.

All residents complete online training prior to arrival at college, and face to face training before O-Week starts and during the year.

Seeking Support

Where alcohol misuse is found, residents will be supported to seek professional help and advice in a sensitive manner.

If you need help or support, contact:

- Alcohol and Drug Support QLD - [adis](#) – 24/7 support for people in Queensland with alcohol and other drug concerns

If you have any questions about this policy, please do not hesitate to contact the Head of College via email at headofcollege@unioncollegeuq.com.au

- [Headspace](#) — Australia-wide online, phone and in-person support and counselling to young people, their families, and friends - 1800 650 890 (9am-1am)
- [Lives Lived Well](#) - support for people in Queensland who are being impacted by alcohol or drugs or problems with mental health
- [Drink Wise](#) - an independent, not-for-profit organisation helping to bring about a healthier and safer drinking culture in Australia.
- My Mornings Matter - [#MyMorningsMatter Program — ADES \(adesaustralia.com\)](#)
- [Hello Sunday Morning | Change Your Relationship with Alcohol](#) -
- The Head of College, The Deputy Head of College, or The Head of Finance & Operations
- [13 HEALTH](#) - is a confidential phone service that provides health advice to Queenslanders. You can phone and talk to a registered nurse 24 hours a day, 7 days a week for the cost of a local call.— 13 43 25 84. 13 HEALTH provides qualified health advice—it is not a diagnostic service and should not replace medical consultation.

Responsible Consumption of Alcohol — Procedures

These procedures apply to the responsible consumption of alcohol and provide guidance to compliance with the policy above.

Personal conduct

Residents and their guests who are 18+ years old and who have chosen to consume alcohol are encouraged to drink at lower and safer risk levels.

Normal community and legal standards relating to behaviour are applicable in college as they are everywhere else, and all resident behaviour must be aligned with the *Resident Code of Conduct*.

Drunkenness or other intoxication is not a defence for unacceptable behaviour.

If you choose to consume alcohol, you must take full responsibility for your behaviour. If you choose to provide alcohol to your friends, please recognise you have some responsibility for the behaviour of those friends.

Competitive drinking games, which include alcohol and the encouragement or expectation to drink alcohol fast, to excess, or in any other dangerous manner, are not acceptable behaviours.

No resident is to compel or otherwise exert pressure on any other person to drink alcohol.

Alcohol-free areas and drinking restrictions onsite

The Library, Tutorial Rooms, O'Brien Rooms, Computer Room, Gym, corridors and Dining Hall, and Kitchens are alcohol-free zones. Therefore, alcohol is not permitted to be consumed in these areas.

There is to be no organised drinking events on campus during weekdays in term time prior to 5pm or on campus during SWOTVAC and the exam period.

The Dining Room

Formal dinners and other College events are special occasions and where appropriate, the College will provide residents with limited alcohol to consume with their meal. Residents are not permitted to remove this alcohol from the dining hall. Anyone who is intoxicated will be asked to leave the Dining Room.

Advertising and promotion of events

Union College does not condone the following:

- a) Promotional activities offering inducements or otherwise encouraging drinking as the major objective,
- b) Customs or activities that exert social pressure on residents to drink or to drink to excess, particularly competitive, binge, or excessive drinking practices, and
- c) Alcoholic drinking games and other activities that promote binge drinking or rapid intoxication.

Events where this is the case will not be approved.

Residents and Guests under the age of 18 years

Union College is committed to providing an environment that is safe for all people under the age of 18 years living at or visiting its premises.

As such, no person under the age of 18 is permitted to consume alcohol on college grounds or at college events. This includes in the private rooms of students.

Furthermore, no student, staff member or guest is permitted to supply alcohol to persons under 18 years of age.

A responsible adult must always accompany underage guests on college grounds.

Visitors to the College

Residents are responsible for ensuring that their visitors and guests comply with this policy.

College or resident events where external guests are in attendance need prior approval and a full list of attendees provided to the Deputy Head of College prior to commencement of the event, including notification of any attendees under the age of 18.

Roles and Responsibilities

Union College is responsible for implementing this policy and responding to reports of alcohol misuse or harm.

Every person covered by this policy (see Purpose and Scope above) is responsible for familiarising themselves with and adhering to this policy and are responsible for their own safe decisions regarding the consumption of alcohol.

Being an ethical bystander

Union College residents take pride in always maintaining their own wellbeing as well as that of their friends and others.

If there is injury or risk of injury resulting from excessive consumption of alcohol, residents are encouraged to call for help regardless of alcohol or substance use.

To be a proactive bystander, residents should:

- a) NOTICE an incident as one that needs their assistance or awareness.
- b) Take RESPONSIBILITY for intervening. Residents are encouraged to be the leader that steps up and takes on the responsibility for doing something or who engages others in intervening as a group.
- c) Be READY to intervene by having (and practising) the skills or seeking additional support.

Alcohol and Informed Consent

Informed Consent

You have the right to make choices free from peer pressure and with a clear understanding of the facts and potential outcomes of that choice.

This is informed consent and must be considered when consuming alcohol.

Therefore, you should understand the following:

- a) Intoxicated people cannot give informed consent.
- b) Informed consent requires people to be free from the influence or coercion of others.
- c) Informed consent requires the person to be aware of the relevant facts.

Informed consent and consumption of alcohol

Everyone has the following rights regarding the consumption of alcohol at Union College:

- a) To know the alcoholic content and strength of a drink.
- b) To be given sufficient information to understand what they are agreeing to.
- c) To be given free choice to opt in or out without fear or pressure.
- d) Be permitted to change their mind at any time.

Alcohol, Respectful Relationships and Consent

Engagement in sexual activity should only ever be undertaken where verbal, and positive consent is freely given and maintained by all parties involved.

Your partner *cannot consent* if:

- a) They are so affected by alcohol or another drug as to be incapable of consenting to the act; or
- b) They are so affected by alcohol or another drug as to be incapable of withdrawing consent to the act.

If you or your partner have been drinking, make sure to check in regularly about any sex that you're having.

1. Alcohol affects the ability to communicate clearly.
2. People may be more likely to wilfully disregard messages they're being sent if they're drinking.
3. Alcohol can give people tunnel vision, which makes them more determined to get that one thing they are focused on.
4. Alcohol can increase aggressiveness.

Informed consent often cannot be given when a person is intoxicated. If you are not confident your partner can consent, sexual activity must not occur.

For further information, refer to the *Resident Code of Conduct* and the *Sexual Misconduct Policy*.

Resident Code of Conduct

When a resident's alcohol consumption is consistently excessive or a resident demonstrates unacceptable behaviour resulting from the over-consumption of alcohol, the College reserves the right to take appropriate action in accordance with the *Resident Code of Conduct*.

Seeking Support – within the College

We encourage anyone who is concerned about themselves or their peers to seek support as soon as possible, so that they can be helped and supported.

If you have any questions about this policy, please do not hesitate to contact the Head of College via email at headofcollege@unioncollegeuq.com.au

The following people at the College have received appropriate training in this area:

- Head of College
- Deputy Head of College
- Head of Finance & Operations

Seeking Support – other sources

Aside from the sources of support at College, there are many other support services for anyone who would like to learn more about alcohol related harm or to seek support for alcoholism or behavioural issues relating to alcohol consumption.

Support persons at college can help anyone to access these services.

- Alcohol and Drug Support - QLD (adis)
- Headspace
- The University of Queensland counselling services
- Queensland University of Technology (QUT) counselling service
- Griffith University counselling and wellbeing services
- Emergency assistance (including police & ambulance): phone 000
- Non-urgent police assistance: phone 131 444
- Legal Aid QLD
- Lifeworks: phone 1300 361 008

Education and training

The College recognises its obligation to take all reasonable measures to ensure that up to date and relevant information is made available to residents about the effects, both short and longer term of using alcohol and other addictive substances.

All residents must participate in college-provided education programs on alcohol awareness and harm minimisation.

Safer Alcohol Consumption

The following information is drawn from the *2020 Australian Guidelines to Reduce Health Risks from Drinking Alcohol*.

There is no safe level of alcohol consumption, only relatively higher or lower levels of risk.

To reduce the risk of harm from alcohol-related disease or injury, healthy people should drink no more than 10 standard drinks a week and no more than 4 standard drinks on any one day. The less you drink, the lower your risk of harm from alcohol.

The Australian Guidelines define a standard drink as containing 10g of alcohol (equivalent to 12.5ml of pure alcohol).

A serving of alcohol frequently differs from a standard drink.

A standard drink contains 10 grams of pure alcohol. The type of alcohol makes no difference. 10 grams of alcohol is 10 grams of alcohol, whether it is in beer, wine, or spirits.

It does not matter whether it is mixed with soft drink, fruit juice, water, or ice.

If you have any questions about this policy, please do not hesitate to contact the Head of College via email at headofcollege@unioncollegeuq.com.au

Beverage	% Alcohol/vol	Volume	Grammes (g)	Standard drinks per serve
Light beer	2.7% alc/vol	425 mL	0.9g	Approx. 1
Mid strength beer	3.5% alc/vol	425 mL	10.2g	More than 1
Full strength beer	4.9% alc/vol	285 mL	10.1g	More than 1
Regular cider (Strongbow, Rekorderlig)	4.9% alc/vol	285 mL	10.1g	More than 1
Sparkling wine	13% alc/vol	150 mL	10.4g	More than 1
Wine	13% alc/vol	150 mL	10.6g	More than 1
Fortified wine (sherry/port)	17.5% alc/vol	60 mL	0.9g	Approx. 1
Spirits e.g. vodka, gin, rum, whiskey	40% alc/vol	30 mL	10g	More than 1

General tips for safer alcohol consumption

- Quench your thirst with a non-alcoholic drink.
- Eat before you drink.
- Drink alcohol slowly.
- Alternate alcohol with non-alcoholic drinks (especially water).
- Count your standard drinks.
- Learn to identify when you've had enough.
- Listen to your friends when they say you've had enough to drink.
- Look after your friends. Let them know when you think they've had enough and should switch to non-alcoholic drinks.
- Do something else while drinking. Don't just drink. Don't get involved in drinking games.
- Arrange safe transport home.
- Never mix alcohol with other drugs such as sleeping pills, tranquillisers, or cannabis, as this can be a lethal combination.
- Respect the needs of other residents of Union College and the surrounding community to sleep and study.