WHAT IS CROSSROADS?

CROSSROADS is the University of North Carolina Wilmington’s organization dedicated to the advancement of thoughtful and healthy decision-making regarding the use of alcohol, tobacco and other drugs.
CROSSROADS AT UNCW

- On-campus, Peer Educator-Driven Programming
- Challenging Decisions class for Judicial System
- Confidential Consultations
- Freshman Seminar Presentations

CROSSROADS IS A POSITIVE, NON-JUDGMENTAL RESOURCE FOR UNCW STUDENTS!
Can **YOU** handle the pressure?
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- Based on the popular game show
- Uses household items for challenging tasks
- Competitors must complete the tasks in under a minute

**BUT WE HAVE A TWIST!**
ALL THE GAMES ARE EDUCATIONAL!
Can you handle the pressure?

• CROSSROADS first used Minute to Win It as a campus-wide Welcome Week event

• It can be adapted for smaller audiences, and themed for any other events or special weeks happening on your campus!

• Excellent education tool because participants have fun while performing a task with an underlying message of responsible, well-informed decision-making
MINUTE TO WIN IT

Can you handle the pressure?

SO HOW DOES IT WORK?
• Each person in attendance receives a clicker

• Clickers are used for audience participation for the questions during the game, and for selection of players

• Trivia questions are educational by nature

• Entire game is organized as a PowerPoint presentation, linked with the clicker response system to show statistics of audience responses
To select a player, a trivia question is asked.

The participant that answers the question correctly and the fastest is chosen as the player of the game!

Feedback for fastest-finger shows the top 5 correct and fastest responses.
Each game focuses on an educational outcome.

We collaborated with other organizations on campus; Health Promotion, CARE (Collaboration for Assault Response and Education).

Some of the games we love to play:
- Beer Goggle Relay
- STD/STI Matching Game
- Relationship Red Flags
- BAC Calculation
• Typically play anywhere between 6 - 10 games

• After all games are played, each winner comes back for the **FINAL ROUND**!

• Final Round consists of a series of more difficult, health-related questions

• Contestant who answers the most Final Round questions correct wins the....
GRAND PRIZE!

This is usually an iHome, or other moderately priced electronics item
Does ANYONE want to play?
TIME TO PLAY....

SHOTS!
SHOTS!

- 8 oz. red wine = 2 standard drinks
- 12 oz. beer = 1 standard drink
- 1 Four Loko™ = 5 - 6 standard drinks
- 1/3 solo cup vodka = ~5 standard drinks
- 4 oz. 100 proof whiskey = 4 standard drinks

What you need to play:
- Plastic cups
- Creative drink combinations
- Laminated signs (for longevity)
TIME TO PLAY....

HOW DRUNK ARE YOUR FRIENDS?
HOW DRUNK ARE YOUR FRIENDS?

- 160 lbs. Female = .034 BAC
- 105 lbs. Female = .203 BAC
- 130 lbs. Female = .120 BAC
- 195 lbs. Male = .087 BAC
- 220 lbs. Male = .156 BAC
- 155 lbs. Male = .261 BAC

What you need to play:
- Creative drink combinations/gender/weight
- Laminated signs (for longevity)
TIME TO PLAY....

BEER GOOGLE

RELAY
Beer goggles only simulate distorted perception, not the actual feeling of being drunk

- You **WILL NOT** drunk dial an ex-boyfriend/girlfriend while wearing the beer goggles

What you need to play:

- Beer Goggles
- Fun, interesting children’s games (block sorter, hula hoop, etc.)
- Cones (if you want to make it really interesting)
TIME TO PLAY....

THE GOOD, THE BAD, AND THE UGLY
GOOD, BAD, & the UGLY

• Helpful protective strategies:
  • Eating protein before drinking
  • Spacing and pacing with water
  • Avoiding drinking games

• HARMFUL:
  • Drinking a lot to build tolerance
  • Mixing alcohol with energy drinks
  • Using marijuana when you’re drinking
How to Bring Minute to Win It to Your Campus
• The program itself is very versatile:
  • It can pack big or small, depending on your audience and location
  • The games we use for the program are also used for stand-alone occasions, like at a table in the Student Union during the day
The Octopus Dilemma

• We originally had an electronic answering “contraption” that we used to select the people to play the games - they can become VERY competitive!

• If you plan to implement the program on your campus, be sure to have a solid plan for how to select participants

  • Raffle tickets work really well!
Location, Location, Location!

- If you plan on implementing Minute to Win It, be sure to schedule it in a highly-trafficked area!
- CROSSROADS implemented it during Welcome Week, which brought a lot of attendance
- Also implemented as part of Alcohol Awareness Week, with a Halloween-themed game!
Questions?

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Want a copy of this presentation?
See us afterward and we’ll send it in an e-mail!