

2243 Responsible Alcohol Consumption

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Union Notes

- 1) According to our recent NUS Alcohol Impact Survey, 30% of UEA students drink 2-3 days a week, 23% drink once a week and 23% drink with the intention of getting drunk once a week.
- 2) Students' unions that have taken part in the NUS Alcohol Impact work have reported that in follow-up surveys post Alcohol Impact works students reported a reduction in memory loss, a reduction of putting themselves in risky situations and a reduction in students reporting they had engaged in unprotected sex.
- 3) Those institutions who have participated in the NUS Alcohol Impact work have reported that they see significant decreases in reports of verbal abuse, damage to property and other anti-social behaviour.
- 4) NUS reports that 55% of young people thought that students got drunk most of the time
- 5) NUS reports that 76% of students say they don't have to get drunk to have a good night out¹
- 6) Alcohol consumption has been linked to serious health conditions such as diabetes, heart disease and pancreatitis²
- 7) Alcohol consumption has been linked to mental health conditions such as anxiety, suicidal thoughts and depression.
- 8) uea(su) licensed premises had a profit of over £700,000 in the year ending July 2016.³

Union Believes

- 1) We believe that the short and long-term effects of alcohol can affect your body, lifestyle and mental health. Regularly drinking alcohol beyond the recommended guidelines can cause high blood pressure and increase your risk of developing cancer and alcohol-related disease (Drink Aware, 2018). For this reason, we would like to create a policy commitment to provide methods to encourage responsible alcohol consumption.
- 2) Pre-drinking before attending uea(su) events is, for many students, a regular activity over which the Union has limited control to ensure the safety of our members.

¹ NUS Students and Alcohol 2016 http://s3-eu-west-1.amazonaws.com/nusdigital/document/documents/27249/9c439fd3a22644fee56ed771c584303a/NUS_Alcohol_Impact_Students_and_alcohol_2016.pdf

² Drinkaware Health Effects of Alcohol <https://www.drinkaware.co.uk/alcohol-facts/health-effects-of-alcohol/>

³ Charity Commission

http://apps.charitycommission.gov.uk/Accounts/Ends66/0001162866_AC_20160731_E_C.pdf

- 3) Having a responsible alcohol consumption policy with contribute to new discourses around alcohol consumption and the evolution of a new set of practices around drinking.
- 4) Time in higher education is often a formative period and that we have a responsibility to engender members with positive habits surrounding alcohol consumption.

Union Resolves

- 1) To promote a community which recognises and respects different attitudes towards alcohol use through continuing the work of Alcohol Impact.
- 2) To promote the services within and external to the university for advice and support when dealing with alcohol use.
- 3) Launch the VIPres initiative to provide a safe space for students to socialise away from the 'pre drinking' culture in halls and housing where alcohol concentration is controlled.
- 4) Update bar staff training to provide more detail on encouraging responsible drinking.
- 5) To expand the range of non-alcoholic drinks and soft drinks in both BarSU and ShopSU.