Greek Ambassadors Overall Assessment

Presentations

 -Drug and Alcohol abuse

 -Hazing prevention

 -Conflict resolution

 -Mental Health and Well being

 -Title IX and Healthy Relationships

Key takeaways

**-Drug and Alcohol abuse**

 - “it is important to have these talks about how to be safe when consuming alcohol because even thought it is illegal for a majority of college students, they should know how to do it safely if they choose so.”

 -I have known adults who say that they had alcohol issues starting in college and I appreciate knowing when enough is enough when in school”

-**Hazing prevention**

“There are many things considered hazing nowadays. Hazing is mental or physical abuse, but some Greek life considered telling people they can’t wear hard letters hazing because everyone should have an equal opportunity”

“That discussion is important for determining the lines of hazing and when to intervinene.”

“it is hard to define hazing where everyone agrees on the definition, but this session helped because I now know who do go to if I am aware of any questionable activities.”

**-Conflict resolution-**

 “I had issues with my roommate my first year here and very much wish that I had had this session, so I knew how to deal with it because my RA was not much of a help.

**-Mental Health and Wellbeing**

 “Mental health and wellbeing are not talked about enough in college since there is such an emphasis on grades rather than mental health”

 “This session hepd me greatly because I had just thought I kept having a bad day after bad day but I know what resources to use if I feel the need to seek help for my own mental wellbeing.”

**-Title IX and Healthy Relationships**
“This was very beneficial because there needs to be a greater emphasis on how to draw lines in a relationship as well as to know what proper consent is.”

“Consent is a huge issue that people seem to have a hard time wrapping their heads around”

Essential parts of each sessions and how to improve the program overall

**Drug and Alcohol abuse**

Speak on how to know if you or your friends are starting to show signs of issues/dependence on drugs or alcohol. Educate on how to talk to them about it and what resources to use when trying to help them.

**Hazing prevention**

Clearly define the most agreed upon definition of hazing and speak on how to tell if something is a red flag. Also include what resources to use when trying to report something.

**Conflict resolution**

Concentrate on how to settle disagreements especially with roommates since that is the most common situation for college students. Of what resources to use if you are the issue in the situation and the resources to find if someone else is the issue. Also speak on common words or phrases to use when resolving conflicts.

**Mental Health and Well being**

Describe how to tell if you or someone you know is not acting like their normal selves and if that could be related to a mental health condition. After talking about those sings talk about common mental health disorders and their symptoms

**Title IX and Healthy Relationships**

Attendees thought that Title IX issues are commonly looked over by colleges and should have much more emphasis on it within campus. Describe how to know if a relationship is healthy or not so that one may know when it is either time to seek help or get out of the relationship.

**Overall**

It is important to discuss all these topics since they relate to heavily to college life. In this key take away show that to attendees left with at least a brief knowledge on all the topics. In order to improve in the future, there may possibly be handouts so that one the resources are given on how to be seek help regarding these issues they can physically take that information with them rather than trying to remember what was said during then presentation after it is over. Additionally, these Greek ambassador sessions could be advertised more since it only seemed that applying to be one was the only part advertised very well.