

# HOOS BEING A GOOD TEAMMATE?

## BE AWARE

### DOES A TEAMMATE...<sup>1</sup>

- Drink alone or hide drinking from others?
- Pressure others to drink?
- Have conversations, stories, and social activities that always involve alcohol?
- Pass up on meals, studying, or other activities because of hangovers?
- Have unexplained cuts or bruises, or seem rundown and sick most of the time?

**If yes to any of the above, he or she may have a problem with alcohol**

## HOW CAN YOU HELP?

### 5 STEPS TO HELPING A TEAMMATE<sup>2</sup>

**“I Care”**

Let the person know that you care and you need to discuss something very important.

**“I See”**

Discuss actual events that you have observed, not hearsay. Remember you are criticizing the behavior, rather than the person.

**“I Feel”**

Use “I statements” to reveal your feelings. Saying, “You have a problem” can be denied, but saying “I’m scared for you” is hard for your friend to refute.

**“I Wonder”**

Check-in with the person to gauge their reactions/commitment to change, i.e. “what do you think about talking to your trainer or see someone from CAPS.”

**“I Will”**

Specify what you will or will not do. Be very careful to set ultimatums only if you can stick to them.

## SIGNS OF ALCOHOL POISONING

### REMEMBER P-U-B-S

**P**uking: vomiting while passed out

**U**nresponsive: no reaction to firm pinch

**B**reathing: slow and shallow; irregular

**S**kin: cold and clammy; blue.

**If you see any one of these signs, call 911 immediately.**

## RESOURCES

- SAMs
- Your Team Athletic Trainer
- Gordie Center for Substance Abuse Prevention
- CAPS Daytime: 434-243-5150
- CAPS After hours: 434-972-7004



<sup>1</sup> Firth & Maslow (2004) For the Athlete: Alcohol and Athletic Performance

<sup>2</sup> BACCHUS Network Certified Peer Educator Training Manual

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