



READY NOW

Prevention Bulletin

April
2019

BLUF: Provide Leaders with talking points relevant to Fort Drum's high risk trend areas.

April is...

Sexual Assault, Alcohol & Sexually Transmitted Infection Awareness Month -

for additional information and trainings contact your prevention programs!

ALCOHOL *and* ASSAULT



50%
of sexual assaults involve alcohol, and is the



#1
Weapon used by perpetrators



48%
Of men aged 18 to 25 believed that sex with women **TOO DRUNK** to know what was going on is

not rape.

THEY ARE WRONG!

Army Substance Abuse Program (ASAP) (315) 772-6704

April is Alcohol Awareness Month

Alcohol and Sexual Assaults

- Alcohol Consumption does not cause sexual assault.
- Drinking is used as an excuse for socially unacceptable behaviors.
- Alcohol's cognitive impairments enhance misperceptions of friendly cues as sexual or flirting
- Each year more than 100,000 people report having been too intoxicated to know if they consented to having sex... this is sexual assault!

Alcohol and STIs

- 23% of young adults report having unprotected sex because they were drinking or using drugs.
- Heavy drinkers are twice as likely to contract an STI.
- 44% of people diagnosed with an STI admit to excessive drinking prior to having sex.

ASAP Challenge to you!

A huge part of Alcohol Awareness Month is Alcohol-Free Weekend which is the first weekend in April. The aim of this weekend is to go 72 hours without drinking a single drop of alcohol. This may seem like a small task to some, but to others it could be almost impossible. That is the reason this weekend is so important. If it allows even one person to come the realization that they can't go even 72 hours without alcohol, maybe that will inspire them to get some help.

For additional information, supports or trainings contact Fort Drum ASAP

MEDDAC Preventive Medicine (315) 772-6404

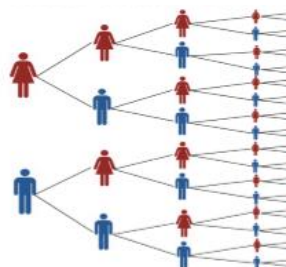
April is Sexually Transmitted Infection Awareness Month

If you have sex — oral, anal or vaginal intercourse and genital touching — you can get an STD, also called a sexually transmitted infection (STI). Thinking or hoping your partner doesn't have an STI is no protection — you need to know for sure. Although condoms, when properly used, are highly effective for reducing transmission of some STDs, no method is foolproof.

Many STIs have no signs or symptoms. Even with no symptoms, however, you can pass the infection to your sex partners or cause complication. If you think you have STI symptoms or have been exposed to an STI, see your provider. Some STIs are easy to treat and cure; others require more complicated treatment to manage them.

It's essential to be evaluated, and — if diagnosed with an STI — get treated. It's also essential to inform your partner or partners so that they can be evaluated and treated.

When You Have Sex with Someone...



When you have sex with someone, you have sex with **everyone** they have had sex with!

Confidential Testing and Information

Bowe Troop Medical Clinic
Monday—Friday 0900-1100
315-772-6404

Sexual Harassment Assault Response & Prevention

April is Sexual Assault Awareness Month

The 2019 theme is SHARP: Culture of Trust. Protecting Our People Protects Our Mission

Intervene: When I recognize a threat to my fellow Soldiers, I will have the personal courage to INTERVENE and prevent sexual assault. I will condemn acts of sexual harassment. I will not abide obscene gestures, language, or behavior. I am a Warrior and a member of the team. I WILL INTERVENE

Every day, hundreds of Americans are affected by sexual violence.



Contact your SHARP rep for additional information and support, you are not alone!
315-767-6128

Garrison SHARP - 315-774-0158



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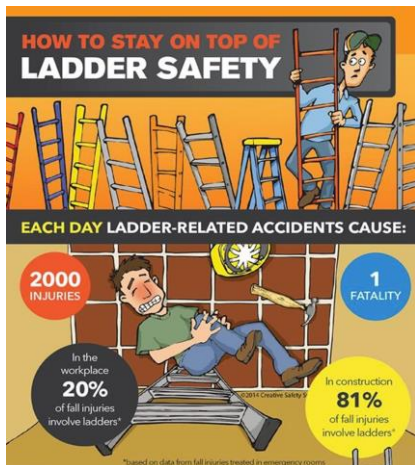


Garrison Safety (315) 772-3022

Preparing for Summer is a deliberate task

A rush to spring clean may lead to summer rehab.

- Take time to plan
- Review warning labels
- Check the weather
- Pace yourself
- Ask for help; don't work alone
- Face the ladder and always grip the rungs
- Wear clean slip-resistant shoes



Fort Drum Motorcycle Safety Training

- Registration Begins 1 April
 - https://imc.army.mil/airs/usg_disclaimer.aspx
 - Classes Start 15 April (Weather Permitting)
 - Unit Motorcycle Mentor is Soldiers Primary POC
- Under the Progressive Motorcycle Program, all Soldiers who operate a motorcycle are required to complete motorcycle training per Army Regulation 385-10, chapter 11-7.



8% of young adults say they have taken advantage of someone **sexually** due to excessive **drinking**

Drunk Driver Prevention Program (DDPP)

(315) 775-8813

Friday & Saturdays 2000-0600

DDPP will drive DoD ID Card holders and their vehicle home. This service is free and confidential.

Pre-registration is required

**Make all SM put the DDPP Program number into their phones

Spring Cleaning Safety Tips

1. **Smoke/Carbon Monoxide Detectors**- Time to replace the batteries, or replace old smoke/carbon monoxide detectors. For Free 10 year replacement detectors contact the local **Red Cross 315-782-4410**
2. **Dryer Vent** – Dryer vents can be a fire hazard, take a few moments to clean them out!
3. **Medicine Cabinets & First Aid Kits** – Time to replace First Aid Kits and throw out old medicines – check with your pharmacy to see if they will take old prescriptions

April 2019

For times and locations contact the programs listed

Alcohol Awareness Month

Sexual Assault Awareness Month

Month of the Military Child – Child Abuse Awareness Month

1-30 Walk to Stop out Sexual Harassment (Garrison SHARP)

1 – SHARP 5K Run (DIV. SHARP)

1-26 – Color 1 of 3 SAAPM Photos from NSVRC (10CAB SHARP)

3 & 17 – Open Mic Night (FMWR)

7-13 – Volunteer Appreciation Week (ACS)

11 – BOSS Invades Atkins (FMWR)

16 – Baby Palooza (ACS)

17 – ASAP, SHARP & STI Awareness Training (ASAP) *meets 350-1 training requirements

17 – Family Night at The Commons (ACS)

24 – Denim Day (MEDDAC SHARP)

25 – SAAPM Speak Out, Be Heard – Open Mike Night (10CAB SHARP)

25 – Speak Up! Clothesline Project @ The Commons – (10CAB SHARP)

26 – Hiking Club Brief (FMWR)

27 – Take a Solider Fishing (FMWR)

27 – Syracuse Honor Flight (MEDDAC SHARP)

28 – Body Pump (MEDDAC SHARP)

29 – Volunteer of the Year (ACS)

29 – Free Zumba Class (FMWR)

Tuesdays: BOSS Bowling 6-9pm

Tuesdays: BOSS Tae Kwon do (Free) 7-8pm @ Magrath

Reoccurring Classes

- EFMP Playgroup (ACS)*
- 1st Term Financial Training (ACS)*
- Little Eagles Playgroup (ACS)*
- Prime for Life (ASAP)*
- Connect the Tots Playgroup (ACS)*
- Stress Management (ACS)*
- Parenting After Separation/Divorce (ACS)*
- Creating Calm/ Anger MGT (ACS)*
- Mountain Intervention Training (SHARP/ASAP/FAP/EO)*
- Resume Start to Finish (ACS)
- Sewing Class (ACS)
- Active Parenting for Teens (ACS)*
- Budgeting for Your Goals (ACS)*
- Check on Checking (ACS)*
- Unit Prevention Leader (ASAP)
- Gatekeeper (ASAP)*
- Welcome Tour (ACS)
- ESL (ACS)

Classes with an (*) indicate Life Skills classes