

## Supporting Student Athletes: Dangers of Alcohol and Drugs

As part of our commitment to the wellbeing of all students at BU, SportBU would like to ensure that all athletes and club members have a better understanding of some of the dangers associated with alcohol and drugs.

Within university student culture there can be a lot of pressure to drink alcohol to excess and experiment with drugs. This can have a serious impact on physical health, behaviour and psychological well-being so it's important to be aware of the facts. If you are concerned about yourself or a friend please remember that there is plenty of support available at BU, you can also find useful information online at [drinkaware](#), [FRANK](#) and [DrugScope](#).

It's important to recognise that not every person fits into one pattern of symptoms, and that drugs and alcohol can impact people in a variety of ways. The earlier the problem is addressed, the less likely that drugs or alcohol will cause serious consequences for you, some of which are outlined below.

- Loss of concentration – you are more likely to miss classes, submit work late and achieve poor results for coursework and exams
- Risk of dependence or addiction
- Increased vulnerability and loss of control – you are more likely to be a victim of violence and sexual assault and have unprotected sex which can lead to sexually transmitted infections (STIs) and unplanned pregnancy
- Changes in weight and overall worsening of health in the short term. In the long term, risk of liver disease, heart attack and various cancers
- Increased anxiety and depression and, in extreme cases, drug-induced psychosis.

### Support from BU

The [Student Support and Engagement Team](#) can be your first point of contact. They offer confidential discussions and can signpost you to the services that will most benefit you.

Support is available on campus from [Student Wellbeing](#), which offers free confidential support, counselling, practical advice around your wellbeing and information about drug and alcohol services that can be accessed in the community. You can also talk to [Faith & Reflection](#), the [Student Medical Centre](#) or your own GP. SUBU Advice can also help you develop [alcohol harm reduction strategies](#).

If you wish to improve your lifestyle, our [SportBU](#) facilities include a gym, fitness classes and a variety of sporting activities. Discover new social groups through the many [clubs and societies](#) run by the Students' Union.

If you're in BU accommodation, our [ResLifeBU](#) team are there to support your wellbeing and run regular alcohol-free events.

If alcohol or drug issues are starting to affect your academic work, you can talk to your Academic Advisor, Programme Leader (PL) or Programme Support Officer (PSO). Depending on your circumstances, you may be entitled to an extension or postponement. Find out more about [Exceptional Circumstances](#).

## **Student Support & Engagement Team**

**[sset@bournemouth.ac.uk](mailto:sset@bournemouth.ac.uk)**

**01202 969696**

**Open Monday to Friday, between 9am to 5pm.**

**For life-threatening emergencies call 999 or 01202 962222 if you're on campus.**

Other supporting material available:

- Bournemouth University, *Alcohol and Drugs information*: <https://www1.bournemouth.ac.uk/students/health-wellbeing/resources/alcohol-drugs>
- Drinkaware, *How to stay safe at uni*: <https://www.drinkaware.co.uk/advice/staying-safe-while-drinking/how-to-stay-safe-at-uni/>

There are other associated risks where examples of how drinking has impacted students within the media.

Other readings/news articles:

- BBC News, *More students seek mental health support, analysis shows*: <https://www.bbc.co.uk/news/uk-england-45824598>
- Newcastle ChronicleLive: [Downing spirits from boots or drinking something 'disgusting': Inside the murky world of student initiations](#)
- The Mirror: [Sickening initiations for university rugby teams include apple bobbing for dead rats and chilli powder "punishments"](#)
- The Telegraph: [University College London rugby team disciplined over sexist chant on night out](#)

Further support services available:

- SportBU team – please contact any member of the SportBU team if you require any support or information. We can advise you accordingly and if required sign post you to the services available
- SportBU discipline policy – this covers our entire programme, from athlete disputes to breaches in the athlete code of conduct. This can also be used anytime BU is brought into disrepute
- Student Wellbeing Service and Faith and Reflection – this confidential service supports all students and staff across the university Email: studentwellbeing@bournemouth.ac.uk Phone: 01202 965020
  - <https://www.bournemouth.ac.uk/students/health-wellbeing/student-wellbeing>
- SUBU – SUBU is the voice of our students and provides a free, independent and confidential advice/information service Email: subuadvice@bournemouth.ac.uk Phone: 01202 965779
- AskBU – AskBU Students’ Service is a one-stop-shop for student enquiries, providing information, advice and guidance on finance/fees, accommodation, healthcare, appeals and complaints Email: AskBU@bournemouth.ac.uk Phone: 01202 969696
- The Universities’ Safer Neighbourhood Team – this team covers community safety concerns and can be found in Room T108, Talbot House, Talbot Campus or patrolling the two universities’ campuses Email: universitiessnt@dorset.pnn.police.uk Phone: 07554 439 650
- Frank – <https://www.talktofrank.com/>
- Drinkaware – <https://www.drinkaware.co.uk/>
- DrugWise – <https://www.drugwise.org.uk/>