AlcoholEdu and Haven include educational content that can be useful to people from all walks of life. While parts of the programs are directed toward younger students, we believe that non-traditional students at any point in their lives can learn something new. Below is a list of examples of ways that you can apply what you learn in the programs to your life, no matter what stage of life you’re in:

- How to talk to your children and family about consent, ways to drink in low-risk ways, and the warning signs of abusive relationships
- How to approach a friend if you are worried they are in an unhealthy relationship
- Statistics and facts to interrupt problematic language
- Myths and misconceptions about alcohol and drug use
- Resources you can access as a UC student, such as counseling and advocacy
- How Title IX protects your right to an education and more information on filing a Title IX complaint
- Dynamics of sexual assault, intimate partner violence, harassment, and discrimination involving LGBTQ populations
- Information on what does and does not constitute harassment
- How to recognize and respond to alcohol poisoning
- What resources you and your peers have through UC when pregnant or nursing
- How to support a loved one who is a survivor of sexual assault
- Legal definitions of domestic violence, stalking, and victim protections
- How to respond to incidents of discrimination that you experience or witness
- How off-campus discrimination and harassment can influence your academic success
- The role of online communication in discrimination and harassment
- The way UC talks about alcohol and drug use, sexual assault, and intimate partner violence as an institution