AlcoholEdu and Sexual Assault Prevention for Undergraduate/Graduate Students 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