Covenant for Life Together

Bethel’s Covenant for Life Together states: “Within committed Christian communities there are diverse views regarding the use of alcohol. Some choose a testimony of abstinence for a variety of legitimate and honorable reasons while others believe they can use alcohol occasionally and moderately without harm to body, spirit, or relationships with others...Because of the special community nature of the College of Arts & Sciences and the ages of the majority of its students, students in the College of Arts & Sciences will abstain from the use or possession of alcoholic beverages during the school year or while participating in any Bethel-sponsored activity.”

All College of Arts & Sciences students agree to abide by the covenant while at Bethel. As Christ-followers, keeping our word demonstrates integrity and is essential to who we are as believers living in community. If you have questions about the covenant, please contact the Office of Student Life.

Resources at Bethel

Office of Student Life
Student life deans are trained to help students make wise choices or determine successful recovery steps, and provide support along the way. In addition, a number of alcohol assessment and education programs are available online.
Office of Student Life (BC252): ext. 6300

Health Services
Health Services staff is trained to help students assess their current use and dangers concerning alcohol and then connect students with appropriate resources.
Health Services (Townhouse H1): ext. 6215

Counseling Services
Counseling Services provides free, confidential counseling to students dealing with a variety of issues, including alcohol dependency.
Counseling Services (Townhouse H1): ext. 8540

Office of Campus Ministries
Campus ministries staff is available to provide spiritual support and mentoring for individuals dealing with substance abuse.
Office of Campus Ministries (HC325): ext. 6372

Other Campus Resources
- In case of an emergency, call 911. (From an on-campus phone, dial 9-911.)
- Office of Security and Safety (HC114): ext. 6055
- RA or RD in your residence hall

We believe our minds and bodies should be used in God-honoring ways.
- We will promote the health of our bodies, minds, and emotions.
- We will abstain from illicit or nonmedical use of drugs, narcotics, and other substances.

—Bethel Covenant for Life Together
Why Alcohol Education?

By signing the Covenant for Life Together, College of Arts & Sciences students agree to abstain from alcohol use while at Bethel. Yet, they will likely be faced with choices about drinking during their college years. Bethel desires to be proactive in educating students before life-altering mistakes or habits occur.

Under the non-disciplinary policies of the Office of Student Life, students who choose to drink while enrolled are encouraged to talk with one of the deans. If student alcohol-related behavior comes to the attention of the Office of Student Life, alcohol policies and disciplinary procedures will be followed as outlined in the student handbook.

What about other social issues: greed, plagiarism, racism, pornography, etc.? There are many issues that hurt the Bethel community and are not what God desires for His followers. We have chosen to address this issue because of the widespread abuse of alcohol by college students.

In addition, the Office of Student Life responds to all issues that come to the attention of RAs, RDs, deans, and other staff. Any concerns about the safety and well-being of a CAS student can be reported to the Office of Student Life.

Alcohol and College Facts

- High-risk drinking is considered four or more drinks for females or five or more drinks for males per occasion, one or more times in a typical two-week period.
- Nationally, 51% of high-risk college drinkers reported doing something they later regretted, 47% said they missed a class, and 41% forgot where they were or what they did.
- Drinking affects non-drinkers as well. A nationwide survey found that 60% of students had their studying or sleeping interrupted because of another student’s drinking.
- According to the National Institute of Alcohol Abuse and Alcoholism, an estimated 1,400 college students between the ages of 18 and 24 die from alcohol-related incidents each year.
- Alcohol consumption significantly reduces academic performance for all students, including high-performing students. As a result, future economic potential is compromised.

What Happens When I Drink?

The Brain:
Alcohol produces a wide range of effects—from a mild buzz at low doses to death at high doses—by altering the activity of neurons in the brain. Alcohol wrecks havoc in the brain, affecting just about everything the brain does at one dose or another.

Blood Alcohol Content (BAC):
Your BAC is the concentration of alcohol in your blood. BAC can vary from person to person depending on gender, weight, alcohol tolerance, and even genetics. Even at low concentrations, alcohol can have an effect:

.03: Your alertness, judgment, coordination, and concentration are impaired.
.06: Your reflexes, reasoning, depth perception, and ability to judge distances are impaired.
.08: You’re no longer able to legally drive, even though you arguably lost that ability some time ago.
2.0: You could black out and your organs will begin to shut down.

Alcohol Poisoning:
Alcohol poisoning occurs when the body absorbs too much alcohol and can affect your central nervous system—slowing your breathing, heart rate, and gag reflexes—leading to choking, coma, and even death. Signs of alcohol poisoning can be passing out or being in a semi-conscious state; vomiting while sleeping or passed out; slow or irregular breathing; or having cold, clammy, pale, or bluish color skin. Immediate medical attention is critical for anyone suffering from alcohol poisoning (mayoclinic.com/health/alcohol-poisoning/DS00861).

Under 21?

It’s against the law to drink…
Minnesota law states that it is unlawful for any person under the age of 21 years to consume any alcoholic beverages. (Minnesota Statute 340A.503 (a) (2))

…and drive
It is a crime for a person under the age of 21 years to drive, operate, or be in physical control of a motor vehicle while consuming alcoholic beverages, or after having consumed alcoholic beverages while there is physical evidence of the consumption present in the person’s body. (Minnesota Statute 169A.33)