It’s All About Choices

The Golden Arches Peer Health Education Program is made up of three student organizations: Advocates for National Greek Leadership, Student Athlete Mentors, and Peer Health Educators. The groups work together to address social health, wellness and leadership issues at UCR.

The program uses awareness campaigns, educational programs, and other resources to address alcohol and drugs, sexual health, sexual assault/violence, nutrition/fitness, eating disorders/body image, gambling, stress, and other topics.

We provide UCR students with the tools and skills necessary to make decisions that enhance their personal health and well-being, and to help create a campus environment that nurtures and supports these decisions.

Core Philosophy

It is UCR’s responsibility to provide information, guidance, and resources so that members of the University community can make educated and informed decisions. It is an individual’s responsibility to make their own decisions, and to take responsibility for the decisions they make. As collective members of the University community, we must also hold each other accountable for any choices and behaviors that put our own, or others’, health and safety in jeopardy.

Core Values

As a student, you desire and deserve to have...

- A voice in the decisions and policies that impact your lives and community.
- The skills and information that will not only help you make informed, healthy choices, but translate that knowledge and experience into being a positive role model and influence for your peers.
- The opportunity to take an active role in educating and making a difference in the UCR community.

Archives

Archives is an open forum for the discussion of health, wellness, and leadership topics. It is a place for students to share their experiences and perspectives on these issues. The Archives program provides a platform for students to explore these themes and engage with their peers in a supportive and accepting environment.

We provide UCR students with the tools and skills necessary to make decisions that enhance their personal health and well-being, and to help create a campus environment that nurtures and supports these decisions.

Core Philosophy

It is UCR’s responsibility to provide information, guidance, and resources so that members of the University community can make educated and informed decisions. It is an individual’s responsibility to make their own decisions, and to take responsibility for the decisions they make. As collective members of the University community, we must also hold each other accountable for any choices and behaviors that put our own, or others’, health and safety in jeopardy.

Core Values

As a student, you desire and deserve to have...

- A voice in the decisions and policies that impact your lives and community.
- The skills and information that will not only help you make informed, healthy choices, but translate that knowledge and experience into being a positive role model and influence for your peers.
- The opportunity to take an active role in educating and making a difference in the UCR community.

Archives is an open forum for the discussion of health, wellness, and leadership topics. It is a place for students to share their experiences and perspectives on these issues. The Archives program provides a platform for students to explore these themes and engage with their peers in a supportive and accepting environment.

Archives is an open forum for the discussion of health, wellness, and leadership topics. It is a place for students to share their experiences and perspectives on these issues. The Archives program provides a platform for students to explore these themes and engage with their peers in a supportive and accepting environment.
Educational Programs
Golden Arches provides educational workshops to UCR’s student organizations as well as other groups on campus. Though the program has many prepared workshops, Golden Arches members can also customize workshops to fit your individual group’s needs.

Workshops
Golden Arches provides educational workshops to UCR’s student organizations as well as other groups on campus. Though the program has many prepared workshops, Golden Arches members can also customize workshops to fit your individual group’s needs. Unlike regular workshops, custom workshops must be scheduled three weeks in advance.

Educational Speaker Series
The program brings some of the best speakers from the collegiate circuit to talk about issues that directly affect you.

Social Events
Each year, Golden Arches sponsors and co-sponsors social events on campus to show it’s possible to have a good time without getting wasted.

The Winning Choices Campaign
Campuses around the country use social norms campaigns to impact students’ attitudes and behaviors when dealing with drugs and alcohol. UCR’s campaign, Winning Choices, surveys students every few years to determine drug and alcohol use trends on campus. The campaign has proven successful in its efforts to positively influence students’ choices.

Resources
Golden Arches offers a number of resources to help you make healthy decisions when you go out.

Party T.O.A.D.S. Bar
The T.O.A.D.S. (Taking Out Alcohol to Drink Safely) bar features tasty non-alcoholic beverages so you can drink as much as you want and stay sober. Party T.O.A.D.S. are available for UCR and community events. Contact Doug Evanhart at evanhart@ucr.edu to hire the bar for your event. Pricing is available on arches.ucr.edu.

Safe Ride Program
Bell/Yellow Cab and Anheuser-Busch sponsor the Safe Ride Program for UCR students with a valid student ID. The program provides you a safe ride home so you don’t have to drive impaired or ride with an impaired driver.

Seeds of Hope Program
Seeds of Hope is Golden Arches’ official community service project. Established in 2005, the program is a unique way to cheer up patients at the Loma Linda University Children’s Hospital. Students take flower pots, paint, and other materials to the hospital and help patients decorate their pots and plant flowers.

A Good Influence
Golden Arches is recognized as one of America’s best peer education programs by The BACCHUS Network, a national organization that supports approx. 1,000 peer education groups at over 900 U.S. campuses. The program’s national awards from The BACCHUS Network include Outstanding Affiliate (overall program), Outstanding Program, and Outstanding Advisor. The program was also named “best practice” for addressing alcohol issues at the 2005 UC Student Affairs retreat and as a model program at the 2005 CSU Alcohol Conference.

Part of the Team
Golden Arches recruits new members during Spring Quarter. Download an application at arches.ucr.edu.