



HOW TO GET A GOOD 'BUZZ' (WITHOUT GOING OVERBOARD)

- **Drink only when you are in a good mood or in situations where you feel comfortable.**
- **Drink only occasionally. Regular drinking may become a routine or habit that will difficult to break later on.**
- **Set your drinking limit before you leave for your party.**
- **Keep track of what you drink.**
- **Space your dinks. One per hour is a good rule.**
- **Alternate alcoholic drinks with non alcoholic beverages.**
- **Sip your drinks. Don't pound, shotgun or straight-shot.**
- **Measure the alcohol. Pay attention to the size of the container and the proof of alcohol.**
- **Avoid drinking games.**
- **Eat before and while you are drinking. With food in your stomach, alcohol gets absorbed more slowly**

Responsible alcohol use means that you won't be sorry in the morning.

SCARY STATS.....



Female college freshmen are at the highest risk for sexual assault between the 1st day of class and Thanksgiving break.

- **2 out of 5 college students in this country feel they have a problem with alcohol.**
- **40% of academic problems of college students are alcohol related.**
- **29% drop out rate due to alcohol.**
- **50% of relationship violence involves alcohol use.**
- **1 out of 5 college student abandons safe sex practices when they're drunk, even if they do protect themselves when they're sober.**


Source: www.factsontap.org







TRICK OR DRINK!

Halloween parties can be fun. It is also a high risk time for some dangerous behaviors including sexual assaults, hospitalizations, drunk driving and alcohol poisoning. Don't let Halloween turn into a nightmare!!! The Department of Public Safety encourages you to **PARTY SAFE!!!**






 No Boo's about it: Alcohol Poisoning is a very **real and serious medical emergency** caused by ingesting too much alcohol too quickly.

Signs of life-threatening levels of intoxication

-  Vomiting
 -  Breathing – 8 seconds or more between breaths
 -  A person has passed out, or is asleep, and cannot be aroused, or can only be slightly aroused for a few moments
 -  A person's hands or feet are cold and clammy, or skin is pale or bluish
- These are some signs for a medical emergency!! Call 946-3911 immediately!!

What to do:

-  Call 946-3911 or 911 immediately!!
-  Do Not leave the person alone.
-  Turn the person on his/her side to prevent choking or suffocating in case of vomiting.






**A Standard Drink is:
12 oz of beer or 5 oz of wine or 1.5 oz of 80 Proof**



BLACKOUTS

Blacking out is not the same as passing out. Passing out involves a loss of consciousness. When you blackout you are still conscious, but there is no memory during a blackout. You are awake and functioning but later can't remember what you did.

Blackouts are related to the quantity of alcohol consumed.

-  A blackout is not associated with normal or healthy alcohol use.
-  It is a chemically induced period of amnesia that can last for seconds, minutes, hours and/or days.
-  Blacking out involves the inability to transfer short-term memory into long-term memory.
-  Blackouts occur with: gulping drinks, extended drinking over long periods of time, fatigue, no food, and old age.
-  Being in a blackout increases the likelihood for other high risk behaviors such as unwanted sexual experiences, drinking and driving, alcohol poisoning, etc.

Blackouts are common among alcohol abusers and are a warning sign to drinkers and their friends that alcohol related problems exist. Frequent blackout's are considered an early high-risk indicator of alcoholism.