

Off the Wall
SUCCESS!



Brain Food. Eat it up!



*Build communities of outstanding citizens and scholars
through challenge, support and example.*

UNI Residence Education Mission

killer hangover...

- **1,700** college students **die** each year from alcohol-related injuries
- **599,000** students are unintentionally **injured** under the influence of alcohol
- **696,000** students are **assaulted** by another student who has been drinking
- **97,000** students are victims of alcohol-related **sexual assault** or date rape
- **400,000** students have **unprotected sex** and more than 100,000 students report having been too intoxicated to know if they consented to having sex

killer hangover...

- **25%** of college students report **academic consequences** of their drinking including missing class, falling behind, doing poorly on exams or papers, and receiving lower grades
- **2.1 million** students **drive under the influence** of alcohol
- **11%** of college drinkers report that they have **vandalized** while drunk
- **5%** of college students are **involved with the police** due to drinking
- **110,000** students **are arrested** for an alcohol-related violation, such as public intoxication or drunk driving

avoid the walk of shame...

Eat first.

Drinking on an empty stomach means your blood alcohol content (BAC) rises quickly and you leave the party early because you're passed out and drooling everywhere. Not cool.

Get hydrated.

Since alcohol dehydrates the body, drink plenty of water before, during, and after consuming alcohol. You'll be glad you did.

Plan your transportation.

Don't drink and drive. Period. Find another way to get home or stay where you're drinking.

Pair up.

Find a good friend and stick with them when you're drinking. You're far less likely to be assaulted or get into trouble.

Plan ahead.

If you have a big day tomorrow, lay off the booze. It's not worth blowing a big exam over a few drinks.

avoid the walk of shame...

Carry condoms. Alcohol has a way of lifting inhibitions, and soon, one thing leads to another. Male or female, gay or straight...carry condoms and use them if you need them!

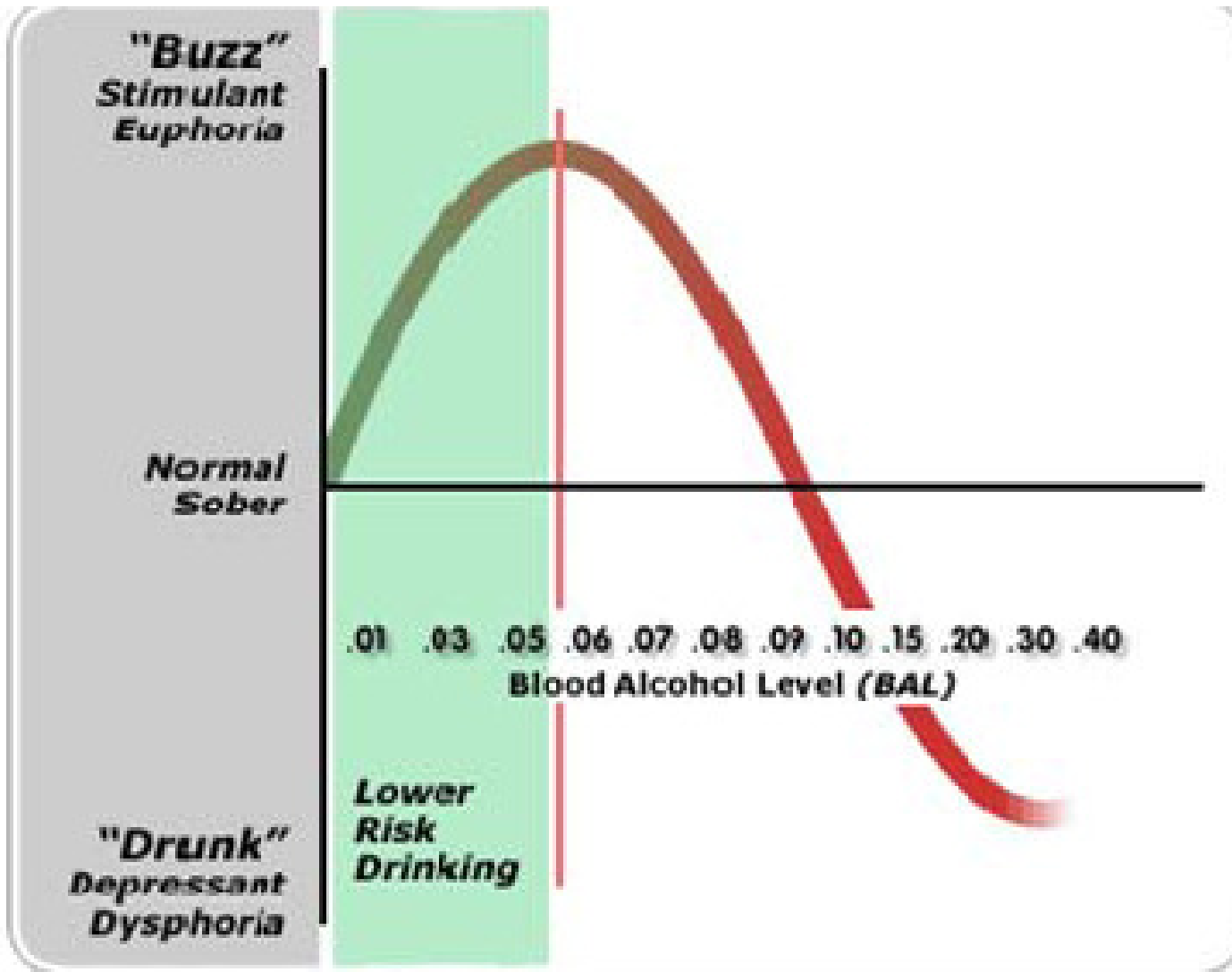
Stay away from shots and beer bongs. They only ruin a good time. Stick with drinks instead.

Alternate drinks. Switch back and forth from alcoholic to nonalcoholic drinks. You'll enjoy a buzz without getting too drunk to remember the night.

Watch your drink. There are creeps out there. You don't want a date rape drug in your cocktail...so pour your drink yourself or let the bartender make it.

Coffee won't sober you up. Time will. It's the only way to sober up.

sip by sip...



After your BAC goes above .06, you lose your buzz and you get drunk. This is when a good night turns into that night that you acted like a total jerk.

stay in the zone...

B.A.C. Zone Cards

- laminated and are approximately the size of an average credit card
- conveniently fit into a wallet
- come in 24 different weight categories for both men and women
- use it as a guide to determine your B.A.C., based on your sex, weight, number of drinks, and how many hours you've been drinking

stay in the zone...

This card is for a female of 130 pounds							
# of drinks	# of HOURS DRINKING						
	0 hours	1 hour	2 hours	3 hours	4 hours	5 hours	6 hours
0	.000	.000	.000	.000	.000	.000	.000
1	.035	.019	.003	.000	.000	.000	.000
2	.069	.053	.037	.021	.005	.000	.000
3	.104	.088	.072	.056	.040	.024	.008
4	.138	.122	.106	.090	.074	.058	.042
5	.173	.157	.141	.125	.109	.093	.077
6	.208	.192	.176	.160	.144	.128	.112
7	.242	.226	.210	.194	.178	.162	.146
8	.277	.261	.245	.229	.213	.197	.181
9	.312	.296	.280	.264	.248	.232	.216
10	.346	.330	.314	.298	.282	.266	.250
11	.381	.365	.349	.333	.317	.301	.285
12	.415	.399	.383	.367	.351	.335	.319
13	.450	.434	.418	.402	.386	.370	.354
14	.485	.469	.453	.437	.421	.405	.389
15	.519	.503	.487	.471	.455	.439	.423

This chart is intended as a guide, NOT a guarantee.
The only safe use of alcohol is not using alcohol.

YOUR B.A.C.ZONE™ EFFECTS

STAY IN YOUR GREEN ZONE!®

.02-.03 = No loss of coordination, slight euphoria & loss of shyness
.04-.059 = lowered inhibitions, minor impairment in reasoning & memory

WARNING: BLUE ZONE!

.06-.09 = Feel depressant effects, increased impairment of balance, speech, vision, reactions & hearing, reduced judgment and self-control
.10-.15 = Significant impairment in motor control, vision & reasoning
.16-.24 = Anxiety and restlessness dominate, impairment increases, very poor decision-making

DANGER: RED ZONE!

.25+ = Need assistance walking, double-vision and legal blindness, complete mental confusion & loss of consciousness is likely ...

SEEK MEDICAL ATTENTION!

This is a sample card...To get your own personalized card, visit:
<http://www.uni.edu/wellrec/wellness/subabuse/bac/bacrequest.html>

party smarter

Show up! Check out programs offered in your house or hall. You'll meet people AND learn how to survive the college party scene in one piece.

Read! Follow the tips offered in this guide.

- **Check out this website!**

<http://www.uni.edu/wellrec/wellness/subabuse/>

for more info...

National Institute on Alcohol Abuse and Alcoholism. US Department of Health and Human Services, August 2007.

www.alcoholpolicy.niaaa.nih.gov

Hogan, Michael. *College Drinking: The Dangers of Overdrinking*. UMass Boston Student Newspaper.

www.umassmedia.com

The College Student's Guide to Safe Drinking.

www.hamsnetwork.org/students

College Drinking: Changing the Culture.

www.collegedrinkingprevention.gov