

Be Safe Tonight, Not Sorry Tomorrow

FOLLOW TEXAS DRINKING LAWS



TABC

TEXAS ALCOHOLIC BEVERAGE COMMISSION

service ★ courtesy ★ integrity ★ accountability

www.2young2drink.com

www.tabc.state.tx.us



Save a Life™

Texas Department of Transportation

BE SAFE TONIGHT, NOT SORRY TOMORROW

FOLLOW TEXAS DRINKING LAWS

To order additional copies:
Texas Alcoholic Beverage Commission
Education and Prevention
P.O. Box 13127
Austin, Texas 78711-3127
(512) 206-3420
(512) 206-3316 (Fax)
education@tabc.state.tx.us
www.2young2drink.com

©2013

This publication is in the public domain. Authorization to reproduce it in whole or in part is granted. While permission to reprint publication is not necessary, the citation should be:

[2013] Be Safe Tonight, Not Sorry Tomorrow: Follow Texas Drinking Laws

Be Safe Tonight, not Sorry Tomorrow

Follow Texas Drinking Laws

Being in a fraternity or sorority is a privilege for a select few college students. Joining one of these organizations comes with its own responsibilities, including the decision to drink or provide alcoholic beverages at social functions. The decision to serve alcohol at parties and other events needs to be well thought out. Older members of your organization are legally able to drink, but the people you are trying to recruit may be under 21 and providing them alcohol is a violation of Texas laws.

For those members and organizations that choose to provide alcohol to minors, be prepared for a fine of up to \$4,000 and/or jail time. By not providing alcohol to those under 21 or allowing them to consume alcohol at your events, not only are you following Texas laws, but you could also be saving lives.

The information given in this booklet helps clarify the laws for underage drinking. It is illegal for minors to possess, consume, buy or attempt to buy alcohol. This booklet is also to educate the older members of your fraternity or sorority about the consequences of giving minors alcohol including serving alcohol at parties in which minors are invited or participate.

Contributer:

Jade Ross, Texas Alcohol Beverage Commission- Education/ Prevention

Designer:

Jade Ross, Texas Alcoholic Beverage Commission- Education/ Prevention

A Publication by:

The Texas Alcoholic Beverage Commission

TABLE OF CONTENTS

Some Staggering Statistics.....	1
Alcohol Related Violations Committed by Those Over 21.....	2
Alcohol Related Violations Committed by Those Under 21.....	3
911 Lifeline Law.....	4
Drinking and Driving Under 21.....	5
DUI Car Crashes by Hour and Day of the Week.....	6
Driving While Intoxicated.....	7
Other Alcohol and Driving Related Violations.....	8
Where to Get Help On and Off Campus.....	9

SOME STAGGERING STATISTICS

The consequences of excessive and underage drinking affect everyone in the college community. It doesn't matter if the students are younger or older than 21. It doesn't matter if the students choose to drink or not. Everyone is impacted by decisions to drink irresponsibly.

Alcohol Consumption: About **four in five** of all college students drink, including nearly 60% of students aged 18 to 20.

Binge Drinking: More than **40%** of college students have reported engaging in binge drinking at least once during the past 2 weeks.

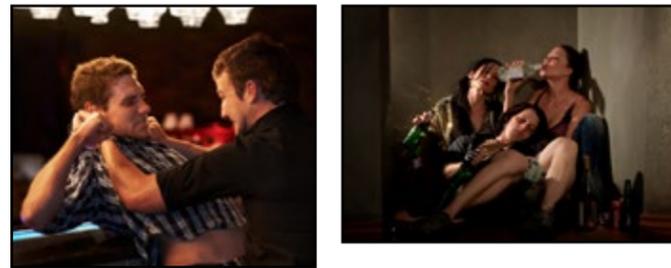
Deaths: An estimated **1,825** college students between the ages of 18 to 24 die each year from unintentional, alcohol-related injuries, including motor vehicle crashes.

Injuries: An estimated **599,000** students between the ages of 18 and 24 are unintentionally injured under the influence of alcohol each year.

Assaults: An estimated **696,000** students between the ages of 18 and 24 are assaulted by another student who has been drinking each year.

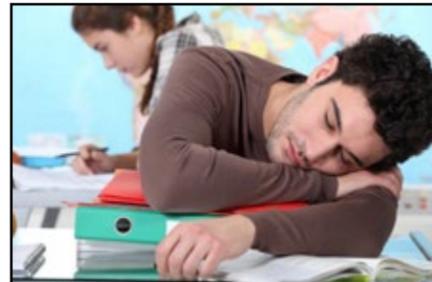
Sexual Abuse: An estimated **97,000** students between the ages of 18 and 24 are victims of alcohol-related sexual assault or date rape each year.

Sources:
National Institute on Alcohol and Alcoholism
www.collegedrinkingprevention.gov



alcohol abuse
health problems

Drunk Driving



unwanted pregnancy
Academic Problems
suicide attempts

Unsafe Sex



Discussion: Have students think about how many people attend their school. Have them consider 40% of that number. That is the number of students who put their lives at risk in a two-week period by binge drinking.

ALCOHOL RELATED VIOLATIONS COMMITTED BY THOSE OVER 21

Selling Alcohol to Minors - Class A Misdemeanor:

- A person commits an offense if, with criminal negligence, he sells an alcoholic beverage to a minor. (TABC code 106.03).
- It is illegal for ANYONE to sell alcohol to a minor.
- Up to \$4,000 fine, and/ or
- Up to 1 year in jail

Purchase or Furnishing Alcohol to a Minor - Class A Misdemeanor:

- A person commits an offense if he purchases, gives, or with criminal negligence makes available an alcoholic beverage to a minor (TABC code 106.06).
- It is illegal for anyone, except the minor's parents, legal guardian or spouse, to give or make easily available an alcoholic beverage to a minor.
- Up to \$4,000 fine, and/or
- Up to 1 year in jail

This law applies to anyone that provides alcohol to a person younger than 21 even if the provider of the alcohol is also under the age of 21.

In Texas, a person may provide alcohol to a minor if he or she is the minor's adult parent, legal guardian, or spouse, and is visibly present when the minor possesses or consumes the alcoholic beverage.

However, it is against the law to make alcohol available to any other person younger than 21 even in your own residence, even with their parent's permission. You can be held civilly liable for damages caused by a person younger than 18 if you provided them alcohol or allowed them to be given alcohol while on your property.

Every time your fraternity or sorority hosts a party where alcohol is served and minors are consuming, the host of the party, typically the social chair or president, can be charged with providing alcohol to minors. Also, a source investigation can be conducted to determine who purchased the alcohol. Once determined, that person can be charged as well.

Your fraternity or sorority could be responsible for paying the \$4,000 fine, face any penalties put upon the organization by the school and also the penalties by your national organization itself. These penalties could include anything from social probation to even losing your charter if someone were to get hurt as a result from them drinking at your party.

ALCOHOL RELATED VIOLATIONS COMMITTED BY THOSE UNDER 21

Purchasing, or Attempting to Purchase Alcohol- Class C Misdemeanor

- a minor commits an offense if he purchases or attempts to purchase an alcoholic beverage (TABC code 106.01-106.025)

Misrepresentation of Age to Obtain Alcohol- Class C Misdemeanor

- A minor commits an offense if he falsely states or presents any document that indicates he is 21 or older. (TABC code 106.07)

- It is illegal for a minor to use a fake ID or tell a waiter or server that they are 21 in order for them to get alcohol.

Possessing or Consuming Alcohol (aka M.I.P. = minor in possession)- Class C Misdemeanor

- A minor commits an offense if he possesses or consumes an alcoholic beverage. (TABC code 106.04 &106.05)

Clarification:

Being charged with possession seems self explanatory; if you are holding an alcoholic beverage then you get charged.

However there is more to it than that. You can get charged with a MIP for constructive possession as well.

Constructive possession "exists where a person has knowledge of an object plus the ability to control the object, even if the person has no physical contact with it" (United States v. Derose, 74 F.3d 1177 [11th Cir. 1996]).

An example of this is if you are at a party that has a keg or cooler full of alcohol, but no one is regulating who can get alcohol. You know that the alcohol is there and you have the free ability to obtain the alcohol. You can be given a MIP in this situation.

Consequences:

- Fine up to \$500;
- Alcohol awareness course;
- Community service;
- Driver's license suspension or denial;
- If you are 17 or older, on the third offense, the fine increases to \$2,000 and/or up to 180 days in jail, in addition to driver's license suspension.



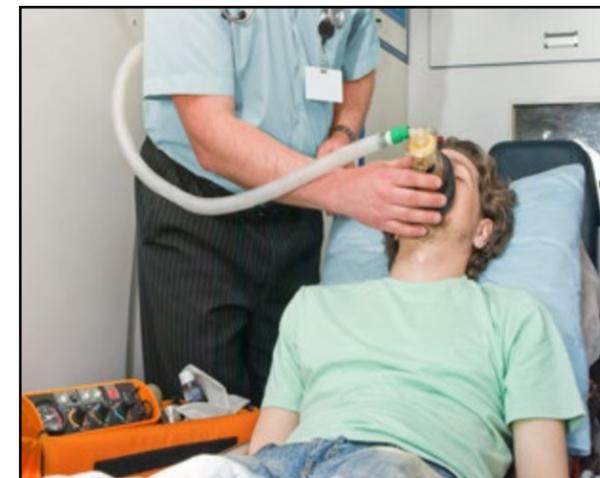
911 LIFELINE LAW

There were many lives that could have been saved if their friends had taken them to the hospital or called for medical assistance. Saving yourself from trouble should not replace saving someone's life. That is one of the reasons an immunity law was passed in 2011. This law is in place to take away the fear of getting in trouble and give you the incentive to get help for someone who desperately needs it.

911 LIFELINE LAW

A minor will not be charged with possessing/ consuming alcohol if they:

- requested emergency medical assistance in response to the possible alcohol overdose of the minor or another person;
- were the first person to make a request for medical assistance;
- remained on the scene until medical assistance arrived; and
- cooperated with medical assistance and law enforcement personnel.



Fraternities and sororities should be aware that they can be held civilly liable for a person who dies or suffers a serious injury as a result of consuming alcohol at one of your events.

As members of a fraternity or sorority, it is important to look out for your brothers and sisters. If you support your brothers and sisters during good and bad times, then you should prevent them from dying or suffering serious health consequences as well. If you think someone needs medical assistance, you need to take the initiative and take them to the hospital or call 911.

You will not be given a citation for alcohol possession or consumption, and you are also saving your friend's life. There is nothing worse than having to live with the memory of a friend who died because you were afraid to make a phone call. You want to be sure to share memories, not regrets.

DRINKING AND DRIVING UNDER 21

ZERO TOLERANCE LAW: DRIVING UNDER THE INFLUENCE (DUI)

- A minor commits an offense if the minor operates a motor vehicle or watercraft in a public place while having ANY detectable amount of alcohol in the minor's system. (TABC code 106.041)
- If you are under 21, you can't drive a motorized vehicle if you have ANY alcohol to drink.

Punishment- Class C Misdemeanor

- Up to \$500 fine
- Alcohol awareness class
- Community Service (ranging from 20-60 hours)
- Drivers license suspended (ranging from 60-120 days)
- Denial of occupational license (ranging from 30-90 days)
- Third offense if over 17, you get a fine up to \$2,000, drivers license suspended for 180 days, and 180 days of jail time.





Alcohol Related Crashes by Hour and Day of the Week

2012

Crash Hour	SUNDAY		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		Total	
	Total Crashes	Fatal Crashes														
00:00 - 00:59	637	17	216	12	150	6	188	10	221	9	277	8	582	31	2,271	93
01:00 - 01:59	777	28	208	8	126	4	163	5	216	9	284	10	617	22	2,391	86
02:00 - 02:59	1,004	42	291	12	205	3	276	11	320	13	493	19	944	38	3,533	138
03:00 - 03:59	632	33	124	1	76	8	119	3	133	2	236	7	436	15	1,756	69
04:00 - 04:59	402	14	61	5	51	2	42	2	71	6	105	4	318	14	1,050	47
05:00 - 05:59	240	5	42	1	31	1	39	2	36	3	78	2	181	7	647	21
06:00 - 06:59	173	11	39	3	27	1	30	4	32	3	48	3	139	12	488	37
07:00 - 07:59	131	6	35	3	24	2	22	1	16	1	30	1	74	8	332	22
08:00 - 08:59	83	4	14	1	7	0	21	1	17	0	23	1	63	4	228	11
09:00 - 09:59	42	2	20	1	21	0	18	2	19	1	20	1	33	2	173	9
10:00 - 10:59	40	2	11	0	15	0	12	1	18	0	21	0	43	0	160	3
11:00 - 11:59	32	2	21	0	23	0	18	0	30	0	28	0	58	3	210	5
12:00 - 12:59	53	3	24	0	24	0	17	1	33	1	29	0	58	1	238	6
13:00 - 13:59	54	4	31	0	25	2	21	1	24	0	29	3	50	2	234	12
14:00 - 14:59	48	3	40	0	42	4	48	3	56	2	47	4	83	3	364	19
15:00 - 15:59	74	4	60	2	45	1	44	3	49	2	74	4	89	4	435	20
16:00 - 16:59	119	0	85	0	69	1	70	3	66	2	91	2	161	6	661	14
17:00 - 17:59	137	3	97	5	78	3	90	5	76	2	133	0	170	3	781	21
18:00 - 18:59	189	9	136	5	108	2	140	4	114	4	180	3	227	5	1,094	32
19:00 - 19:59	243	9	148	5	98	5	147	6	156	8	198	4	267	8	1,257	45
20:00 - 20:59	292	11	146	3	149	12	155	5	168	8	284	9	350	8	1,544	56
21:00 - 21:59	288	13	165	8	166	7	203	5	225	6	338	4	392	15	1,777	58
22:00 - 22:59	303	13	160	2	201	5	240	7	224	7	431	8	415	19	1,974	61
23:00 - 23:59	250	10	202	5	168	10	218	10	268	6	476	21	491	18	2,073	80
Total	6,243	248	2,376	82	1,929	79	2,341	95	2,588	95	3,953	118	6,241	248	25,671	965

Prevent Alcohol Related Crashes:

- have a designated driver
- monitor alcohol consumption of guest over 21
- don't allow those under 21 to consume
- call a cab for someone if they are impaired

Those Who Booze and Cruise, Lose.

DRIVING WHILE INTOXICATED

Texas Penal Code §49

A person commits an offense if the person is intoxicated while operating a motor vehicle in a public place. Intoxication must be proven for conviction. Minors may be arrested for DWI and are subject to the same penalties as adults.*

Definition of Intoxication:

(A) not having normal use of mental or physical faculties by reason of the introduction of alcohol, a controlled substance, a drug, a dangerous drug, a combination of two or more of those substances, or any other substance into the body; **or**

(B) having an alcohol concentration of 0.08 or more.

Penalties

First Offense

- Up to a \$2,000 fine; and/or
- 3 - 180 days in jail;
- Driver's license suspension of 90 days to 1 year.

A First Offense DWI in Texas, with a blood alcohol concentration (BAC) of a 0.15% or greater is a Class A Misdemeanor. You can face up to:

- a \$4000 fine; and/or
- one year in jail.

Second Offense

- Up to a \$4,000 fine; and/or
- 1 month - 1 year in jail;
- Driver's license suspension of 180 days to 2 years.

Third Offense

- Up to \$10,000 fine; and/or
- 2 - 10 years in jail;
- Driver's license suspension of 180 days to 2 years.

Drunk driving injuries and deaths always devastate a community and yet every night countless people drive after having too many drinks. In 2009, the National Institute on Alcohol Abuse and Alcoholism estimated over 3,360,000 students between the ages of 18 and 24 drove under the influence of alcohol in that year. Alcohol related driving injuries and deaths are 100% preventable, but it all comes down to responsibility and awareness.

First off, you should be aware of your own alcohol intake and be responsible enough to not allow yourself to drive if you are impaired. Second, as members of fraternities and sororities, you should always be aware of your other brothers and sisters. If you think someone is too drunk to drive, don't let them drive. Call them a cab or have a sober brother or sister drive them home. By doing this you could save their lives and the lives of others. Just keep in mind that every time you decide to drink and drive or let someone else get behind the wheel after drinking, you are putting multiple people at risk, not just yourself.

* Minors under 17 will report to Juvenile Court, unless adjudicated as adults.

OTHER ALCOHOL AND DRIVING VIOLATIONS

Driving With an Open Container

- It is an offense if there is any open container or vessel that contains alcohol that is in the area within reach of any passenger or the driver of the vehicle.
- As a fraternity or sorority, you can make it a priority to place someone at the entrance of the party to make sure no one leaves the party with an open container.

- Punishable by:

- **Up to a \$2,000 fine;**
- **A minimum of 6 days in prison.**

Intoxication Assault

- If you are driving while being intoxicated and you injure someone, you are charged with a third degree felony and are subject to the following penalties:

- **Up to a \$10,000 fine (for each count);**
- **2 - 10 years in prison.**

Intoxication Manslaughter

- If you are driving while intoxicated and you kill someone, you are charged with a second degree felony and are subject to the following penalties:

- **Up to a \$10,000 fine (for each count);**
- **2 - 20 years in prison.**

TX Penal Code §19.02 Murder

A defendant can be charged with murder, if while committing a felony, he/she performs an act "clearly dangerous to human life that causes the death of an individual." A third DWI conviction is a felony offense. This means that if a person's act of driving while intoxicated results in a person's death, and the driver has two previous DWI convictions, the driver can be charged with murder.



Look Out For Your Brothers and Sisters

KNOW THE SIGNS OF ALCOHOL POISONING



TABC

TEXAS ALCOHOLIC BEVERAGE COMMISSION

service ★ courtesy ★ integrity ★ accountability

www.2young2drink.com

www.tabc.state.tx.us



Save a Life™

Texas Department of Transportation

**LOOK OUT FOR
YOUR BROTHERS AND SISTERS
KNOW THE SIGNS OF ALCOHOL POISONING**

To order additional copies:
Texas Alcoholic Beverage Commission
Education and Prevention
P.O. Box 13127
Austin, Texas 78711-3127
(512) 206-3420
(512) 206-3316 (Fax)
education@tabc.state.tx.us
www.2young2drink.com

©2013

This publication is in the public domain. Authorization to reproduce it in whole or in part is granted. While permission to reprint publication is not necessary, the citation should be:

[2013] Look out for Your Brothers and Sisters: Know the Signs of Alcohol Poisoning

Look Out for Your Brothers and Sisters

Know the Signs of Alcohol Poisoning

According to a 2009 survey conducted by the National Institute on Alcohol Abuse and Alcoholism, 1,825 students were killed in unintentional alcohol-related accidents including drunk driving accidents and alcohol poisoning.

One example is the story of Carson Starkey who died of alcohol poisoning during a fraternity hazing ritual at California Polytechnic State University. Carson was 18 years old, finishing his first semester of college. Carson was instructed to split a fifth of rum with another pledge, drink two 24-ounce Steel Reserve cans and a can of Sparks, while a bottle of Everclear was passed around. He lost consciousness, showing multiple signs of alcohol poisoning, and his fraternity brothers knew that he probably needed help, but they didn't know his life was in danger. They put him in a car and were almost to the hospital when they turned around for fear of getting in trouble. They left him on his side on a mattress on the floor in hopes that he would 'sleep it off'. Ultimately, Carson's blood alcohol content at the time of death was between .39%- .447%. That is four times the legal limit for driving in Texas and California.

Deaths like Carson's are 100% preventable if the people they are with recognize the signs of alcohol poisoning and get the student to a hospital to save their life.

As a member of a fraternity or sorority it is very important to look out for each other, protect each other and make sure no one is injured or killed. The information provided in this section is to teach members of Greek groups more general information about alcohol and alcohol poisoning. With this information hopefully it will equip you to protect your brothers and sisters from possible permanent damage or death.

Contributer:

Jade Ross, Texas Alcohol Beverage Commission- Education/ Prevention

Designer:

Jade Ross, Texas Alcoholic Beverage Commission- Education/ Prevention

A Publication by:

The Texas Alcoholic Beverage Commission

TABLE OF CONTENTS

Alcohol: Know What You Are Drinking.....	1
Blood Alcohol Content (BAC) & Binge Drinking.....	2
Intoxication vs. Alcohol Poisoning.....	3
Alcohol Poisoning Facts.....	4
Jeff and Katie Arrive at the Party.....	5
First and Second Hours of the Party.....	6
Third and Fourth Hours of the Party.....	7
Responsible Consumption.....	8
If You Need Help.....	9

ALCOHOL: KNOW WHAT YOU ARE DRINKING

Types of Alcohol:

- **Wine:** a product that has been fermented from juices of grapes or other fruits
- **Distilled Spirits:** any alcohol that is made from distillation (i.e. whiskey, rum, tequila, & vodka)
- **Beer:** a malt beverage with .5% ABV-4% ABW.
- **Ale or Malt Liquor:** a malt beverage with more than 4% ABW.
- **Liquor:** any alcoholic beverage with more than 4% ABW.

Alcohol by Volume

Alcohol by volume (ABV) is simply the amount of ethanol in a drink compared to the entire volume of the drink and it varies widely by beverage.

The alcohol in one 23.5 ounce malt beverage (12% ABV) equals the alcohol in 4.7 beers (5% ABV).*

In other words, it equals almost five standard drinks.

Need to know about ABV?
Go to www.tabc.state.tx.us.

*12 oz beer @ 5% alc/vol = 0.6 oz Ethanol
23.5 oz beer @ 12% alc/vol = 2.82 oz Ethanol
2.82/0.6 = 4.7



Proof of Alcohol:

It's another way of measuring the amount of alcohol, usually describing hard liquors.

An easy way of measuring how much alcohol is in a proof is to divide the proof number by 2.

For example, 80-proof Malibu Black Rum= 40% ABV

BE CAUTIOUS OF...

Trashcan or Spiked Punch

- the level of alcohol is not regulated
- don't know the type of alcohol used
- never know how much alcohol is in each cup
- foreign objects and substances end up in the punch (i.e. drugs or bugs)

Other Beverages and Situations

- mixed drinks when you can't taste the alcohol, you may be drinking too much and not know it
- drinks other people give you
- don't leave a drink unattended

BLOOD ALCOHOL CONTENT (BAC) & BINGE DRINKING

What is your Blood Alcohol Content (BAC) level?

- The percentage of alcohol that is present in your blood. It is different for each person based on their mass and metabolism.
- To use the BAC Charts, find the intersection between the person's weight and the number of standard drinks they have had. This number indicates the BAC level if the person had a certain number of drinks all at one time.

What is Binge Drinking?

- It is a pattern of drinking alcohol that brings BAC to .08 or above.
- It is drinking 5 or more standard drinks for a male and 4 or more drinks for a woman in 2 hours.

STANDARD DRINKS



MEN KNOW YOUR LIMIT

Approximate Blood Alcohol Content (BAC) In One Hour
Source: National Highway Traffic Safety Administration

Drinks	Body Weight In Pounds								Influenced
	100	120	140	160	180	200	220	240	
1	.04	.03	.03	.02	.02	.02	.02	.02	Possibly
2	.08	.06	.05	.05	.04	.04	.03	.03	
3	.11	.09	.08	.07	.06	.06	.05	.05	Impaired
4	.15	.12	.11	.09	.08	.08	.07	.06	
5	.19	.16	.13	.12	.11	.09	.09	.08	Legally Intoxicated
6	.23	.19	.16	.14	.13	.11	.10	.09	
7	.26	.22	.19	.16	.15	.13	.12	.11	
8	.30	.25	.21	.19	.17	.15	.14	.13	
9	.34	.28	.24	.21	.19	.17	.15	.14	
10	.38	.31	.27	.23	.21	.19	.17	.16	

WOMEN KNOW YOUR LIMIT

Approximate Blood Alcohol Content (BAC) In One Hour
Source: National Highway Traffic Safety Administration

Drinks	Body Weight In Pounds								Influenced
	100	120	140	160	180	200	220	240	
1	.05	.04	.03	.03	.03	.02	.02	.02	Possibly
2	.09	.08	.07	.06	.05	.05	.04	.04	
3	.14	.11	.11	.09	.08	.07	.06	.06	Impaired
4	.18	.15	.13	.11	.10	.09	.08	.08	
5	.23	.19	.16	.14	.13	.11	.10	.09	Legally Intoxicated
6	.27	.23	.19	.17	.15	.14	.12	.11	
7	.32	.27	.23	.20	.18	.16	.14	.13	
8	.36	.30	.26	.23	.20	.18	.17	.15	
9	.41	.34	.29	.26	.23	.20	.19	.17	
10	.45	.38	.32	.28	.25	.23	.21	.19	

Subtract .015 for each hour after drinking.

Note: The figures are averages and may vary based on the amount of food in your stomach, body weight, body type, gender, medications, illness and fatigue.

INTOXICATION VS. ALCOHOL POISONING

There is a difference between a person being intoxicated and a person who has alcohol poisoning. The problem that occurs most often is that people don't recognize the difference between a person who is intoxicated and a person who needs medical attention.

Signs of Intoxication

Coordination:

- Stands with feet wide apart for balance
- Leans against structure for support
- Fumbles with objects in their hands
- Slurs or trips over words

Reduced Judgment and Inhibitions:

- Becomes overly excited
- Speaks loudly and/or profanely
- Throws objects
- Giggles or laughs for no apparent reason

Vision:

- Red or watery eyes
- Droopy eyelids or tired appearance
- Squints continuously
- Closes or covers one eye to remove double vision

Reflexes:

- Slow or deliberate movements
- Slow or no response to questions
- Slow or no reaction to actions such as spilling a beer on oneself (i.e. party fouls)

Manners and Appearance:

- Frequently rubs hands through face and hair
- Sometimes has involuntary eye movement
- Frequent trips to the bathroom
- Strong, stale odor of alcohol

Signs of Alcohol Poisoning

(Use this mnemonic device **MUST HELP**)

Mental Confusion

Unresponsive

Seizures/ Stupor

Throwing up

Hypothermia- low body temp, cold/clammy

Erratic or slow breathing

Loss of consciousness

Pale or bluish skin

DRUNK VS. DYING

The difference between the signs of intoxication and the signs of alcohol poisoning is the difference between being drunk and dying.

If it looks like they need help, get them help.



ALCOHOL POISONING FACTS

Alcohol poisoning occurs when someone has consumed more alcohol than their body can safely metabolize. It takes the body 1 to 1 1/2 hours to process a single standard size drink. The body is still affected even after someone quits drinking. Alcohol poisoning is a **medical emergency**. Don't wait for all symptoms to be present before calling **911**. Even a person with only a few of these symptoms can be at risk and needs medical attention.

Signs of Alcohol Poisoning

- **Unconscious or semiconscious (passed out)**
 - **No response to pinching**
 - **Slow or irregular breathing: less than 8 breaths per minute, 8-10 seconds between breaths**
 - **Low body temperature**
 - **Slow heart rate**
 - **Bluish or pale, cold clammy skin**
 - **Vomiting while "sleeping" or passed out**
- If you can't remember the signs of alcohol poisoning, you can think as if the situation didn't involve alcohol. For example, if you walked into your dorm and your roommate appears to have bluish skin, looks ill, and is passed out, you would probably get help right? The same applies to parties. If you come across someone that looks sick and isn't waking up, they need help.

Remember, home remedies are myths and are ineffective **AND they can also be very dangerous.**

Examples include, but are not limited to:

- consuming black coffee - caffeine can mask the symptoms of intoxication and may also dehydrate the person;
- cold showers - the shock of the cold water could cause the person to lose consciousness;
- walking "it" off - the person may become more dehydrated;
- sleeping "it" off - the person could lose consciousness while sleeping; or
- vomiting to rid the body of the alcohol - due to the way alcohol is processed in the body this will not prevent alcohol poisoning and it could cause choking or asphyxiation.

If Someone Won't Wake Up

- **Call 911 for help. Do NOT wait for all symptoms to be present. Do NOT try to guess the level of drunkenness.**
- **Keep him/her on their side.**
- **Perform CPR until medical help arrives if their pulse is less than 40 beats per minute or their breathing is less than 8 breaths per minute.**
- **Don't panic.**
- **Don't leave them alone to "sleep it off."**
- **Don't give them food or coffee.**
- **Don't try to make them vomit.**
- **Don't put them in a cold shower.**

Remember:

BACs continue to rise even if the person quits drinking. Vomiting will not prevent this increase in BAC.

JEFF & KATIE ARRIVE AT THE PARTY

BLOOD ALCOHOL CONTENT 0.00



This is Katie. Katie is a 22-year-old college student, and an active member in her sorority. She's double majoring in biology and Spanish and wants to continue on to medical school to get her PhD. She weighs about 120 pounds.



This is Jeff. Jeff is a 21-year-old college student, and an active member of his fraternity. He's majoring in exercise sports and science and wants to become an athletic trainer. He weighs about 160 pounds.



This weekend Jeff's fraternity and Katie's sorority have a party that starts around 11:00 p.m. Both Jeff and Katie party on a semi-regular basis, except tonight is going to be different. There is going to be TOO MUCH alcohol and Jeff and Katie are going to end up in life threatening situations. Unfortunately for one of them, their friends will not recognize the signs of alcohol poisoning. One of them will die.

Annually, an estimated 30,000 college students require medical treatment after overdosing on alcohol.

Discussion: Have students think about parties they have heard about or attended. Have them write down how many drinks they have seen people consume by 2:00 a.m.



FIRST HOUR OF PARTY

APPROXIMATE BAC 0.07 - 0.125

Remember: A BAC of 0.08 or more is considered legally intoxicated.



Katie consumed 4.7 standard drinks during the first hour of the party even though she **only** drank **one** can of malt liquor. **It is important to pay attention to serving sizes and ABV.** She is already well over the legal limit.



Jeff consumed five standard drinks during the first hour of the party. Jeff is over the BAC limit that is considered legally intoxicated.



Hours of drinking: 1
Number of standard drinks: About 5

BAC: 0.175

Katie started drinking an hour ago. (Using the BAC Chart, you will see that 5 drinks for 120 lb female equals a BAC 0.19. Subtract .015 for one hour of drinking and her BAC is 0.175.)



Hours of drinking: 1
Number of standard drinks: 5

BAC: 0.105

Jeff started drinking an hour ago. (Using the BAC Chart, you will see that 5 drinks for 160 lb male equals a BAC 0.12. Subtract .015 for one hour of drinking and his BAC is 0.105.)



SECOND HOUR OF PARTY

APPROXIMATE BAC 0.13 - 0.20



Katie drank a beer. She is having trouble standing and her friend is becoming concerned.



Jeff drank a red cup full of whiskey and cola. There were three standard drinks (or three shots) in the cup....he thinks. Then he had two more shots. He is severely impaired.

Katie had already consumed:



Jeff had already consumed:



Hours of drinking: 2
Number of standard drinks: About 6
BAC: 0.20 0.23 (BAC) - 0.03 (time drinking) = 0.20

Hours of drinking: 2
Number of standard drinks: About 10
BAC: 0.20 0.23 (BAC) - 0.03 (time drinking) = 0.20

2:00

THIRD HOUR OF PARTY

APPROXIMATE BAC 0.25



Katie drank another beer and a shot. She is vomiting.



Jeff drank two more beers and two shots. He is drifting in and out of consciousness.

Katie had already consumed:



Hours of drinking: 3
Number of standard drinks: About 8
BAC: 0.255 0.30 (BAC) - 0.045 (time drinking) = 0.255



Jeff had already consumed:



Hours of drinking: 3
Number of standard drinks: About 14
BAC: 0.265 0.31 (BAC) - 0.045 (time drinking) = 0.265

3:00

FOURTH HOUR OF PARTY

APPROXIMATE BAC 0.30+



Katie drank two more shots and is now unconscious. Her BAC is 0.32. Her friends find her passed out on the restroom floor. They decided to take her to the hospital.



Jeff drank three more shots and is now unconscious. His BAC is 0.31. His friends decide to let him "sleep it off."

Katie had already consumed:



Hours of drinking: 4
Number of standard drinks: About 10
BAC: 0.32 0.38 (BAC) - 0.06 (time drinking) = 0.32



Jeff had already consumed:



Hours of drinking: 4
Number of standard drinks: About 17
BAC: 0.31 0.37 (BAC) - 0.06 (time drinking) = 0.31

RESPONSIBLE CONSUMPTION

What is responsible consumption?

- It is different for everyone and looks different to everyone. Take the story of Katie. She had the intention of going out and drinking responsibly, but by the end of the night, she was in the death zone of BAC level. It all started when she drank only one can of malt liquor in the first hour of the party. It might have seemed like a good idea because it was only one can, but in reality she drank 4.7 standard drinks, which spiked her BAC to 0.175.
- Is binge drinking responsible consumption?
- Would it be considered responsible consumption if you are looking out for your brothers and sisters while they are also drinking?
- Are there measures you and your friends can take to prevent out of control and potentially harmful situations?

Safe Drinking Habits/ Preventive Measures

Choose

- Choose when to drink and when not to drink: you don't have to drink at all events. Remember the legal drinking age is 21.
- Choose how much you want to drink before you go out; give yourself a limit.
- Choose what kind of alcohol you want to drink; be sure you know what you are drinking and how much.

Eat

- Be sure to eat a full meal before you start drinking.
- If you drink alcohol on an empty stomach, your BAC level increases at a higher rate. When you have food in your stomach, the rate of absorption is slower.

Pace

- Pace yourself as you drink, and try to space out your drinks to no more than one an hour.
- It takes your stomach about an hour to fully digest one standard drink.

Hydrate

- One of the major problems with drinking alcohol is getting severely dehydrated.
- Drink water throughout your day and especially before you start consuming alcohol.
- Drink a nonalcoholic beverage between each alcoholic beverage.

Track

- Track how many drinks you have had.
- Track how long you have been drinking.

Designate

- Designate a driver
- Be sure you always have a safe and sober ride home after a night of drinking, and never get in a car with a person who has been drinking. You are putting your life and the lives of others at risk every time you get behind the wheel after drinking.



