

"POTTY TALK"

ALCOHOL AWARENESS WEEK 2005

October 31st – November 4th



Alcohol Awareness Week 2005
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Tuesday, November 1st: How to De-Stress for Success
Stress Presentation: Learn how to effectively deal with stress.

5:30p.m. Malley Conference Room

Wednesday, November 2nd: Beer Goggle Olympics

8:00 – 9:30 p.m. Graham Commons

Thursday, November 3rd: Check-Up From the Neck-Up:

FREE Alcohol Screening Day

11:00 - 2:00 p.m. Benson 212 (Drahman conference room)

Thursday, November 3rd: What's All the Buzz About?

Student PHEs and EMTs discuss alcohol use at SCU.

12:00 – 1:00 p.m. Conference Room 21 (downstairs Benson)



BLACKOUTS



"Blacking Out" is not the same thing as "passing out".
Passing out involves a loss of consciousness. When you
"Black Out" you are still conscious, but there is no memory.
During a blackout you are awake and functioning, but later you
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 can be a warning sign to drinkers and their friends that alcohol-related problems exist.

Frequent Blackouts are considered an early
high-risk indicator of alcoholism.



How to Drink & Still Stay in Control



- Drink only when you are in a good mood or in situations where you feel comfortable.
- Drink only occasionally. Regular drinking may quickly become a routine and/or habit that will later be difficult to break.
- Set your drinking limit before entering a social, drinking occasion.
- Keep track of how much you drink.
- Space your drinks. 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 the alcohol.
- Avoid drinking games.
- Eat before and while drinking. With food in your stomach, alcohol gets absorbed more slowly.

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

Alcohol MYTH or FACT??

Myth: "I'm having as much fun as I can while I'm in college. As soon as I graduate I'll get my act together."

Fact: 1 in 3 college students already meets the definition for alcohol dependence. No one goes to school intending to become an alcoholic, heavy drinking behavior in college can ultimately lead some people to full-blown alcoholism after college. The habits you develop now may last longer than you intend. Family history, depression and other mental illnesses raise your risk.

Myth: Hard alcohol has fewer calories than beer.

Fact: BARELY!

- 12 oz. Regular beer = 140 - 150 calories
- 1 oz. "shot" of hard alcohol = 65 - 100 cal.
- 4-5 oz. glass of wine = 100 - 130 cal.



And... how many of you take straight shots anyway? Most people add hard liquor with various mixers, juice, soda, etc. which make the calories often equal or exceed other drinks. Also, **NEVER EVER skip meals** in order to "save up" calories to drink. This leads to increased intoxication and risk for getting sick or having serious regrets and bad consequences.

Myth: Coffee, food, cold showers, and exercise will help you sober up.

Fact: None of these methods will work. Drinkers may feel more alert after drinking coffee or taking a cold shower, but the alcohol in your blood is exactly the same. **Only time will sober you up.**

Myth: It is a good thing to learn how to "hold my liquor".

Fact: If you have to drink increasing amounts to feel any effect, you are developing a **tolerance**. Tolerance is a sign that the liver is being constantly exposed to alcohol and is working overtime to cope. It may also mean you have gone beyond being a social drinker and may be developing a more serious problem with alcohol.

Myth: "Everyone drinks heavily in college"

REALITY: In fact almost 30% of SCU don't drink at all!! And **80%** of SCU students drink less than 4 drinks per night, meaning they are less likely to get trashed, lose control, embarrass themselves, or endanger their lives. Look around at the next party. . . . are most people REALLY drinking heavily? Are most people losing control?

Myth: "I can drink and still be in control".

Fact: Drinking impairs your judgment, which increases the likelihood that you will do something you'll later regret such as having unprotected sex, being involved in date rape, damaging property, or being victimized by others.

Source: www.collegedrinking.gov

SIGNS OF DANGEROUS ALCOHOL USE



Getting into frequent fights or arguments
Doing things you regret when sober
Blacking out

Nausea/Vomiting

Drinking alone or in the morning
Feeling like you HAVE to drink to have fun
Using alcohol to escape negative feelings
Not being able to stop drinking once you start
Doing things you wouldn't do when sober
Others have expressed concern about your drinking



"Potty Talk" is brought to you by the Peer Health Education (PHE) Program.
To learn more about the topics discussed here, please contact:

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****If you or a friend is experiencing any of these behaviors frequently when you drink, you are at risk of developing a serious alcohol problem.**