



"POTTY TALK"

Beer, Books, Booze and Ghouls!

Great Halloween parties are a fun tradition at Santa Clara. But it is also a high risk time for some dangerous behavior including sexual assaults, hospitalizations, drunk driving and alcohol poisoning. Don't let Halloween turn in to a NIGHTMARE!! Please party safe and have a fun Halloween! BOO!



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:

- A person's breathing is very slow (less than 8 times per minute), and perhaps irregular
- A person's pulse is weak, or is either very slow or very fast
- 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 colder and clammy, or skin is pale or bluish
- Vomiting, urinating or defecating while sleeping or passed out, and not waking up after doing so
- **This is a medical emergency! Call the EMTs at x4444 or 911 immediately**

What to do:

- **Call the EMTs (x4444) or 911 IMMEDIATELY!!**
- Do not leave the person alone.
- Turn the victim on his/her side to prevent choking or suffocating in case of vomiting.



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 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 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.



"Potty Talk" is brought to you by the Wellness Center. To learn more about the topics discussed here, please contact:

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Alcohol Awareness Week 2007 October 22nd – October 30th

Alcohol Facts and Info Table:

Come visit our table in Benson

- **Monday, Oct. 22nd between 11 - 1 p.m.**
- **Wednesday, Oct. 24th between 11 - 1 p.m.**

Come pick up info, ask questions & test your skills with the Beer Goggle Experience!



What's All the Buzz About? – Alcohol and SCU:

Do you have questions about the alcohol policy and sanctions? Do you wonder what happens when someone gets caught in the Residence Halls? Come hear a panel of staff from Student Life, Residence Life & Student Senators who are available to answer your questions.

- **Tuesday Oct 23rd from 7:30-8:30 p.m. in the Benson Parlors**

Survivor's Speak- Dating Violence & Abuse

Have you even been in an unhealthy relationship? Did you know the highest rates of dating violence & abuse occurs to women ages 16-24? Can you recognize signs of abuse and/or violence in relationships? Do you know where to go for help or how to help a friend? Come join us in speaking out, sharing stories, or just listening & learning from others affected by relationship violence.

- **Monday October 22nd at 7:00 p.m. Dunne Basement**

"I See Drunk People"

Learn fascinating facts & stats as the Peer Health Educators discuss high-risk drinking & dispel myths about alcohol use at SCU. We will discuss both the positive & negative effects of alcohol along with valuable strategies for learning "how to drink". Join us and learn tips on how to take care of a drunk friend, how to recognize the signs of alcohol poisoning, and when to call for help!

- **Tuesday, Oct. 30th from 6:30-7:30 p.m. in the Benson Parlors**

DO YOU OR A FRIEND HAVE A DRINKING PROBLEM?

Ask yourself if you do ANY of the following:

Do you ever...

1. Hide alcohol
2. Drink alone and/or in the morning
3. Lie about drinking (minimizing the number of drinks you have or how often you drink)
4. Make promises about drinking to oneself or others ("to cut down on drinking," "to be more careful," etc.)
5. Drink to escape from pressure or to solve life's problems
6. Feel guilty after drinking or regret about what was done while drinking
7. Get drunk even when intending to stay sober
8. Have "Blackouts" often (i.e., weekly or monthly)
9. Miss work and/or classes due to drinking
10. Feel that you HAVE to drink to have fun
11. Marked changes in behavior or personality when drinking
12. Find it difficult to stop drinking once you start
13. Gulp drinks (shots, beer bong, shot gun drinks, etc)
14. Have others expressed concern about your drinking?

Answering "YES" to 2 or MORE of these can indicate a **SERIOUS DRINKING PROBLEM**. Please contact the Counseling Center (x4172) or Wellness Center (x4409) for information on how to help yourself



Scary Stats...

- Female college freshman are at the highest risk for sexual assault between the first day of school and Thanksgiving break!!!
- 2 out of 5 college students in this country feel they have a problem with alcohol.
- Children with one alcoholic parent have 40% increased rate of becoming an alcoholic, two parents increases your risk to 60-80%.
- 40% of academic problems of college students are alcohol related.
- 29% of college drop-outs are due to alcohol.
- 50% of relationship violence involves alcohol use
- As many as 70% of college students admit to having engaged in sexual activity primarily as a result of being under the influence of alcohol, or to having sex they wouldn't have had if they had been sober.
- At least one out of five college students abandons safe sex practices when they're drunk, even if they do protect themselves when they're sober.

Source: www.factsontap.org

