



"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 Awareness Week 2006 October 30th – November 3rd



Alcohol Facts and Info Table

Come visit our table in Benson

- Monday, Oct. 30th between 11 - 1 p.m.
- Wednesday, Nov. 1st between 11 - 1 p.m.

Free give-aways and enter a raffle to win FREE massages at the Wellness Center! While you are there, pick up some interesting alcohol facts and handouts.

Beer Goggle Olympics

Have you ever been a victim of the dreaded beer goggles? Come find out what wearing beer goggles is like when sober and test yourself to see if you can complete our obstacle course while "wasted" at different BACs.

- Tuesday Oct 31st, from 2 - 3 p.m. at the Kennedy Commons
- Thursday, Nov, 2nd, from 7 - 8 p.m. at the Sobrato Fountain.

Movie Night

Watch the award-winning movie, *Spin The Bottle: Sex, Lies and Alcohol*, which uses numerous examples from popular Hollywood movies, MTV Spring Break, sitcoms, advertising, and interviews with college students to explore alcohol use on college campuses today.

Thursday, Nov. 2nd from 8:30- 10 pm, in Sobrato Commons



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.
- ◆ Blackout 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.



"Check-Up from the Neck-Up" Feeling DiScOnNeCtEd? Stop Hiding Behind a Mask!

Alcohol Concerns? Anxious? Can't Focus?
Trouble Sleeping? No energy? Sad or crying often?
Body Image or Eating Issues?



Can't Stand it Anymore???
Come to a FREE, Anonymous, Mental Health SCREENING

Available Screenings Include:

- Anxiety & Depression
- Alcohol Concerns
- Body Image & Eating Issues
- PTSD & Bipolar



Tuesday, November 7th
11:00 – 2:00 pm
Benson Parlors

DO YOU HAVE A DRINKING PROBLEM?

Ask yourself if you do ANY of the following:



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. Get drunk frequently and/or usually drinking with the INTENTION of getting drunk
13. Find it difficult to stop drinking once you start
14. Gulp drinks (shots, beer bong, shot gun drinks, etc)
15. Have others expressed concern about your drinking?



Answering "yes" to MORE THAN 3 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.



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