

"Potty Talk"

ALCOHOL AWARENESS WEEK 2011: NOVEMBER 14TH – 18TH



BLACKOUTS

"Blacking Out" is not the same thing as "passing out." Passing out involves a loss of consciousness. You are still conscious when you "blackout" but memories aren't formed.

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 increased 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 that alcohol-related problems exist. Frequent blackouts are considered an early high-risk indicator of alcoholism.



Healthy and Happy Finals and Holidays!

Tips for Staying Rested During Finals

- **Avoid Caffeine.** Relying on and consuming too much caffeine can leave you restless, anxious, and sleepless.
- **Avoid Alcohol.** While alcohol causes drowsiness, it also contributes to insomnia. Alcohol disrupts normal sleep patterns, increasing fatigue the next day.
- **Use your bed for sleeping.** While bed may be a quiet place to study, you'll begin to associate bed with studying, which won't help you relax at night.
- **Take a nap.** Twenty-minute naps help to catch up on sleep, boost alertness and physical stamina.
- **Don't pull an all-nighter.** Studies show that students remember detailed course material better the next day if they get a good night's sleep rather than stay up all night trying to "cram" more information into their already bursting brains.
- **Exercise Regularly.** Try to exercise 20-30 minutes a day. Daily exercise often helps people sleep. For maximum benefit, exercise 5-6 hours before going to bed.
- **Don't Stress.** Prioritize and have realistic expectations. Anxiety leads to insomnia and students get the highest scores when they're not tired or hungry. Take care of your body, mind and spirit to be at your best.

Adapted from UC San Diego Wellness Center:
<http://ucsdnews.ucsd.edu/newsrel/general/12-08Sleep.asp>



Brought to you by the Peer Health Educators!

Tues, 11/15 at 8 pm

"Spin the Bottle: Sex, Lies and Alcohol" in Viewing and Taping Room B

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. Food and refreshments will be provided!

Wed, 11/16 at 7:30 pm

Beer Goggle Olympics, in the Campisi/Sanfilippo quad.

Have you ever tried on the infamous 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. Compete with your peers to win prizes and learn tips about safe alcohol use! Free food, too!

Party with a Plan

If you choose to drink:

- Drink only when you're in a good mood or situations you feel comfortable in.
 - 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 take straight shots.
 - Measure. Pay attention to the size of the container and proof of the alcohol.
 - Avoid drinking games. It's easy to lose track of how much you're drinking, AND many drinking games are prime methods for spreading germs (e.g., H1N1/Swine Flu). The alcohol you're drinking **will not** kill off the viruses and bacteria that lead to illness.
 - Eat before and while drinking. With food in your stomach (especially if it has high-fat content), alcohol is absorbed into your bloodstream more slowly.
- Responsible alcohol use means you won't be sorry in the morning.*



World Aids Day: 12/1 at 7:30 pm in the California Mission Rm

Candlelight service begins at 7:15 pm followed by speakers; crafts; information on AIDS in our local and global community, how students can get involved, and the biology of AIDS.

Brought to you by SCCAP!

Medical Amnesty & Good Samaritan Statement

Medical Amnesty is the **reduction** of judicial consequences for students who receive medical attention due to alcohol intoxication and/or alcohol poisoning. This statement applies to violations that occur on and off campus and will require documentation by Campus Safety, EMS, law enforcement and/or emergency personnel.

Good Samaritan is the **elimination** of judicial consequences for a student/students who may be under the influence of alcohol and who make(s) a good-faith call for medical help on behalf of a fellow student. This statement applies to violations that occur on and off campus and will require documentation by Campus Safety, EMS, law enforcement and/or other emergency personnel. **Good Samaritan** is not limited to alcohol related incidents and encourages the witnesses of assault, vandalism, and other violations of the Student Conduct Code to also report such events.

Signs & Symptoms of Alcohol Poisoning

- **Slow or irregular breathing** (fewer than 8 times/minute or more than 10 seconds between breaths)
- A **weak pulse** or a **very slow or very fast pulse**
- **Unconscious** and it is **difficult to awaken** the person
- **Cold and clammy skin** that is **pale or blue** in color
- **Vomiting, urinating, or defecating** while unconscious or sleeping.

WHAT TO DO:

- Do not leave the person alone
- Turn the person on his or her side to prevent choking/suffocating
- Try to keep the person warm and awake
- Stay with the person until medical help arrives
- **On-Campus:** Call Campus Safety at (408) 554-4444
- **Off-Campus:** Call 911; from a cell phone call SCPD (408) 615-5580

De-Stress with a Hand Massage!

1. Stroke the back of your hand, pushing firmly up toward the wrist and gliding back gently. Then squeeze your hand all over, pressing it between your palm and fingers.
2. Squeeze each finger and make circular pressures over the joints with your thumb. Then hold the finger at its base and pull it gently to stretch it, sliding your grip up the finger and off the tip.
3. Stroke between the tendons on the back of the hand with your thumb. Stroke in the furrow to the wrists, doing four strokes in each furrow.
4. Turn your hand over and support the back with your fingers. Do firm circular and static pressures with your thumb, working all over the palm and around the wrist.
5. Finish the massage by stroking the palm of your hand from the fingers to the wrist. Push into it with the heel of your other hand, then glide gently back and repeat.

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

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