



"POTTY TALK"



ALCOHOL AWARENESS WEEK 2010: October 25th – October 29th

October is also Domestic Violence Awareness Month

Mon, 10/25 & Fri, 10/29

Santa Clara Mall (in front of the Benson fountain), 12 – 2 pm

The Peer Health Educators will be tabling outside of Benson! Want to know more about **Medical Amnesty and Good Samaritan**? Stop by the table to learn more and pledge to be a Good Samaritan by calling for someone when in need! Also come by to test out the **beer goggles** to find out how alcohol can have an effect on your perception.

Tue, 10/26

Malley Multipurpose Room, 9:30 pm

Do something good for your body and attend a **free Yoga class** brought to you by APB and the Peer Health Educators. Clear out those toxins and find a new type of high!

Thur, 10/26

Viewing & Taping Room B in the Library, 7 pm

Come watch **Spin the Bottle: Sex, Lies & Alcohol**: a popular documentary examining the relationship between pop culture and the college party scene.

October – Domestic Violence Awareness Month

For more information about **Domestic Violence Awareness Month**, and/or to get involved in addressing **sexual assault** at SCU, Come by the Every 2 Minutes and 1 in 4 table on **Mon, 10/25; Wed, 10/27; and Fri, 10/29 from 11 am - 1 pm**

Or contact **Every 2 Minutes and 1in4** at e2mand1in4@gmail.com, or visit the website at www.scu.edu/wellness & click on the **Every 2 Minutes & One in Four** link!

WHAT IS DATING VIOLENCE??

Dating violence is an act or threat of violence by an individual against his/her dating partner. It is also a pattern of abusive behaviors that are used to gain power and control over a current or former dating partner. Dating violence can be a precursor for domestic violence.

Ask yourself: Does my boyfriend or girlfriend...

- Call constantly to find out where I am, who I'm with, or what I'm doing?
- Tell me what to wear, how to act, and who I can (and can't) hang out with? Have to be with me all the time? Says I "don't love" him/her or "am selfish" if I want to hang out with others?
- Call me names, insult me, or criticize me?
- Act jealous, possessive, controlling? Accuse me of things I didn't do?
- Give me orders or make all the decisions?
- Get angry very quickly, or fight a lot?
- Threaten to hurt me or someone I love if I don't do what they want?
- Threaten to hurt or kill themselves if I don't do what they want?
- Follow me or track where I go? Show up uninvited at my home or work?
- Check up on me all the time? Make me call him/her to say where I am?
- Refuse to allow me normal contact with my family and friends?
- Shove, punch, slap, pinch, or kick me? Pull my hair? Strangle or choke me?
- Touch/kiss me when I don't want to? Force me to have sex? Not let me practice safer sex?
- Use alcohol or drugs and pressure me to do it too?
- Refuse to accept that the relationship isn't working or is over?

If you said YES to any of these questions, you may be in an abusive relationship & you deserve better. THIS IS NOT LOVE! Visit **Counseling & Psychological Services (554-4172)** or the **Wellness Center (554-4409)** for help & support.



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 (for women): It's okay for me to drink to keep up with my guy friends.

Fact: Women process alcohol differently than do men due to differences in the amount of enzymes that break down alcohol, body composition (specifically, percentage of water in one's body), and hormones. All things being equal, no matter how much he drinks, if you drink the same amount as your guy friends, you will be more intoxicated and more impaired.

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. With tolerance, you get less of a "high" or buzz from alcohol, and you get more of the depressant effects. It may also mean you have gone beyond being a social drinker and may be developing a more serious problem with alcohol.

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.



BLACKOUTS

"Blacking Out" is not the same thing as "passing out." Passing out involves a loss of **consciousness**. When you "Blackout," you are still conscious, 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.**



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 the alcohol.** Pay attention to the size of the container and the 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 food with high-fat content), alcohol is absorbed into your bloodstream more slowly.

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



Party with a Plan

Do you wonder how your drinking compares with others' alcohol use at SCU? Want to know how many calories you are "drinking," or how much money you spend per year on alcohol?

Take **e-CHUG**, a free and **anonymous** online alcohol assessment. Visit www.scu.edu/wellness and click on the e-CHUG link!

Love Potty Talk and wellness tips? Become a fan of the Wellness Center on Facebook and have them delivered straight to your computer!

Search "SCU Wellness Center"



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

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

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408-554-4409

<http://www.scu.edu/wellness>

M-W & F: 9 am-5 pm; Th 9 am-7pm

