

**EMERGENCY
CALL
911** **POLICE
FIRE
MEDICAL**

DON'T BE AFRAID TO CALL AND GET HELP!

California law offers limited immunity from criminal prosecution to minors who call for help if:

- (1) The underage person called 911 and reported that either himself or herself or another person was in need of medical assistance due to alcohol consumption.
- (2) The underage person was the first person to make the 911 report.
- (3) The underage person, who reported that another person was in need of medical assistance, remained on the scene with the other person until that medical assistance arrived and cooperated with medical assistance and law enforcement personnel on the scene.

(This section shall not provide immunity from criminal prosecution for any offense that involves activities made dangerous by the consumption of alcoholic beverages) - California Business & Profession Code 25667.

Partying and having a goodtime with friends and fellow students is a part of the college experience. But being aware and having the knowledge to make safe choices while having fun is much more rewarding.

Unfortunately, some college students are much more likely than others to drink irresponsibly. 1,700 college students between the ages of 18 and 24 die each year from alcohol-related unintentional injuries, including vehicle related (collegedrinkingprevention.gov).

This brochure provides some simple and effective information that all college students can use to help make safer decisions and become more responsible. when consuming alcohol.

**ORGANIZATIONS WORKING ON ALCOHOL
AWARENESS & EDUCATION**

The Sam Spady Foundation-honors the memory of Samantha Spady, a 19-year old student at Colorado State University, who died of alcohol poisoning on September 5, 2004.



The Gordie Foundation-dedicated to the memory of Gordy Bailey, who was an 18-year old freshman at the University of Colorado who died of alcohol poisoning as a result of a fraternity initiation ceremony for pledges on September 17, 2004.



Helpful websites to visit for additional information on the material discussed in this brochure:

- www.collegedrinkingprevention.gov
- www.centurycouncil.org
- www.factsontap.org (College Students)
- www.madd.org
- www.awareawakealive.org

California State University Police Department

Crime Prevention & Community Relations Unit
18111 Nordhoff St.
Northridge, Ca 91330-8282
<http://www-admn.csun.edu/police>

Phone: 818-677-7922
Fax: 818-677-5816

California State University
Northridge

What College Students Should Know About the Dangers of Irresponsible Drinking Behavior



CALIFORNIA STATE UNIVERSITY, NORTHRIDGE POLICE DEPARTMENT

A service of
The Crime Prevention & Community Relations
Unit

TIPS FOR PARTYING SAFE

- Plan ahead. Set a limit and stick to it.
- **Always have a designated driver.**
- Eat before and while you drink to help slow the absorption of alcohol.

- Do not play drinking games. You consume alcohol too fast to realize how intoxicated it is making you.



- Know how much you are drinking. Mixed drinks may be more than one serving.

- **Use the buddy system. Stick together and make sure you look out for each other.**

- Look around and notice that not everyone is getting trashed –only a few people are really drinking heavily, and they are often doing something embarrassing! Don't let that be you!

DRINKING DO'S AND DON'TS

DO set a liquor limit. Telling yourself you will not drink during the week, or that you'll have no more than one drink a day, will get your mind set not to exceed your maximum.

DON'T guzzle. When you are drinking, take hour-long breaks between drinks. Drinking faster than your body can feel the effects can get you into real trouble.

DO alternate alcohol beverages with non-alcoholic drinks, like soda or juice.

DON'T keep beer, wine, or hard liquor at home. It'll be easier to resist if it's simply not there.

DO take a vacation from drinking. Notice how good you feel. It doesn't hurt to take time away from alcohol consumption.

DON'T go to places where you'll be bored if you're not drinking or where you'll feel socially uneasy if you don't have a drink in your hand.

MYTHS AND FACTS ABOUT 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 sexually assaulted, damaging property or being victimized by others.

Myth - Drinking isn't all that dangerous.

Fact - One in three 18-24 year olds admitted to emergency rooms for serious injuries is intoxicated. And alcohol is also associated with homicides, suicides, and drownings.

Myth - I can sober up quickly if I have to.

Fact - It takes about 3 hours to eliminate the alcohol content of 2 drinks, depending on your weight. Nothing can speed up this process-not even drinking black coffee, taking a cold shower, sleeping or walking will sober you up.

Myth -It's ok for me to drink to keep up with my boyfriend.

Fact - Women process alcohol differently. No matter how much he drinks, if you drink the same amount as your boyfriend, you will be more intoxicated and more impaired.

Myth - I'd be better off if I learn to "hold my liquor."

Fact - If you have to drink increasingly larger amounts of alcohol to get a "buzz," you are developing tolerance. Tolerance is actually a warning sign that you are developing a serious drinking problem with alcohol.

Myth - The more you drink the better you feel!

Fact - Alcohol is biphasic: at low levels it produces feelings of euphoria; at high levels it produces unpleasant inebriating effects, such as vomiting, mood changes and passing out.

Myth - Eating breath mints will fool the police 'breath test.'

Fact - The breath test is not fooled by breath mints. Blood alcohol measurement devices measure the alcohol content of the air in your lungs. Breath mints will only give you "fresh" breath, they will not effect the alcohol content.



ALCOHOL POISONING

Alcohol depresses nerves that control involuntary actions such as breathing, the heartbeat and the 'gag reflex' that prevents choking. A fatal dose of alcohol will eventually stop these functions. After the victims stops drinking, the heart keeps beating, and the alcohol in the stomach continues to enter the bloodstream and circulate through the system. **Alcohol poisoning requires immediate medical attention. Be aware that a person who has passed out can die.**

KNOW THE SIGNS OF ALCOHOL POISONING*

MENTAL CONFUSION

UNRESPONSIVE

SNORING - GASPING FOR AIR

THROWING UP

HYPOTHERMIA - COLD & CLAMMY SKIN

ERRATIC BREATHING

LOSS OF CONSCIOUSNESS

PALENESS OR BLUENESS OF SKIN

DON'T WAIT FOR ALL SYMPTOMS - JUST ONE CAN BE DEADLY. CALL 911!

Stay with the victim to prevent him/her from choking on vomit, and tell the emergency personnel how much alcohol the person drank. Stay calm and wait for help to arrive.

LEGAL POINTS

- It is illegal to serve someone who is under age (21).
- It is illegal to be drunk and disorderly in a public place including pubs and bars.
- It is illegal to drive a vehicle if your blood alcohol level exceeds 0.08%. However, you can still be arrested with a blood alcohol level *under* .08.
- Legal limits do not define a level below which it is safe to operate a vehicle or engage in some other activity. Impairment due to alcohol use begins to occur at levels well below the legal limit.

* "MUST HELP" is provided by awareawakealive.org