

## Party Foul

Understand the role alcohol can play in your life. Make decisions based on what's good for you. Alcohol should not be the focus of your social activity. Having a drink when going out is very different than "going out drinking."

### Avoid these party fouls:

- **Using alcohol to cope:** Do not use alcohol to relax, blow off steam, or deal with depression. It only makes things worse.
- **Being pressured to drink:** Recognize that you and others have the right to abstain from drinking.
- **Underage drinking:** Remember that drinking age laws should be taken seriously, and you may have to face the negative consequences if you drink underage.
- **Drinking and driving:** Do not allow an intoxicated person to drive. Always be sure there is at least one sober, responsible person to ensure everyone's safety at the end of the night.
- **Beer goggles:** Be extra careful of getting into sexual situations when you've been drinking. Alcohol abuse sometimes leads people into sexual situations they might have avoided if they were sober.

## Go Home, You're Drunk

There is no way to sober up quickly. Cold showers, running in place, coffee – none of these will make a person sober. Sleep and time are the only remedies for someone who has had too much to drink.



- Never expect an intoxicated person to get home safely on his or her own. Walk, drive or use other means to transport the person safely.
- Intoxicated people can get defensive easily, so take away keys in a non-threatening, friendly way.
- If the person passes out, monitor his or her breathing to make sure it is normal. If the person won't awaken, call 911 immediately.
- If a person gets abusive or destructive when intoxicated, don't take any chances on the person hurting you or another. Call the police, and let them handle the situation.



Join Together Northern Nevada

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## Drinking in College



## Learn Everything You Need to Know to Be Safe

[www.jtnn.org](http://www.jtnn.org)

## How Alcohol Affects You



Alcohol is a drug, and it will affect your body and your behavior! The same amount of alcohol can affect people in different ways. Here are some of the factors that affect how alcohol impacts you.

**Speed:** If you have less than one ounce of alcohol per hour (a 12 oz. beer, a 5 oz. glass of wine, or a shot of alcohol), you'll be much better off than if you drink quickly. Your body will only process about one ounce per hour, so slow your drinking down, or alternate water or soft drinks in between drinking alcoholic beverages.



**Mood:** How you are feeling emotionally can affect the way you respond to drinking. People who are upset, depressed or angry and then drink, often end up multiplying these emotions.

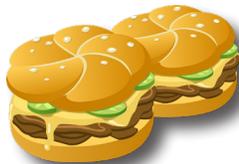
**Gender:** Women have less body fluids and more body fat than men and have fewer enzymes that process alcohol. Therefore, alcohol almost always affects women more quickly, even if they weigh the same and drink similar amounts as a man.



**Weight:** Smaller people are affected more quickly than larger people. The alcohol is much more concentrated in a 120 lb. person than someone who weighs 180 lbs.



**Food:** Make sure you eat before and during a party if you choose to drink. Your stomach lining absorbs alcohol directly into your blood stream, and food blocks that absorption.



**Presence of drugs:** Alcohol and other drugs (over-the-counter, prescription, or illicit) can combine for dangerous effects. Consult a physician before using these drugs together.

## Standard Drinks



**12 fl. oz. of regular beer**  
about **5%** alcohol



**8-9 fl. oz. of malt liquor**  
(shown in a 12 oz. glass)  
about **7%** alcohol



**5 fl. oz. of table wine**  
about **12%** alcohol



**1.5 fl. oz. shot**  
(Gin, Rum, Tequila,  
Vodka, Whiskey)  
about **40%** alcohol

Each beverage above represents one standard alcoholic drink, defined as any beverage containing 0.6 fl. oz. or 14 grams of pure alcohol.