Description: This bulletin board packet covers information on Alcohol including drinking tips, standard drink sizes, resources, signs of alcohol poisoning, information on how to help a friend and facts about alcohol and drinking. If you have any questions or would like additional information or materials please contact the Office of Health Promotion at (610) 519-7408 or email us at healthbytes@villanova.edu.

When to display this board: The first few weeks of the semester, Halloween, St. Patrick’s Day, Hoops Mania, Spring Break, National Collegiate Alcohol Awareness Week (3rd full week in October), Alcohol Awareness Month (April).

Ways to alter this board: You can re-create the information with different themes. Include more information on safe drinking tips, how to help a friend or the consequences and outcomes of drinking. Include information on binge drinking.
PLAY IT SAFE

How To Help a Friend!

The Bacchus Manner
1. Raise the arm that is closest to you above their head. Prepare to call them into your arms.
2.的地 they toward you, guiding their head down while letting the floor. Their head should rest in front of the arm.
3. Hold the head or maintain in a way that ensures the neck is straight.
4. Stay with them.

Resources:
Assistant Dean of Alcohol & Drug Information: gilbert@valleymc.edu 411-61600
University Counseling Center: 309-61600 www.valleymc.edu/counselingcenter
Office of Health Promotion: 309-61600 healthpromotion@valleymc.edu
Bacchus & friends: Thursdays 9:00am-9:30pm www.valleymc.edu/bacchus

Symptoms of Alcohol Poisoning:
- Fainting in and out of consciousness
- Passed out or unconscious
- Reduced heart rate
- Headache, dizziness, or a body
- Vomiting uncontrollably or vomiting while sleeping, or while passed out
- Cold, clammy skin
- Dizziness or a drop in heart rate
- Blackout or a period of unconsciousness
- Breathing difficulty

JUST ONE of these symptoms is cause for concern. MORE THAN ONE of these symptoms absolutely constitutes an alcohol emergency. DO NOT leave your friend alone and make sure to call for help if you think it is needed.

The Basics:
- Avoid drinking games
- Keep track of how much you drink
- Eat before you drink
- Have a last number in your phone
- Remember pre-game planning
- Alternate your drinks with water

A Standard Drink:
- 12 fl oz. of Beer
- 1.5 fl oz. of Vodka
- 1.5 fl oz. of 80 Proof Liquor

Alcohol is broken down (metabolized) by the liver at the average rate of one standard drink per hour and nothing can speed things up, including drinking coffee. The only thing that can "sober" you up is time.

There's an App For That!

Download the BACcards.com App for FREE in the app store:
- Keep track of your drinks
- Calculate your approximate BAC level
- Includes all Valley resources related to Alcohol
- Customizes your drink to your gender and body weight

BACcards.com
BLOOD ALCOHOL CONCENTRATION

Just the Facts:
- One type of alcohol is not better than another
- There is such thing as alcohol abuse
-30% of Valley students abuse alcohol
- 20% of Valley students report alcohol-related minor injuries
- 10% of Valley students report alcohol-related major injuries
- The only thing that causes "Blackout" is alcohol
- Most people think Blackout is from the head
- Everything you do in the BAC cards is anonymous
- The app keeps track of your drinks
- The app calculates your BAC level
- The app includes all Valley resources related to Alcohol
- The app customizes your drink based on your gender and your body weight
How To Help a Friend!

The Bacchus Maneuver

1. Raise the arm that is closest to you above their head. Prepare to roll them towards you.

2. Gently roll them toward you, guarding their head from hitting the floor. The head should rest in front of the arm, not on it.

3. Tilt the head up to maintain airway. Tuck their nearest hand under the cheek to help maintain head tilt and raise the face off the floor.

4. Stay with them.

Symptoms of Alcohol Poisoning:

- Passing in and out of consciousness
- Passed out or unconscious
  - Reduced heart rate
- Used other drugs with alcohol
- Vomiting uncontrollably, or vomiting while sleeping or while passed out
  - Cold, clammy skin
  - Bluish-colored nail bed or skin
- Breathing slowly or irregularly (less than 8 breaths per minute), or has stopped breathing entirely
  - Head injury

JUST ONE of these symptoms is cause for concern. MORE THAN ONE of these symptoms absolutely constitutes an alcohol emergency. Do NOT leave your friend alone and make sure to call for help (610-519-4444).

Resources:

- Assistant Dean of Alcohol & Drug Intervention
galeet.farrow@villanova.edu
  610.519.4200
- University Counseling Center
  www.villanova.edu/counselingcenter
  610-519-4050
- Office of Health Promotion
  www.villanova.edu/healthpromotion
  healthbytes@villanova.edu
  610-519-7407
- On-Campus AA Meetings
  Thursdays at 8:30pm
  Saturdays at 7:00am & 8:30am
  All meetings are in HSB Room 200
Just the Facts:

- Not all Villanova students drink!
  - 28% of Villanova students abstained from using alcohol in the last 30 days.
  - Majority of the abstainers have never used alcohol before.

- One type of alcohol is NOT "safer" to drink than another.
  - What matters is the amount of alcohol consumed, not the type of alcoholic drink.

- Eating before you drink can help slow down the absorption of alcohol.
  - Try to eat foods high in proteins and carbs.

- Calories from alcohol are not converted to glycogen (or energy). The body actually treats the calories as fat.

- The only thing that can "sober" you up is TIME!
  - On average your body can only process one drink per hour.

- Consuming 5 or more drinks in one night can affect the brain and body for up to three days later; two consecutive nights can affect the brain and body for up to five days!
Alcohol is broken down (metabolized) by the liver at the average rate of one standard drink per hour and nothing can speed this up, including drinking coffee. The only thing that can “sober” you up is time!

The Basics:

- Avoid drinking games
- Keep track of how much you drink
- EAT before you drink
- Have a taxi number in your phone
- Remember: pre-gamming counts
- Alternate your drinks with water

A Standard Drink

- 12 fl oz. of Beer
- 4-5 fl oz. of Wine
- 1.5 fl oz. of 80 Proof Liquor

Solo Cup = 16 oz.

- Beer (2nd from top line) 12 oz.
- Wine (2nd from bottom line) 5 oz.
- Liquor (bottom line) 1.5 oz.
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- Keep track of your drinks.
- Calculate your approximate BAC level.
- Includes all Villanova Resources related to Alcohol.
- Customizes your to your gender and body weight.