

RETHINKING DRINKING

How Solo Expects You to Use the Cup



How People Actually Use the Cup

BEER 12 oz

WINE 5 oz

LIQUOR 1 oz



WHATEVER, it's just one drink, right?

CAN YOU HOLD YOUR LIQUOR?

Being able to “hold your liquor” isn’t protection from alcohol problems, but instead a reason for **CAUTION**. This alcohol tolerance can increase risks for developing alcoholism, as well as cause damage to the liver, heart, and brain that can go unnoticed until it’s too late.

THE BACCHUS MANEUVER

The Bacchus Maneuver is meant for someone who needs medical attention—it is NOT the position to leave someone in when they go to sleep. Putting someone in this position is meant to ensure that they do not aspirate on their own vomit or suffocate on some other object, like a pillow, while waiting for help to arrive.

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



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 towards you.



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.

DID YOU KNOW?

AT VILLANOVA UNIVERSITY

53%

of Villanova students indicated that they did not consume alcohol in the past 30 days.

76%

of Villanova drinkers indicated that their alcohol use either decreased or stayed the same in the past year.

Villanova Student Health and Well-Being Survey Spring 2021

NATIONALLY

- Approximately **15%** of all drinkers will develop an alcohol abuse or dependence problem.
- **1,825 college students** between the ages of 18–24 die each year from alcohol-related unintentional injuries.
- **24.5%** of those who start drinking at age 17 or younger develop alcohol dependence.
- More than **97,000 students** between the ages of 18–24 are victims of alcohol-related sexual assault.

Data acquired from the National Institute for Alcoholism and Alcohol Abuse

THE BLACKOUT TEST

Not sure your friend is going to remember the party in the morning?

Ask them to remember a list of three random words for you, then allow them to be distracted by something else. Five minutes later, bring up the list again. If they can't remember more than one of the words you gave them, they aren't going to remember much in the morning either.

IF YOU SUSPECT ALCOHOL POISONING, CALL FOR HELP.



- Contact your RA or the RA on duty.
- Contact VEMS at 610-519-4444.

COULD YOU HAVE A PROBLEM?

Have you ever:

- Been arrested or hospitalized due to alcohol or use of illicit drugs?
- Used alcohol or other drugs to build self-confidence?
- Drank or gotten high immediately after you have a problem at home, school, or work?
- Felt more at ease on a date or social event when drinking or using other drugs?
- Woken up and wondered what happened the night before?
- Tried to quit or to cut back using alcohol or other drugs?
- Repeatedly used substances in dangerous situations, such as driving while intoxicated?

If you answered yes to any of these questions it is likely you are experiencing some problems with alcohol. Let us help you explore your options.

ALCOHOL CAN BE AN EXPENSIVE MISTAKE

- Students under the age of 21 may not possess, consume, purchase, attempt to purchase, or transport alcoholic beverages on or off the campus, consistent with state law.
- Students over the age of 21 are permitted a moderate amount of alcohol and are expected to consume in a responsible manner, consistent with University policy.
- Drinks with 15% or greater alcohol by volume is prohibited in University residence halls and apartments for all students.
- Students in violation of these policies may face disciplinary sanctions, including disciplinary probation and fines. **For example, the fine for possession of hard liquor is typically \$150.**



Brief Alcohol Screening Intervention for College Students (**BASICS**) can help you create a plan for positive change in your alcohol use, in a non-judgmental way. Schedule a one-on-one with a Health Promotion staff member to talk about it.



MORE INFORMATION:

<https://www1.villanova.edu/university/student-life/health-services/health-wellness-resources/alcohol-drugs-tobacco.html>

CAMPUS RESOURCES

SUBSTANCE USE COUNSELOR
counselingcenter@villanova.edu
610-519-4050

UNIVERSITY COUNSELING CENTER
www.villanova.edu/counselingcenter
counselingcenter@villanova.edu
610-519-4050

OFFICE OF HEALTH PROMOTION
www.villanova.edu/healthpromotion
healthbytes@villanova.edu
610-519-7407

COMMUNITY RESOURCES

WILLIAM WAY COMMUNITY CENTER
1315 Spruce Street, Philadelphia
www.waygay.org/recovery

ALCOHOLICS ANONYMOUS

Wednesday, 7 p.m.

St. Mary's Episcopal Church
104 Louella & Lancaster Avenues,
Wayne

Wednesday, 7:30 p.m.

St. Martin's Church at
Bolingbrook Mansion
424 King of Prussia Road, Radnor

Thursday, 8:30 p.m.

Radnor United Methodist Church
930 Conestoga Road, Bryn Mawr

Friday, 8 p.m.

St. Joseph's University,
Barnes Arboretum
50 Lapsley Lane, Merion

Friday, 8 p.m.

St. Katharine of Siena Parish Hall
104 S. Aberdeen Avenue, Wayne

Saturday, 7 p.m.

St. Thomas of Villanova
Rosemont Campus
(Parish Center, lower level)
1229 E. Lancaster Avenue, Rosemont

Sunday, 7:30 p.m.

St. Mary's Episcopal Church
36 Ardmore Avenue, Ardmore

For a list of additional meetings, visit www.aasepia.org.

An AA Meeting Guide App is available by visiting www.aasepia.org and selecting the Meeting Guide App tab.