



DEPAUL UNIVERSITY   
Residence Hall Council  
2345 N. Sheffield Avenue, Suite 301  
Chicago, IL 60614

Drive-In-Movie and BBQ: May 28, 2003 - Quad  
“Die Another Day”

Midnight BBQ: May 29, 2003 - Quad - 11:59pm

FESTival: May 30, 2003 - Quad - Noon-4:30pm

FEST: May 30, 2003 - Quad - 5:00pm

**FEST:03**

music. people. tradition.  
a depaul activities board production

# ALCOHOL AWARENESS

## Residence Hall Council

### *High-Risk Drinking*

1. What is high-risk drinking? High risk drinking is five or more drinks in one sitting for a man, and four or more drinks in a sitting for a woman. Researchers set these numbers because this is where the majority of individuals begin to experience negative consequences.
2. If you consume more than one standard drink per hour, your blood alcohol content will continue to rise, since the liver can only metabolize approximately one-half to three-fourths ounces of ethyl alcohol per hour. This means that your liver processes one drink per hour for up to three hours, then your liver tires out.
3. High-risk drinkers are at the greatest risk for negative, potentially harmful outcomes.

### *Negative Consequences*

#### *Physical Effects*

1. Alcohol is a central nervous system depressant.
2. Alcohol affects areas of the brain that control speech and other muscular coordination.
3. Alcohol reduces sensitivity to pain, taste and odor.
4. Alcohol affects vision. It narrows the visual field, reduces resistance to glare and lessens sensitivity to colors, especially red.
5. Alcohol impedes attention span and memory.
6. Alcohol affects sexual performance. Larger doses lead to temporary impotence and loss of sensation.
7. Alcohol causes hangovers, blackouts, headaches, nausea and exhaustion.

#### *Social Effects*

1. Alcohol, more than any other drug, is linked with high incidence of violence and aggression.
2. An estimated 80% of all campus vandalism is alcohol-related.
3. Alcohol contributes to 70% of violent behavior on campus.
4. Annually, over 18,000 students on college campuses become victims of violent crimes, including rape, assault and murder.
5. Sexual Assault: We mention sexual assault because 50% of victims have been drinking and 75% of assailants have been drinking prior to assault.
6. Consent cannot be given to engage in any sexual activity if either party is impaired.

### *Alcohol Poisoning*

#### *Symptoms*

1. Person is known to have consumed large quantities of alcohol in a short period of time.
2. Person is unconscious and cannot be woken.
3. Person has cold, clammy, unusually pale or bluish skin.
4. Person is breathing slowly or irregularly – usually this means less than eight times per minute or ten seconds or more between any two breaths.
5. Person vomits while passed out and does not wake up during or after.

#### *What To Do*

1. Don't hesitate or worry about what the person will think when they are sober. It is your call. If you think him/her had suffered alcohol poisoning then do something!
2. Call for help. Dialing 911 is always a good bet as well as calling Public Safety at extension 5-7777. If you are near a hospital get him/her to an emergency room as fast as you can.
3. Do not leave the person alone, and carefully watch his/her breathing. If it stops, administer CPR.
4. Stand by your decision. Even if the person ends up not suffering from alcohol poisoning, stand up for your act of friendship. You did the right thing based on your best judgment.

#### INSIDE THIS ISSUE

Risks

Consequences

Poisoning