

Student guide to having fun, staying safe and staying ALIVE...

What You Should Know About Alcohol

If you are under 21...here is all you need to know:

It is against Louisiana state law for you to be in possession of alcohol.

It is also a violation of the Student Code of Conduct.

If you are 21 or over, here are some tips on responsible drinking behavior:



It takes the liver 1 hour to process the alcohol in 1 drink. So if you drink 6 drinks in 1 hour, you will still be feeling the effects of that alcohol for 5 more hours. Even if you go to sleep, pass out or vomit, you will still continue to become more inebriated. This is why funneling or drinking games (anything that forces you to drink a large amount in a small time period) are so dangerous.

Think of it this way, if you were a ship that had a leak, your liver is the guy with a bucket, trying to empty the water rushing in. Now imagine your ship is the Titanic. Your liver is still the one guy with the bucket. He doesn't empty the water any faster, so give your liver a break!

ONE STANDARD DRINK EQUALS



- 12 oz. beer
- 1.5 oz. liquor (1 legal shot is 80 proof. If you are drinking anything above 80 proof, you are drinking more than one shot of alcohol)
- 5 oz. wine

Warning Signs of Alcohol Poisoning

If you decide to drink alcohol, the concentration of alcohol in your blood depends on many factors. For every individual the BAC is different. It is simply the ratio of alcohol to blood in the system.

There are three elements that determine this ratio.

1. How much you drink
2. How fast you drink it
3. Your weight, size, gender, fat content, and amount of food that you have consumed.

The faster you drink, the more intoxicated you become. Remember, your body can only metabolize alcohol at about one drink per hour.

KNOW YOUR LIMITS!

Here are some charts that will help you to calculate your BAC and the activities and behavior associated with that BAC.

WOMEN: Approximate Blood Alcohol Percentage										
Drinks	Body Weight in Pounds									Effect
	90	100	120	140	160	180	200	220	240	
1	.05	.05	.04	.03	.03	.03	.02	.02	.02	Impairment begins
2	.10	.09	.08	.07	.06	.05	.05	.04	.04	Driving Skills Affected Possible Criminal Penalties
3	.15	.14	.11	.10	.09	.08	.07	.06	.06	
4	.20	.18	.15	.13	.11	.10	.09	.08	.08	
5	.25	.23	.19	.16	.14	.13	.11	.10	.09	Legally Intoxicated
6	.30	.27	.23	.19	.17	.15	.14	.12	.11	
7	.35	.32	.27	.23	.20	.18	.16	.14	.13	
8	.40	.36	.30	.26	.23	.20	.18	.17	.15	Death Range .3 to .5
9	.45	.41	.34	.29	.26	.23	.20	.19	.17	
10	.51	.45	.38	.32	.28	.25	.23	.21	.19	

MEN: Approximate Blood Alcohol Percentage									
Drinks	Body Weight in Pounds								Effect
	100	120	140	160	180	200	220	240	
1	.04	.03	.03	.02	.02	.02	.02	.02	Impairment begins
2	.08	.06	.05	.05	.04	.04	.03	.03	Driving Skills Affected Possible Criminal Penalties
3	.11	.09	.08	.07	.06	.06	.05	.05	
4	.15	.12	.11	.09	.08	.08	.07	.06	
5	.19	.16	.13	.12	.11	.09	.09	.08	
6	.23	.19	.16	.14	.13	.11	.10	.09	
7	.26	.22	.19	.16	.15	.13	.12	.11	
8	.30	.25	.21	.19	.17	.15	.14	.13	
9	.34	.28	.24	.21	.19	.17	.15	.14	Death Range .3 to .5
10	.38	.31	.27	.23	.21	.19	.17	.16	

BAC	EFFECT
.01 - .05	<ul style="list-style-type: none"> • Increase in neural excitability and heart/respiration rates • Decrease in various brain center functions • Inconsistent effects on behavioral task performances • Decrease in judgment and inhibitions • Mild sense of elation, relaxation, and pleasure
.06 - .10	<ul style="list-style-type: none"> • Physiological sedation on nearly all systems • Decreased attention and alertness, slower reactions, impaired coordination, and reduced muscle strength • Reduced ability to make rational decisions or exercise good judgment • Increase in anxiety and depression
.10 - .15	<ul style="list-style-type: none"> • Dramatic increase in reaction time • Impairment of balance and movement • Slurred speech • Vomiting, especially if this BAC is reached rapidly
.16 - .29	<ul style="list-style-type: none"> • Severe sensory impairment, including reduced awareness of external stimulation • Severe motor impairment, e.g., frequently staggering or falling
.30 - .39	<ul style="list-style-type: none"> • Non-responsive stupor • Loss of consciousness • Anesthesia comparable to that for surgery • Death (for many)
.40 & up	<ul style="list-style-type: none"> • Unconsciousness • Cessation of breathing • Death, usually due to respiratory failure

Marijuana



Smoking up, getting high, can cause cotton mouth, the munchies, and decreased motor skills (don't drive high). The high can last anywhere from 1-4 hours, but it impairs your motor skills and brain for up to 24 hours. Users find it difficult to keep their motivation to accomplish tasks like going to class. Marijuana is an anti-nausea drug (prevents you from throwing up). If you drink while you use marijuana, the marijuana overrides your body's built in safety system to throw-up when you drink too much and you could increase your risk of alcohol poisoning. You get high from the (THC) tetrahydrocannabinol contained in the plant.

Marijuana contains **4 times more cancer-causing tar than one tobacco cigarette**. Weed contains 426 known chemicals and lowers your immune system. It makes you more susceptible to viruses and bacterial infections.

Legality: Marijuana is an illegal drug. A drug conviction will show up on your legal record and can prevent you from entering some careers, such as law enforcement and K-12 teaching.

Facts About GHB

GHB has surpassed Rohypnol (flunitrazepam) as the most common substance used in drug-facilitated sexual assaults. GHB can mentally and physically paralyze an individual, and these effects are intensified when the drug is combined with alcohol.

Ingredients



- Caustic Acid
- Heavy Machinery De-greaser

Appearance

- No odor, no taste,
- Clear liquid or powder
- Often carried in small bottles or vials or in Gatorade bottles

Effects

- Side effects associated with GHB may include nausea, vomiting, delusions, depression, vertigo, hallucinations, seizures, respiratory distress, loss of consciousness, slowed heart rate, lowered blood pressure, liver failure, amnesia, and coma. GHB can become addictive with sustained use

Street terms for GHB	
Cherry Meth	Liquid X
Fantasy	Organic quaalude
GBH	Salty water
Georgia home boy	Scoop
Great hormones at bedtime	Sleep-500
Grievous bodily harm	Soap
Liquid E	Somatomaz
Liquid Ecstasy	Vita-G

<http://www.whitehousedrugpolicy.gov/publications/factsht/gamma/>

Date Rape Drugs

Tips for Protecting Yourself from GHB and Other "Date Rape Drugs"

- Never leave your drink unattended.
- Try to drink out of containers that have small openings (i.e. a water bottle which has an opening small enough to cover with your thumb while holding it in your hand).
- Do not accept open-container drinks from anyone but a bartender or server.
- Attend parties or bars with a group of friends, arranging beforehand to watch each other's drinks. If you arrive as a group, leave as a group.
- Watch out for your friends. If a friend shows symptoms of date-rape drug ingestion, seek medical attention immediately.
- Signs to look for include: Dizziness and/or nausea, memory loss, breathing or motion difficulties, and acting disproportionately intoxicated relative to the amount of alcohol consumed.

Resources

ON CAMPUS RESOURCES

- **Dr. Phyllis Simpson**
Dean of Students, Director of Counseling Services
Our Lady of the Lake College
(225) 768-1713
- **Denise Gillespie RN BSN**
Director, Campus Health & Safety
Our Lady of the Lake College
(225) 768-1755
- **ALCOHOL.EDU**
An online, non-opinionated alcohol prevention program. Used on over 350 campuses nationwide. This course uses science-based research to educate students about alcohol and its effects. Whether you drink or not, AlcoholEdu for College will empower you to make well-informed safe decisions about alcohol and help you better cope with the drinking behavior of your peers. ([add URL](#))

LOCAL RESOURCES

- **Tau Center**
Our Lady of the Lake Regional Medical Center
(225) 767-1320
- **Alcohol & Drug Abuse Council**
1801 Florida Blvd.
Baton Rouge, LA 70802
343-8330
- **State of Louisiana Center for Addictive Disorders**
4615 Government St.
Baton Rouge, LA
922-0050
- **Office of Addictive Disorders**
For information on free and/or sliding scale treatment services and publicly funded programs, contact:
Michael Duffy, Acting Assistant Secretary
Office of Addictive Disorders
Department of Health & Hospitals
1201 Capitol Access Road
Baton Rouge, LA 70802
342-9532 e-mail: mduffy@dhh.state.la.us

OTHER RESOURCES

- **Alcoholics Anonymous**
www.alcoholics-anonymous.org
- **AA Meeting Lists**
www.ct-aa.org
- **Al-Anon**
1-888-4AL-ANON (1-888-425-2666)
Monday thru Friday 8AM-6PM EST
www.al-anon.alateen.org
- **Al-Anon On-Line Meeting**
www.ola-is.org
- **Marijuana Addiction**
www.marijuanaaddiction.com
- **Intox.com Drink Wheel**
www.intox.com
Test your BAC
- **Alcohol Screening**
www.alcoholscreening.org
Find available treatment resources in your area
- www.drughelp.org
24 hours, 7 days, confidential
- **Center for Substance Abuse Treatment Helpline**
Call 1-800-662-HELP or visit their website at <http://findtreatment.samhsa.gov>
for a treatment provider in your community