

Three minutes and oh-so worth it. That's all it will take you to read this pamphlet on one of the biggest issues in college: alcohol. Just three minutes for you to learn the best tips on partying legal and lower risk.

Yes, it's true: a majority of college students do use alcohol. However, you might be surprised to know that it's not as much or as frequent as the perception. Nine out of 10 Missouri college students don't use alcohol more than three times per week, and most students do not binge drink.*

How do you enjoy yourself while lowering your risk?

Read on. ▶▶

*Data taken from the Missouri College Health Behavior Survey, Spring 2010, n=7813 Missouri college students

For More Answers, Contact:

Columbia College
Counseling Services - 573.875.7423
www.ccis.edu/counselingservices

Drury University
Counseling Services - 417.873.7419
www.drury.edu/counseling

Evangel University
Counseling Services/Wellness Center - 417.865.2815, ext. 7222
www.evangel.edu/offices/student-development/counseling-center

Harris-Stowe State University
Office of Counseling Services and Prevention- 314.340.5112

Lincoln University
Student Health Services - 573.681.5476

Maryville University of Saint Louis
Health & Wellness Services - 314.529.9520
www.maryville.edu/studentlife-health.htm

Missouri Southern State University
MSSU Wellness 417.625.9533
www.mssu.edu/wellness

Missouri State University
Taylor Health and Wellness Center - 417.836.4045

Missouri University of Science & Technology
Counseling, Disability Support, and Student Wellness - 573.341.4211
counsel.mst.edu

Missouri Western State University
Counseling Center - 816.271.4327

Northwest Missouri State University
University Wellness Services - 660.562.1348
www.nwmissouri.edu/wellness

Rockhurst University
Counseling Center - 816.501.4275

Saint Louis University
Student Health and Counseling Services - 314.977.2323

Southeast Missouri State University
Counseling and Disability - 573.986.6191
www.semo.edu/SAPE

State Technical College of Missouri
Student Services - 573.897.5110

Truman State University
University Counseling Services - 660.785.4014
ucs.truman.edu

University of Central Missouri
Office of Violence and Substance Abuse Prevention - 660.543.8338
www.ucmo.edu/VSAP

University of Missouri
Wellness Resource Center - 573.882.4634
wellness.missouri.edu

University of Missouri-Kansas City
Counseling, Health and Testing - 816.235.1635
www.umkc.edu/chtc

University of Missouri-St. Louis
Alcohol and Other Drug Prevention Coordinator - 314.516.6369
www.umsl.edu/swbs

Westminster College
Counseling & Health Services - 573.592.5361
www.westminster-mo.edu/studentlife/chs



<http://pip.missouri.edu>

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Start the Party Right.

the top 10 tips
for staying safe.

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Top Ten to Consider

1. It's your choice to drink.

Not everyone drinks; it's a personal decision. First, respect university, city and state laws regarding alcohol. Consider the legal, health, and social aspects of drinking, and then decide what is best for you. If others around you choose not to drink, respect their decisions, too.

2. Decide ahead of time.

Know what your limitations are before heading out to a party. This includes expectations for drinking and sexual situations. Be honest with yourself about what makes you uncomfortable. Also, determine who will be the sober driver for the evening. Ensure that this person remains sober. The "least drunk person" is not the same as a safe driver.

3. Know your body.

Males and females process alcohol differently. Females tend to be smaller, meaning there is less body mass throughout which to distribute the alcohol. There is also less body fluid in women to dilute the alcohol, and a woman's liver produces less of an enzyme needed for breaking down alcohol. For men, alcohol can disrupt the processes the body uses to grow muscle, rest and heal. High levels of alcohol use can also cause sexual dysfunction.

4. How are you measuring?

Having a "drink" is pretty vague in terms of knowing how much alcohol you have consumed. For measurement purposes, one drink means one 12 oz. beer, one 4 oz. glass of wine, or a one-ounce shot of alcohol. Mixed drinks vary in their potency. Make sure you know exactly how much alcohol is in there, and request that it be mixed with non-carbonated beverages. Things like soda move the alcohol through the bloodstream quicker—making you feel drunk faster.

5. Pace yourself.

The body can only process about one drink in an hour. This is approximately 1/2 to 3/4 an ounce of pure alcohol. Overloading the body can lead to feeling hung-over, blacking out, or worse. Try slowing down and alternate between a drink and a glass of water. It may result in more trips to the restroom, but you will feel a lot better tomorrow. Whenever possible, eat a meal high in protein before going out. This will help slow the absorption of alcohol, keeping you more in control of your drinking.

6. Never mix.

It is never a good idea to mix alcohol with other substances, including prescription drugs. If you are taking medication for a condition—even a cold—try skipping the alcohol.

7. Keep your body and mind sharp.

When you drink, the alcohol hinders vitamins from being absorbed properly. It also acts as a diuretic, expelling liquids, minerals, and electrolytes from the body. And don't forget all the empty calories that go into each drink. Plus, heavy or frequent drinking can cause problems with academics, too. More inspiration to moderate!

8. Sex and alcohol.

Sure, it might be easier to strike up a conversation with someone across the room, but keep in mind that alcohol impairs judgment—not something you want associated with sexual intimacy. Remember that consent cannot be legally given when the person is intoxicated. That means that it's best to sober up before deciding about having sex.

9. Re-focus the event.

If you're hosting a party, what is there for people to do? Making an event just about drinking is not only potentially dangerous, it gets old fast. If you find yourself or others drinking to get drunk, it might be worth examining other aspects of life. It could indicate some kind of deeper issue. Stress and anxiety are common in college and there are constructive ways to deal with it. There is help available. (See the back of this pamphlet for contact information.)

10. Consider your future.

Excessive drinking can cause major disruptions in your most important job right now: school. It's not uncommon for drinking to lead to sliding grades, academic probation, even suspension or expulsion.

Most employers now perform a background check on potential employees. This means that they will be able to see alcohol or drug-related convictions on your record. That includes impaired driving, using a fake ID, serving underage students, and disorderly conduct. Speaking of sticking with you, also watch what gets posted on the Internet. Pages, photos, and text are stored for years to come. How would you explain some of those "crazy nights" to an employer or grad school board?

Blood Alcohol Levels

A person's blood alcohol level (or content, BAC, for short) depends on several factors, including rate of drinking, body mass, stomach contents, and the substance mixed with the alcohol. When a person's BAC reaches high levels, there are numerous dangers, including blacking out, passing out, alcohol poisoning, and losing respiratory functions.

Remember: The legal limit for BAC is .08.

In Missouri, if you are under 21, you can be cited for a BAC as low as .02. Calculate your BAC level ahead of time and stick to a plan for keeping it at a safe level.

The charts below will give you an idea of what your BAC is like after three hours. Remember, these are for educational purposes and should not be interpreted as exact representations of actual BAC levels.

For Men:

		Body Weight in LBS.								
		100	120	140	160	180	200	220	240	
Hour 3	Number of Drinks	1	.00	.00	.00	.00	.00	.00	.00	.00
	2	.03	.01	.01	.00	.00	.00	.00	.00	
	3	.06	.05	.03	.02	.01	.01	.00	.00	
	4	.10	.08	.06	.05	.04	.03	.02	.01	
	5	.14	.11	.09	.07	.06	.05	.04	.03	
	6	.18	.14	.11	.09	.08	.06	.05	.05	
	7	.21	.17	.14	.12	.10	.08	.07	.06	
	8	.25	.20	.17	.14	.12	.10	.09	.08	
	9	.29	.23	.19	.16	.14	.12	.11	.09	
	10	.33	.26	.22	.19	.16	.14	.12	.11	

For Women:

		Body Weight in LBS.						
		100	120	140	160	180	200	
Hour 3	Number of Drinks	1	.000	.000	.000	.000	.000	.000
	2	.042	.027	.016	.008	.002	.000	
	3	.087	.064	.048	.036	.027	.019	
	4	.132	.102	.080	.064	.052	.042	
	5	.177	.139	.112	.092	.077	.064	
	6	.222	.177	.144	.120	.102	.087	
	7	.267	.214	.177	.148	.127	.109	
	8	.312	.252	.209	.177	.152	.132	
	9	.357	.289	.241	.205	.177	.154	
	10	.402	.327	.273	.233	.202	.177	