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Higher Education Alcohol & Drug
STRATEGIC UNIFIED PREVENTION

NAME THREE SIGNS OF ALCOHOL POISONING

ANSWERS:

- ▶ Confusion
- ▶ Slow or no reflexes or response
- ▶ Inability and difficulty to remain conscious
- ▶ Vomiting
- ▶ Trouble with breathing
- ▶ Clammy, pale, or bluish lips
- ▶ Seizures

Source: National Institute on Alcohol Abuse and Alcoholism
www.pubs.niaaa.nih.gov/publications/AlcoholOverdoseFactsheet/Overdosefact.htm

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WHAT DOES "BAC" STAND FOR?

ANSWER:

Blood Alcohol Concentration or Content. Your blood alcohol concentration or content is the amount of alcohol that is present in the bloodstream.

For example, having a BAC of .10 percent means there is about one drop of alcohol for every 1,000 drops of blood present in the body.

Source: National Institute on Alcohol Abuse and Alcoholism
www.pubs.niaaa.nih.gov/publications/AlcoholOverdoseFactsheet/Overdosefact.htm

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**WHAT IS THE LEGAL BAC LIMIT
FOR DRIVING UNDER THE
INFLUENCE IN VIRGINIA?**

ANSWER:

The Commonwealth of Virginia's Zero Tolerance Law makes driving under the influence by any amount of alcohol a serious criminal offense for drivers under the age of 21. Virginia defines the legal limit for driving under the influence at a BAC of 0.08 percent for those 21 years of age and over.

It is strongly recommended that you determine a non-drinking designated driver or alternate transportation before you go out to drink.

Source: Virginia ABC Codes and Regulations
www.abc.virginia.gov/enforcement/virginia-codes-and-regulations



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**NAME TWO FACTORS THAT
CAN IMPACT YOUR BAC**

ANSWERS:

- ▶ **Strength of drink**
- ▶ **Body weight**
- ▶ **Rate of consumption**
- ▶ **Food**
- ▶ **Gender**
- ▶ **Drug use**

Refer to the Virginia ABC Education and Prevention Training Guide for more details.

Source: National Institute on Alcohol Abuse and Alcoholism

www.pubs.niaaa.nih.gov/publications/AlcoholOverdoseFactsheet/Overdosefact.htm

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WHICH DRINKS ARE EQUIVALENT TO A STANDARD SIZE DRINK?

ANSWERS:

- ▶ 12 ounces of beer
- ▶ 5 ounces of wine
- ▶ 1.5 ounces of 80 proof liquor

Source: Virginia ABC Codes and Regulations
www.abc.virginia.gov/enforcement/virginia-codes-and-regulations

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POSSESSING OR USING A FAKE ID IS A FELONY

ANSWERS:

False. Possessing or using a fake ID is a Class 1 Misdemeanor. If convicted, violators can lose their driver's license for up to one year, face a fine of \$500 - \$2,500, and/or a minimum of 50 hours of community service and/or up to one year in jail.

Source: Virginia ABC Codes and Regulations
www.abc.virginia.gov/enforcement/virginia-codes-and-regulations

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**IT IS ILLEGAL TO PROVIDE OR
PURCHASE ALCOHOL FOR SOMEONE
UNDER THE AGE OF 21.**

ANSWER:

True. Even if you are 21, purchasing or providing alcohol for your friends who are younger than 21 is a Class 1 Misdemeanor and can result in a maximum \$2,500 fine, and/or one year in jail and/or loss of one's drivers license for up to a year.

Source: Virginia ABC Codes and Regulations
www.abc.virginia.gov/enforcement/virginia-codes-and-regulations

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HOW LONG DOES IT TAKE THE BODY TO PROCESS ONE STANDARD SIZE DRINK?

ANSWERS:

It takes the liver approximately one hour to process one standard drink. Sobering up quickly with a cold shower, exercise, eating a large meal or drinking coffee is a myth as time is the only way to eliminate alcohol from your system.

Refer to the Virginia ABC Education and Prevention Training Guide for more details.

Source: National Institute on Alcohol Abuse and Alcoholism

www.pubs.niaaa.nih.gov/publications/AlcoholOverdoseFactsheet/Overdosefact.htm

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THE MORE YOU DRINK, THE BETTER YOU'LL FEEL

ANSWER:

False. A drinker's experience is more positive at a BAC of .06 percent or below. Once BAC surpasses .06 percent, depressant effects of alcohol such as sluggishness, fatigue, sloppiness, lack of balance, coordination and slurred speech occur. Keeping BAC below .06 percent can reduce negative consequences associated with drinking alcohol.

Refer to the Virginia ABC Education and Prevention Training Guide for more details.

Source: National Institute on Alcohol Abuse and Alcoholism

<https://pubs.niaaa.nih.gov/publications/Hangovers/beyondHangovers.htm>

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WHAT SHOULD YOU DO IF YOU THINK SOMEONE HAS ALCOHOL POISONING?

ANSWERS:

- ▶ Roll them on their side
- ▶ Call 911
- ▶ Don't leave them alone
- ▶ Begin CPR if heart rate stops

Source: Step UP!
<http://stepupprogram.org/>

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HOW MUCH CAN YOU BE FINED IF YOU ARE CONVICTED OF A DUI?

ANSWER:

Conviction of a DUI is classified as a Class 1 Misdemeanor, which could result in:

- \$200 to \$2,500 + attorney's fees
- and/or the loss of one's driver's license
- and/or jail time

Source: Virginia ABC Codes and Regulations
www.abc.virginia.gov/enforcement/virginia-codes-and-regulations

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**IS UNDERAGE POSSESSION OF
ALCOHOL A MISDEMEANOR
OR A FELONY?**

ANSWERS:

Underage possession of alcohol is a Class 1 Misdemeanor.

Source: Virginia ABC Codes and Regulations
www.abc.virginia.gov/enforcement/virginia-codes-and-regulations

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WHAT IS CONSIDERED BINGE DRINKING FOR A MAN AND FOR A WOMAN?

ANSWER:

- ▶ **Man: 5 or more drinks within a short period of time**
- ▶ **Woman: 4 or more drinks within a short period of time**

Refer to the Virginia ABC Education and Prevention Training Guide for more details.

Source: National Institute on Alcohol Abuse and Alcoholism

www.pubs.niaaa.nih.gov/publications/AlcoholOverdoseFactsheet/Overdosefact.htm

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WHAT SHOULD YOU DO IF YOU NOTICE THAT A FRIEND HAS HAD TOO MUCH TO DRINK?

ANSWERS:

Allow students to be creative with their answers. Guide them to use one of the following bystander intervention techniques:

- ▶ **Direct**
- ▶ **Delegate**
- ▶ **Distract**

Refer to the Virginia ABC Education and Prevention Training Guide for more details.

Source: Step UP!

<http://stepupprogram.org/>

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HOW CAN YOU MAKE RESPONSIBLE DECISIONS ABOUT DRINKING?

ANSWER:

Allow students to be creative with their answers. Guide them to think of steps to creating a safe plan before drinking. Answers may include:

- ▶ **Avoid drinking games**
- ▶ **Don't drink on an empty stomach**
- ▶ **Keep track of how much you're drinking**
- ▶ **Know the signs of alcohol poisoning**
- ▶ **Be an active bystander**

Refer to the HEADS UP Alcohol Education Basics Guide for more details.