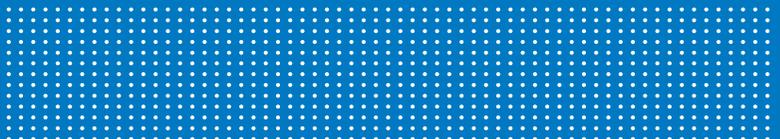


BAC ID RISK

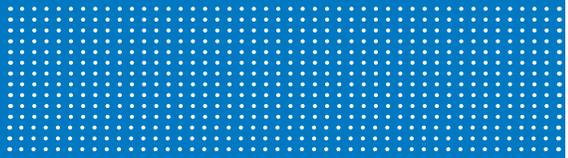
LEARN ALCOHOL BASICS

Information for **COLLEGE STUDENTS**



Virginia Department of
Alcoholic Beverage Control
Education and Prevention
Publication Series

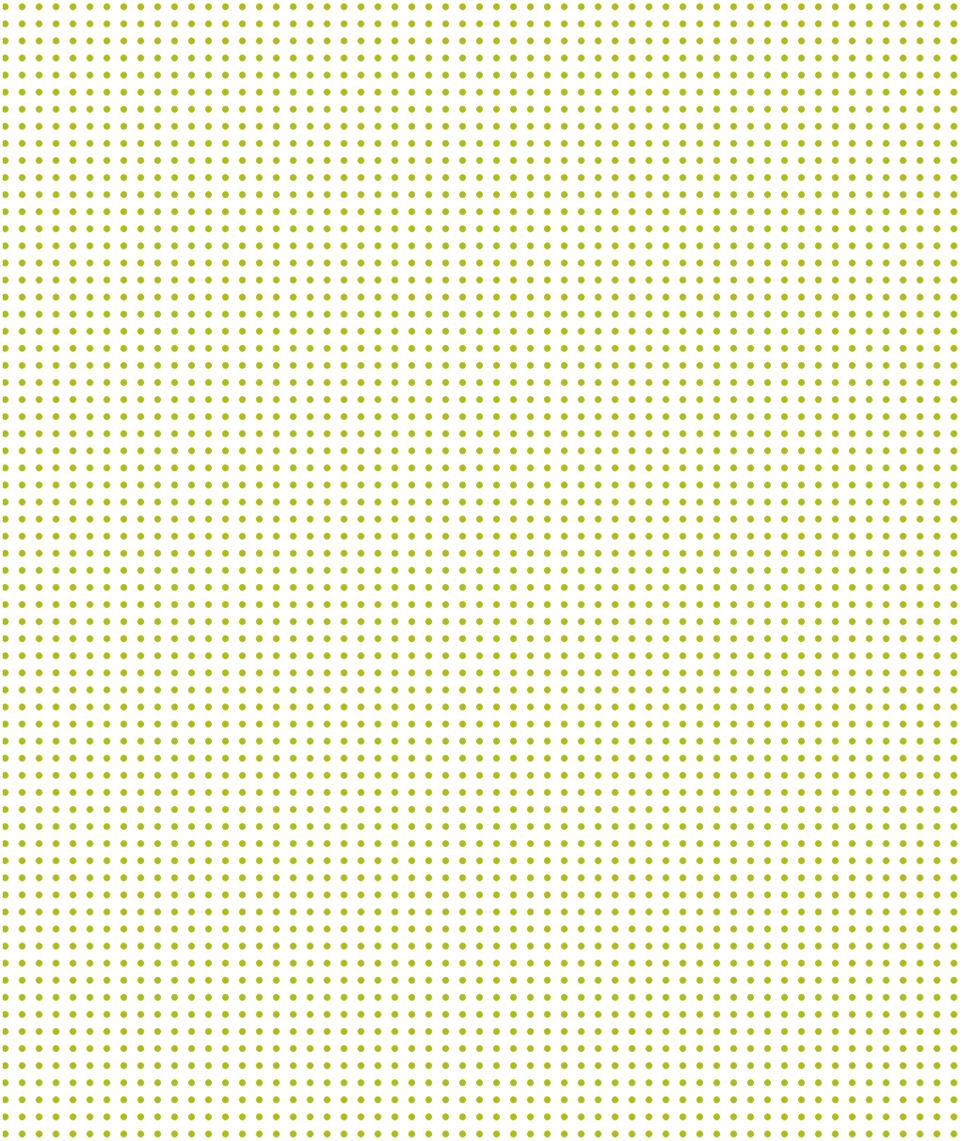
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INTRODUCTION

For most college students, weekend and late night activities serve as a relief to the daily rigors of academic life. Spending time with peers provides a chance to relax, strengthen friendships and have fun. While some students choose to spend time responsibly, other students may participate in underage and high-risk drinking. Ultimately, you're in charge of your own college experience. Make the most of it by choosing to be healthy and safe!



DO YOU KNOW VIRGINIA LAW?

A conviction for Driving Under the Influence (DUI) can cost thousands of dollars in court and legal fees and the suspension of one's driver's license. College students can also face consequences from their college or university if caught engaging in risky or illegal behavior.



The Commonwealth of Virginia's Zero Tolerance Law makes driving while intoxicated by any amount of alcohol a serious criminal offense for drivers younger than 21. Virginia defines the legal limit for driving while intoxicated at a Blood Alcohol Concentration (BAC) of 0.08% for those 21 years of age or older.



If convicted, violators are guilty of a Class 1 Misdemeanor, which can translate to fines ranging from \$200 to \$2,500, attorney fees, the loss of one's driver's license and jail time based on any prior convictions and the BAC level measured at that time. Convictions of three or more DUIs will result in a Class 6 felony. For Class 6 felonies, the jury or court may choose imprisonment for one to five years or jail for up to 12 months and/or a fine of up to \$2,500.

UNDERAGE PURCHASE OR POSSESSION OF ALCOHOLIC BEVERAGES



IT IS **ILLEGAL**

for anyone under the age of 21 to purchase, possess or drink alcohol.

UNDERAGE POSSESSION OF ALCOHOL IS A CLASS 1 MISDEMEANOR

which means you could lose your driver's license for up to a year.

CONSEQUENCES OF HIGH-RISK DRINKING EACH YEAR ...

- ... 1,825 college students between the ages of 18 and 24 die from alcohol-related unintentional injuries, including motor vehicle crashes.
- ... 599,000 students between the ages of 18 and 24 are unintentionally injured under the influence of alcohol.
- ... 696,000 students between the ages of 18 and 24 are assaulted by another student who has been drinking.
- ... 97,000 students between the ages of 18 and 24 are victims of alcohol-related sexual assault or date rape.
- ... 400,000 students between the ages of 18 and 24 have unprotected sex, and more than 100,000 students between the ages of 18 and 24 report having been too intoxicated to know if they consented to having sex.
- ... 3,360,000 students between the ages of 18 and 24 drive under the influence of alcohol.

According to the National Institute on Alcohol Abuse and Alcoholism, July 2013
(<http://pubs.niaaa.nih.gov/publications/CollegeFactSheet/CollegeFact.htm>)

FAKE IDS



FAKE IDS ARE ILLEGAL TO POSSESS, MANUFACTURE, SELL OR USE.

PENALTIES COULD RESULT in paying a fine or even going to jail.



A FAKE ID IS ANY DOCUMENT THAT ESTABLISHES A FALSE IDENTITY.

A CONVICTION FOR POSSESSING OR USING A FAKE ID could appear on your permanent criminal record; impact college or graduate admission and limit job opportunities.

VIRGINIA ABC TRAINS BARTENDERS, BOUNCERS, WAIT STAFF, MANAGERS AND CLERKS TO RECOGNIZE FAKE IDS—NOT ONLY FROM VIRGINIA BUT FROM OTHER STATES AS WELL.



THE PENALTIES ARE JUST AS SEVERE for loaning your ID to another person for use.

IT IS ILLEGAL TO CREATE, PASS OUT OR SELL FAKE IDS to others. This includes using your friend or relative's ID and purchasing an ID online or from any other source.

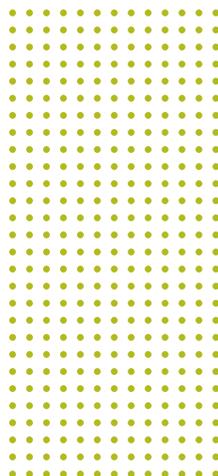
VIOLATORS SHALL BE GUILTY OF A CLASS 1 MISDEMEANOR AND, UPON CONVICTION, CAN LOSE THEIR DRIVER'S LICENSE FOR UP TO ONE YEAR AND FACE A MINIMUM FINE OF \$500 OR A MANDATORY MINIMUM OF 50 HOURS OF COMMUNITY SERVICE AND A MAXIMUM SENTENCE OF UP TO ONE YEAR IN JAIL AND/OR A \$2,500 FINE.



TODAY'S IDS HAVE ENHANCED SECURITY FEATURES to prevent identity theft, falsification and underage purchase of alcohol.

WHAT IS BAC?

BLOOD ALCOHOL CONCENTRATION (BAC) IS THE AMOUNT OF ALCOHOL THAT IS PRESENT IN THE BLOOD STREAM.



THE WAY A PERSON REACTS TO ALCOHOL DEPENDS ON:



STRENGTH OF DRINK

Drinks can have different effects based on their composition. Mixing a drink with a carbonated soda, for example, will quicken the effects of the alcohol due to the carbonation bubbles.

RATE OF CONSUMPTION

Taking shots or chugging drinks will increase the amount of alcohol absorbed into the system. The liver metabolizes alcohol at an average rate of one drink (12 oz. beer, 5 oz. wine, 1.5 oz. of 80 proof distilled spirits) per hour. If a person drinks faster than this, the remainder of the alcohol will circulate in the bloodstream until the liver is able to metabolize all of the alcohol.



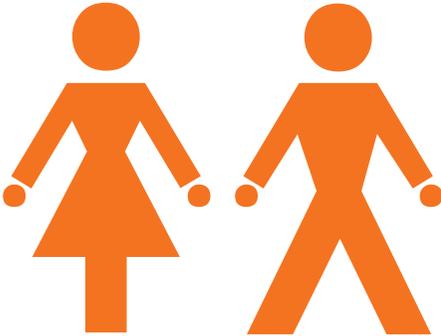
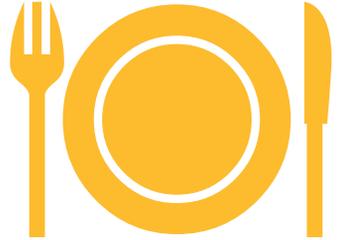


BODY WEIGHT

People who weigh less will generally be affected more quickly by alcohol than people who carry more weight. This is because people with a greater body weight have more blood and water in their bodies, which assists in the dilution of alcohol.

FOOD

A full stomach slows the absorption of alcohol into the bloodstream. Drinking on an empty stomach, however, will cause the BAC to rise more rapidly since there is no food to assist in absorption.



GENDER

Women tend to reach a higher BAC faster because they have a higher fat to muscle ratio than men. Fat repels alcohol, whereas muscle absorbs it. Therefore, it takes lesser amounts of alcohol for a woman to show signs of its effects since women are usually smaller, and have less muscle to absorb the alcohol.

DRUG USE

The use of other legal or illegal drugs can increase the effects of alcohol and may cause a dangerous, unpredictable outcome.



BAC LEVELS AND HOW THEY CAN AFFECT YOU



.02%

- relaxation
- loss of inhibitions
- mild intensification of existing mood
- lightheadedness
- may impair your ability to drive



.05%

- mild euphoria
- emotions and behavior become exaggerated
- deficits in fine motor skills
- delayed reaction time
- lack of recognition of these deficits



.08%

- motor skills impaired
- mild speech impairment
- balance is affected
- sight and hearing are reduced
- impaired judgment such that one's ability to evaluate or respond to sexual situations is impaired
- recognition of cognitive motor deficits is lost

▶ Virginia defines the legal limit for driving while intoxicated at a BAC of 0.08% for those 21 years of age or older



.10%

- lack of coordination and balance
- memory and judgment are severely impaired
- recognition of impairment is lost
- emotions are exaggerated to the extreme point of belligerence in some cases

MEASUREMENT ▶

BAC can be measured by breath, blood or urine tests. Breathalyzers are the primary method used by law enforcement agencies.



.15%

- significant impairment of all mental and physical functions with deficits in judgment
- feeling as if one is in a stupor
- blackouts (drug induced amnesia)
- risk of accidental injury to self and others
- significant loss of control over behavior



.20%

- confusion
- difficulty standing upright
- movement requires assistance from others
- physical harm to self often goes unnoticed or is ignored
- vomiting may occur or gag reflex is affected with increased risk of asphyxiation from choking on vomit



.30%

- in a trance-like state
- unconsciousness (passed out)
- difficulty in becoming aroused
- this is equivalent to the level of surgical anesthesia



.40%

- comatose
- extremely high likelihood of death due to respiratory or cardiac failure

STANDARD DRINK SIZES

Remember, one shot of 80 proof liquor, one glass of wine and one beer all contain the same amount of alcohol.

If someone consumes too much alcohol, only time—not a cold shower, exercise or coffee—will sober someone up. Remember, the liver metabolizes alcohol at an average of one drink per hour. Because of the many factors that affect BAC, it can be very hard to determine your own level of impairment.



BEER 12 OZ



WINE 5 OZ



LIQUOR 1.5 OZ

WHAT IS BINGE DRINKING?

Binge drinking is the overconsumption of alcohol and is highest among 18 to 25 year olds. Binge drinking occurs when a woman consumes four drinks or when a man consumes five drinks within a short period of time. If you are participating in drinking games, it's very difficult to keep track of the amount of alcohol



you consume. It is important to make responsible and healthy choices as drinking in large amounts can lead to brain damage, liver damage and alcohol poisoning.

CAN YOU RECOGNIZE ALCOHOL POISONING?

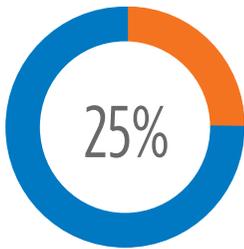
Binge drinking, or drinking more than four drinks at one time, can increase the likelihood of a drinker to have alcohol poisoning. Alcohol poisoning occurs when an excessive amount of alcohol is consumed, resulting in a high BAC. A large volume of alcohol in the bloodstream causes the body and its major functioning organs like the brain to consequently shut down.

Immediately call 911 if anyone displays these symptoms:

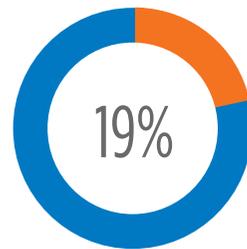
- Confusion
- Slow or no reflexes or response
- Difficulty or inability to remain conscious
- Vomiting
- Trouble breathing
- Clammy, pale, or bluish lips
- Seizures



MORE CONSEQUENCES OF HIGH-RISK DRINKING



About one-quarter of college students report having academic consequences because of their drinking, including missing class, falling behind, doing poorly on exams or papers and receiving lower grades overall.



Nineteen percent of college students between the ages of 18 and 24 met the criteria for alcohol abuse or dependence, but only 5 percent of these students sought treatment for alcohol problems in the year preceding the survey.

According to the National Institute on Alcohol Abuse and Alcoholism, July 2013
(<http://pubs.niaaa.nih.gov/publications/CollegeFactSheet/CollegeFact.htm>)

HOW DO YOU HANDLE STRESS?

Do you drink heavily after a disappointment, a quarrel or a major test?

Do you feel like you have to drink alcohol to have a good time at a party?

When you have trouble or feel stressed, do you crave alcohol?

Do you feel like you have to drink alcohol to feel comfortable talking to new people?



ANSWERING “YES” TO ANY OF THESE QUESTIONS MEANS YOU MAY BE USING ALCOHOL TO REDUCE STRESS. HAVING PROBLEMS WITH YOUR ALCOHOL USE? CONTACT YOUR SCHOOL’S COUNSELING OR HEALTH SERVICES CENTER FOR CONFIDENTIAL ADVICE AND CARE.

COMMON STRESSORS FOR COLLEGE STUDENTS



EMOTIONAL TRIGGERS

Engaging in arguments, disagreements and conflicts with friends, family, roommates and significant other.



OVERWORKING

“Burnout” from working, partying or studying 20 hours a day.



PHYSIOLOGICAL TRIGGERS

Getting sick, hormonal changes, poor nutrition or lack of sleep.



YOUR THOUGHTS

Having a negative self-concept and self-esteem, exaggerating minor events or having a pessimistic view of life.



SOCIAL STRESSORS

Working, socializing, establishing friendships, losing loved ones or living arrangements (on and off campus).



ACADEMICS

Papers, tests, group projects or final exams.



FINANCIAL

Money for tuition, books or supplies.

WARNING SIGNS OF BEING STRESSED OUT



PHYSICAL SIGNS

- Frequent muscle aches
- Recurring colds or other illnesses
- Indigestion
- Ulcers
- Fatigue
- Difficulty sleeping
- Changes in eating patterns
- Frequent headaches



EMOTIONAL SIGNS

- Irritability
- Depression
- Uncontrollable anger or frustration
- Fear or anxiety
- “Burnout”/feeling overwhelmed
- Mood swings/short temperedness



COGNITIVE SIGNS

- Difficulty concentrating
- Difficulty completing tasks
- Becoming disorganized

STRESS TIPS

REDUCTION



MAKE A SCHEDULE

First, take time each day to study. Cramming never works, it only stresses you out and deprives you of sleep.



REWARD YOURSELF

Give yourself a pat on the back for achieving your goals. Avoid rewards that center on food or alcohol. Healthy rewards include buying yourself a small gift, treating yourself to a movie or spending time with special friends.



GET ENOUGH SLEEP AND EXERCISE

The consequences of sleepiness include reduced productivity, poor work and school performance, and reduced quality of life. To reduce these consequences:

Cut back on caffeine

Relax

Get regular exercise

Avoid heavy meals within three hours of bedtime

Avoid alcohol

Take naps in the early afternoon



EAT HEALTHY

Incorporate fresh fruits and vegetables and cut down on fatty foods.



DECIDE ON YOUR GOALS/MAJOR/CLASSES

Explore your career options and choose a path that is best for you.



DISCUSS YOUR PROBLEMS

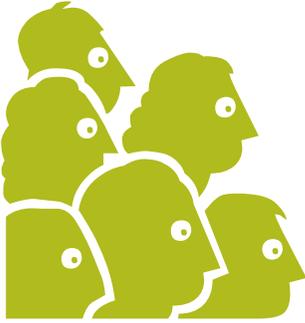
Find someone you can trust and respect to help in areas of stress and to encourage you to reach your goals. Visit the counseling center on campus.



SPRING BREAK AND TRAVEL SAFETY TIPS

1. Always research the city or country you plan to visit for spring break. Know what the customs and laws are of the community and know what you plan to do while you are there.
2. If you are traveling out of the country, visit the U.S. Department of State's Bureau of Consular Affairs website at www.travel.state.gov. The website issues travel advisories and tips for students going abroad.
3. If you use a travel agency, make sure the agency adheres to the code of ethics as determined by the American Society of Travel Agents. (Visit www.astanet.org for more details.) Never use a travel agency that advertises free or reduced-rate alcohol as a selling point for its spring break vacations.
4. Always provide your relatives or friends back home with information on where and how to contact you.
5. When driving to your destination, always wear a seatbelt. Respect the speed limit and do not drive while impaired.
6. Respect the alcohol and drug laws of the community. In the United States, it is illegal for anyone younger than 21 years of age to purchase, possess and drink alcohol.
7. If you go out to a bar, club or restaurant, go with a buddy or with a group of friends you can trust. Make sure you don't leave anyone behind and don't go home with anyone you do not know.
8. Hold onto your beverage at all times. Someone may try to put drugs in your drink.
9. Do not accept a ride from someone who has been drinking or using drugs.
10. Always have money available for public transportation or a taxicab. Be careful about the taxicab you use.
11. Keep a travel safety kit on hand. Consider including the following items in your kit: over-the-counter pain relief medicine, bandages, disinfectants, cold compress, condoms and a sunblock of SPF 15 or higher.

HOW TO HELP A PERSON IN A RISKY SITUATION



A bystander is a person who witnesses a conflict or incident but does nothing to stop the situation or help the person in trouble. An active and empowered bystander takes action when they witness a person in need. Rather than stepping aside and doing nothing, an active bystander intervenes with the goal of helping the other person.

If you witness someone in a risky situation, the following steps are recommended:

FIVE STEPS TO BEING AN ACTIVE BYSTANDER:

- 1** Notice the event.
- 2** Determine whether the event is a problem or an emergency and how you can safely respond.
- 3** Assume responsibility.
- 4** Come up with a plan.
- 5** Take action to protect yourself and others.

The **Step UP! Program** provides tips and intervention styles for emergency and non-emergency situations on their website at www.stepupprogram.org

HOW CAN I MAKE RESPONSIBLE DECISIONS?

Know the law and don't drink alcohol before the age of 21.

Do not use a fake ID for any reason.

Engage in healthy activities that don't include drinking alcohol. Don't rely on alcohol to make a social situation more comfortable or fun. Focus on having fun without drinking.

Seek healthy, alternative methods to relieve the stress you may be experiencing. Don't be afraid to seek help from the counseling center on your campus.

Know how to say no when you are offered a drink and don't want one.

Be responsible for yourself and those around you. Don't allow your friends to drive drunk. Know how to detect a potentially dangerous situation and get help when needed.

Know the factors that impact the way each person reacts to alcohol and the effects of BAC levels.

Know what a standard drink size is and don't engage in binge drinking. Carefully monitor any alcohol that is consumed during drinking games and throughout the day.

Understand the signs of alcohol poisoning and immediately call 911 if anyone displays any symptoms.

Keep an eye on your beverage at all times.

Review safety tips before going on spring break or traveling.

Be an active bystander and step in if you see someone in trouble.

RESOURCES

The Foundation for Advancing Alcohol Responsibility (www.responsibility.org)

The Foundation for Advancing Alcohol Responsibility (Responsibility.org) leads the fight to eliminate drunk driving and underage drinking and promotes responsible decision-making regarding alcoholic beverages.

BACCHUS Initiatives (www.naspa.org/constituent-groups/groups/bacchus-initiatives)

BACCHUS Initiatives is a collegiate peer education program that supports the achievement of students' academic and personal success by building skills in student leaders to address campus health and safety issues.

Step UP! (www.stepupprogram.org)

Step UP! is a prosocial behavior and bystander intervention program that educates students to be proactive in helping others.

National Institute on Alcohol Abuse and Alcoholism (www.niaaa.nih.gov)

NIAAA supports and conducts research on the impact of alcohol use on human health and well-being. It is the largest funder of alcohol research in the world.

Virginia ABC Education and Prevention Resources

College Tour

A multi-stop conference that focuses on promoting zero tolerance for underage drinking, social responsibility, collaboration and leadership on college and university campuses across Virginia.

Miss Virginia School Tour

In partnership with Virginia ABC, Miss Virginia travels across Virginia to elementary schools spreading a message of health, wellness and prevention with students and teachers.

Being Outstanding Leaders Together (BOLT) Against Drugs and Alcohol

Provides drug and alcohol prevention knowledge to middle school students through regional community collaboration and high school peer leadership.

Project Sticker Shock

Supplies are provided to community groups in an effort to decrease social providing. The project includes stickers being placed on alcohol packaging reminding buyers to not provide to minors and is done in conjunction with a press event to help raise awareness.

Youth Alcohol and Drug Abuse Prevention Project (YADAPP)

A high school youth-led leadership conference equipping teens with a strategic plan and empowering them to keep their schools and communities alcohol and drug free.

Responsible Sellers & Servers: Virginia's Program (RSVP)

Managers' Alcohol Responsibility Training (MART)

Trainings are held regionally and conducted by Virginia ABC special agents to help licensees become more responsible and to better understand Virginia laws, rules and regulations.

Alcohol and Aging Awareness Group (AAAG)

A statewide affiliate group that provides education, training and resources to prevent the misuse of alcohol and medications as adults age.

Virginia Office for Substance Abuse Prevention (VOSAP)

An organization that promotes collaboration among state and local agencies, organizations, coalitions and faith communities that address substance abuse prevention.

Educational Materials

Publications, online training, and public service announcements are available to the general public at no cost.

Grant Program

Alcohol education and prevention grants assist community partners to develop and enhance initiatives related to alcohol education and prevention. Grant cycle is July - June with applications due in the spring.



*VIRGINIA DEPARTMENT OF
ALCOHOLIC BEVERAGE CONTROL*

Virginia Department of Alcoholic Beverage Control
www.abc.virginia.gov • (804) 977-7440
2901 Hermitage Road • Richmond, VA 23220

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