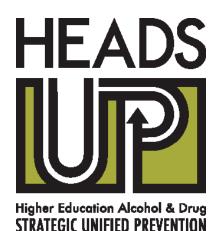


NAME THREE SIGNS OF ALCOHOL POISONING

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



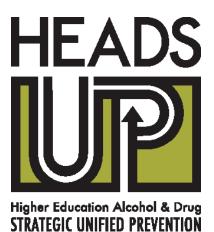
WHAT DOES "BAC" STAND FOR?

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

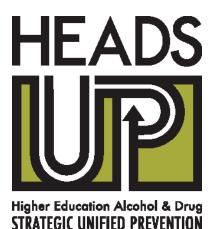


WHAT IS THE LEGAL BAC LIMIT FOR DRIVING UNDER THE INFLUENCE IN VIRGINIA?

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.

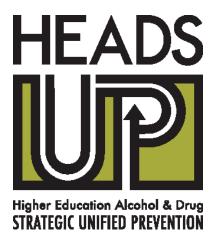


NAME TWO FACTORS THAT CAN IMPACT YOUR BAC

ANSWERS:



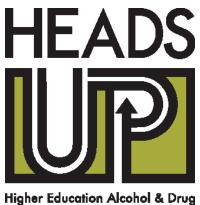
Refer to the Virginia ABC Education and Prevention Training Guide for more details. Source: National Institute on Alcohol Abuse and Alcoholism www.pubs.niaaa.nih.gov/publications/AlcoholOverdoseFactsheet/Overdosefact.htm



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

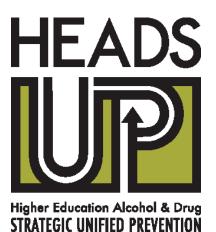


STRATEGIC UNIFIED PREVENTION

POSSESSING OR USING A FAKE ID IS A FELONY

ANSWERS:

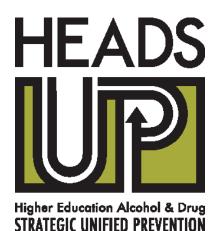
False. Possessing or using a fake ID is a Class 1 Misdemeanor. If convicted, violators can lose their driver's license for up to one year, face a fine of \$500 – \$2,500, and/or a minimum of 50 hours of community service and/or up to one year in jail.



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.

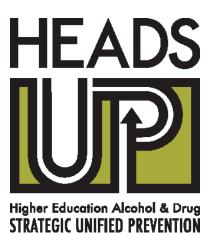


HOW LONG DOES IT TAKE THE BODY TO PROCESS ONE STANDARD SIZE DRINK?

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

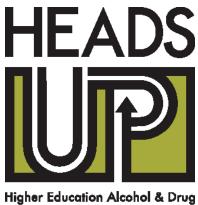


THE MORE YOU DRINK, THE BETTER YOU'LL FEEL

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



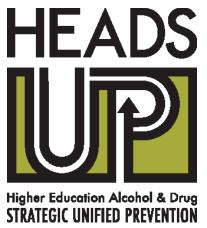
Higher Education Alcohol & Drug STRATEGIC UNIFIED PREVENTION

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/



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:

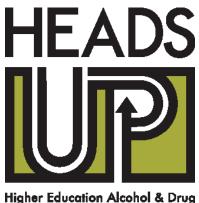
- \$200 to \$2,500 + attorney's fees
- and/or the loss of one's driver's license
- and/or jail time



IS UNDERAGE POSSESSION OF ALCOHOL A MISDEMEANOR OR A FELONY?

ANSWERS:

Underage possession of alcohol is a Class 1 Misdemeanor.



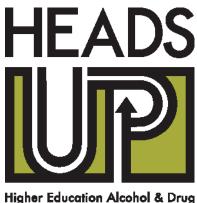
STRATEGIC UNIFIED PREVENTION

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



Higher Education Alcohol & Drug STRATEGIC UNIFIED PREVENTION

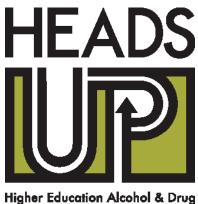
WHAT SHOULD YOU DO IF YOU NOTICE THAT A FRIEND HAS HAD TOO MUCH TO DRINK?

ANSWERS:

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



Refer to the Virginia ABC Education and Prevention Training Guide for more details. Source: Step UP! http://stepupprogram.org/



STRATEGIC UNIFIED PREVENTION

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.