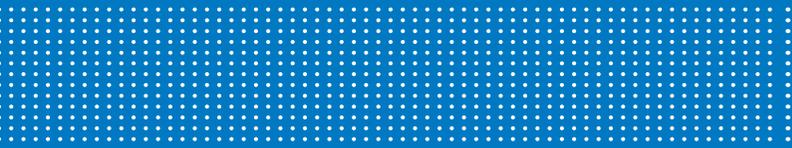


# DWI BAC LAWS

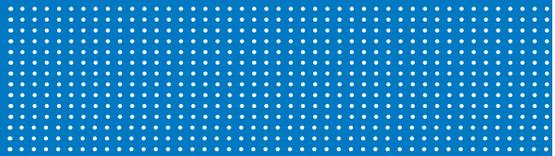
## LEARN ALCOHOL BASICS

Information for **ADULTS 21 AND OLDER**



Virginia Alcoholic Beverage  
Control Authority  
**Education and Prevention  
Publication Series**

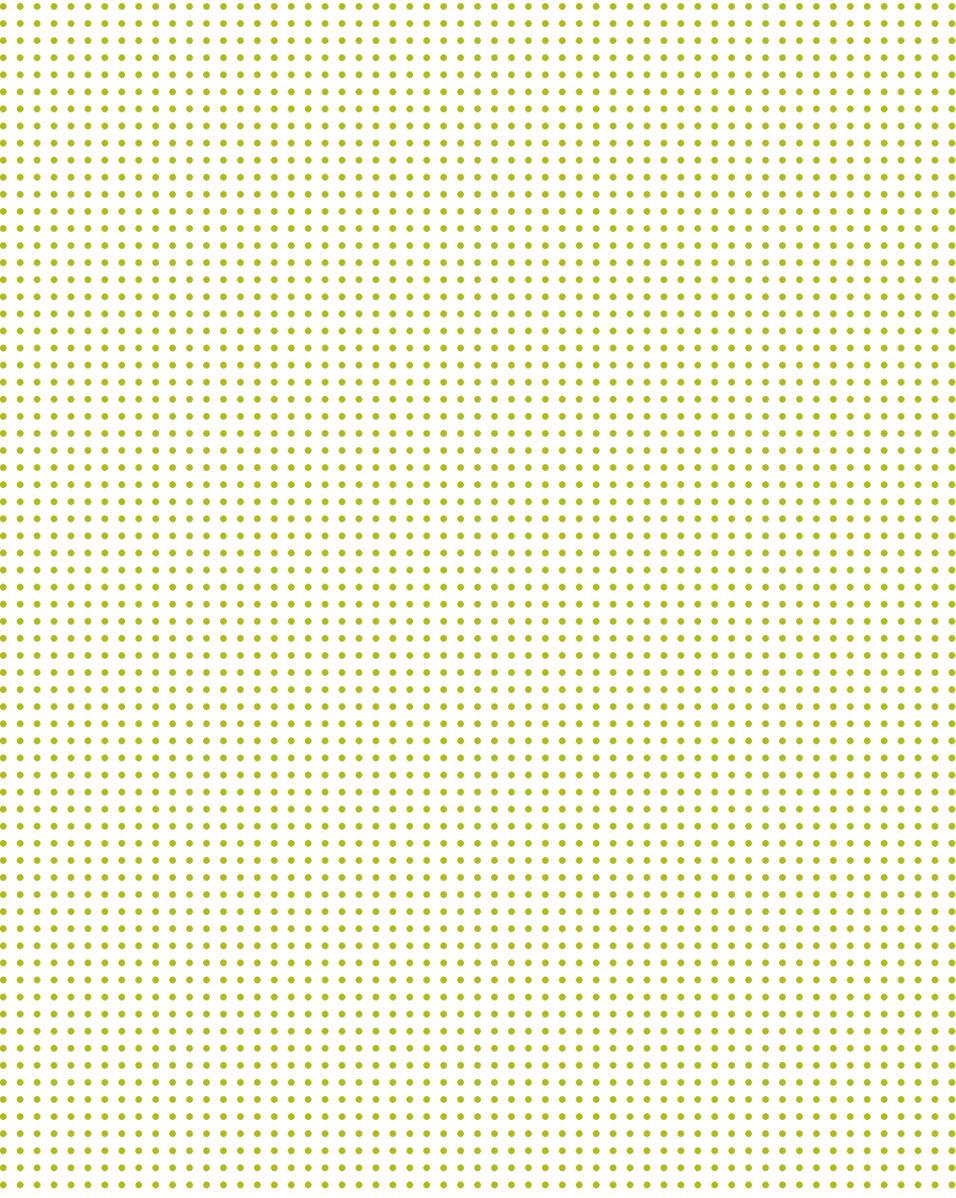
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# INTRODUCTION

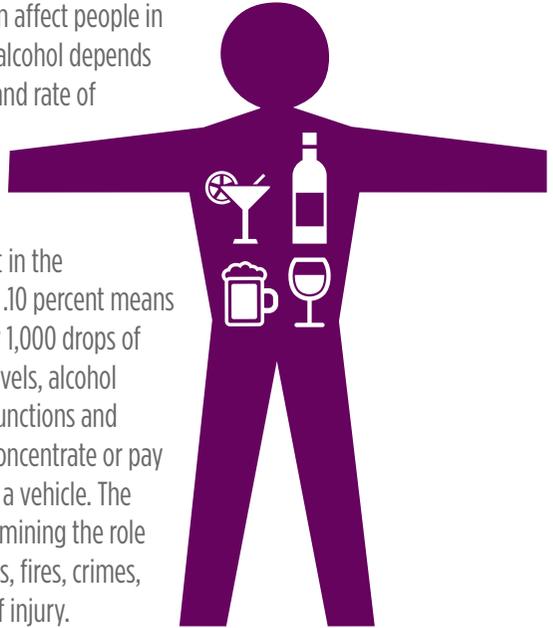
If you choose to drink alcohol, it is important that you do so responsibly and in moderation. Excessive drinking over time can harm your health and shorten your lifespan. This publication includes information that will help you understand the effects of alcohol and assist you with making healthier choices.



# WHAT IS BLOOD ALCOHOL CONCENTRATION (BAC)?

Whether it is one drink or many, alcohol can affect people in different ways. The way a person reacts to alcohol depends on many factors including gender, weight and rate of alcohol consumption. All of these factors influence a person's blood alcohol concentration (BAC).

BAC 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. At certain BAC levels, alcohol has been shown to alter a person's visual functions and perceptions, affecting the ability to react, concentrate or pay attention, process information and operate a vehicle. The measurement of BAC is important for determining the role alcohol plays in car crashes, physical injuries, fires, crimes, family violence, suicides and other forms of injury.



## HOW IS BLOOD ALCOHOL CONCENTRATION MEASURED?

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

## MYTH:

IF I NEED TO SOBER UP QUICKLY, I CAN.



**There is nothing you can do to quickly eliminate alcohol from your body. Only time will reduce the amount of alcohol in your bloodstream. Taking a cold shower, exercising, eating a large meal or drinking coffee will not help. It is important to keep track of the number of drinks you consume and understand how alcohol impacts your body.**

# WHAT AFFECTS YOUR BAC LEVEL?



## STRENGTH AND TYPE OF DRINK

Not all drinks are created equal. The alcohol content found in different types of beer, wine or mixed beverages can vary greatly. Start by checking the label of a canned or bottled beverage for the alcohol by volume (ABV) percentage or proof. Drinks can also have different effects based on their composition. For example, mixing a drink with a carbonated soda will quicken the effects of the alcohol due to the carbonation bubbles.

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## RATE OF CONSUMPTION

Taking shots or chugging drinks will increase the amount of alcohol that enters the bloodstream through the stomach. The liver metabolizes or breaks down alcohol at an average rate of one standard size drink per hour. If you drink faster than this, the liver cannot break down all of the alcohol at the same rate and it will continue to circulate in the bloodstream.



## BODY SIZE/WEIGHT

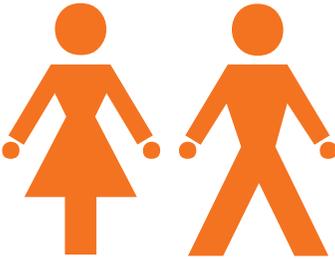
Smaller people usually have a higher concentration of alcohol in their blood and become intoxicated more quickly if they drink the same amount a heavier person drinks. This is because the greater your body weight, the more blood and water you have to help dilute or weaken the alcohol.

## FOOD

Eating food immediately before and while you drink will slow the absorption of alcohol into the bloodstream. Pick foods that are high in healthy fat or protein since they take longer to leave the stomach. Drinking on an empty stomach will raise your BAC much faster and increase your risk of alcohol poisoning.



## BIOLOGICAL SEX



A female will have a higher BAC if she drinks the same amount of alcohol as a male. This is because females generally have a higher proportion of body fat and fat has less water than muscle. Therefore, females have less body water to dilute or weaken the alcohol than males of the same weight. Females also have less of the enzyme alcohol dehydrogenase which breaks down alcohol, so the alcohol they drink stays in their bodies for longer.

## OTHER DRUG USE

The use of medications or illegal drugs can increase the dangerous effects of alcohol and may cause unpredictable interactions.



### DO YOU KNOW HOW MUCH YOU ARE DRINKING?



12 OZ. **BEER**  
5% ABV

=



5 OZ. **WINE**  
12% ABV

=



1.5 OZ. **LIQUOR**  
80 PROOF/  
40% ABV

Standard size drinks contain approximately the same amount of alcohol and help estimate BAC. They are defined as 12 ounces of beer at 5% ABV, 5 ounces of wine at 12% ABV and 1.5 ounces of liquor at 80 proof or 40% ABV. Remember, some wines and beers contain a higher percentage of alcohol than others and not all mixed beverages are made with the same amount of liquor. For example, a Long Island Iced Tea includes multiple shots of alcohol that could equal up to three drinks in one glass.

# DO YOU KNOW VIRGINIA LAW?

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Your life and the lives of others on the road are at risk every time a driver gets behind the wheel after drinking. Impairment can begin with the first drink. You do not have to be drunk to be considered intoxicated or under the influence of alcohol. Driving skills and abilities, such as judgment, reaction time and motor coordination are impaired in most people long before they exhibit visible signs of drunkenness. Remember that buzzed driving is drunk driving.

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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 of Driving While Intoxicated (DWI), you are guilty of a Class 1 misdemeanor. This could result in:



- Fine ranging from \$250 to \$2,500
- License suspension for one year
- Jail time up to 12 months
- Completion of the Virginia Alcohol Safety Action Program course
- Ignition Interlock Device for six months

Convictions of three or more DWIs could result in a Class 6 felony. For Class 6 felonies, penalties include up to five years in jail, a minimum fine of \$1,000 and the loss of your driver's license indefinitely.

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Virginia's Zero Tolerance Law makes driving while intoxicated by any amount of alcohol a serious criminal offense for drivers younger than the legal drinking age of 21. You should never provide alcohol to anyone under 21.



## MYTH:

BEER BEFORE LIQUOR, NEVER BEEN SICKER!

The order in which you consume alcohol does not impact the effects on your body and its recovery. Keep in mind what a standard size drink is, set a limit for yourself and monitor the amount of alcohol you consume to avoid getting sick.

# WHAT IS BINGE DRINKING?

Binge drinking is the excessive consumption of alcohol that brings BAC levels to at least .08% in about two hours. This typically happens when men consume 5+ drinks or women consume 4+ drinks in one sitting. Binge drinking occurs the most among younger adults 18-34 years old and it is twice as common among men than women. It has serious risks, including unintentional injuries, violence, cancer and liver disease.



Binge drinking can also lead to alcohol poisoning which happens when a toxic 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. An average of six people die of alcohol poisoning each day in the U.S. Make responsible and healthy choices by setting a limit for yourself and sticking to it.

## MYTH:

"BREAKING THE SEAL MAKES ME LOSE MY BUZZ."



Some people may think that frequent bathroom trips are a sign that they are eliminating the alcohol they have been drinking from their body. The truth is that alcohol affects the absorption of water in your kidneys, causing these frequent bathroom trips. Most importantly, this does not change the level of alcohol in your bloodstream!

# HOW CAN ALCOHOL AFFECT MY BODY?



.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 affected



.10%

- Lack of coordination and balance
- Memory and judgment are severely impaired
- Recognition of impairment is lost
- Emotions may be exaggerated to the point of aggression or violence

## WARNING ZONE

0.00% - 0.06% BAC

When BAC is within this zone, the euphoric effects of alcohol are experienced, causing a release of dopamine from the brain.

- Recognition of cognitive motor deficits is lost

► Virginia defines the legal limit for driving while intoxicated at a BAC of .08 percent for those 21 years of age or older



.15%

- Significant impairment of all mental and physical functions with deficits in judgment
- Feeling as if one is in a stupor (daze)
- Blackouts (loss of memory)
- Higher 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

**DANGER ZONE!**  
**0.06% - 0.40% BAC**

When BAC is within this zone, the depressant effects of alcohol are experienced, increasing your risk of negative outcomes.

# HOW CAN I ESTIMATE MY BAC LEVEL?

To estimate what your BAC would be after a certain number of drinks, use the table below that is specific to your biological sex. Find your approximate weight on the chart for a better estimate. Keep in mind that each box represents a **standard size drink** - 12 ounces of beer at 5% ABV, 5 ounces of wine at 12% ABV and 1.5 ounces of liquor at 80 proof or 40% ABV.



## APPROXIMATE BAC FOR MALES

Your Weight in Pounds	100	120	140	160	180	200	220	240	260	280
1 drink	.04	.03	.03	.02	.02	.02	.02	.02	.01	.01
2 drinks	.08	.06	.05	.05	.04	.04	.03	.03	.02	.02
3 drinks	.11	.09	.08	.07	.06	.06	.05	.05	.04	.04
4 drinks	.15	.12	.11	.09	.08	.08	.07	.06	.06	.05
5 drinks	.19	.16	.13	.12	.11	.09	.09	.08	.08	.07
6 drinks	.23	.19	.16	.14	.13	.11	.10	.09	.09	.09
7 drinks	.26	.22	.19	.16	.15	.13	.12	.11	.11	.10
8 drinks	.30	.25	.21	.19	.17	.15	.14	.13	.13	.12
9 drinks	.34	.28	.24	.21	.19	.17	.15	.14	.15	.14
10 drinks	.38	.31	.27	.23	.21	.19	.17	.16	.16	.15



### FOR EXAMPLE:

If a male weighing 140 pounds has three standard sized drinks, his BAC will equal approximately .08%.

# HOW CAN I ESTIMATE MY BAC LEVEL?

Biological sex is one of the many factors that impacts BAC levels. Alcohol affects males and females differently. Remember, Virginia sets the legal limit for driving while intoxicated at a BAC of .08% for those 21 years of age and older.



## APPROXIMATE BAC FOR FEMALES

Your Weight in Pounds	90	100	120	140	160	180	200	220	240
1 drink	.05	.05	.04	.03	.03	.03	.02	.02	.02
2 drinks	.10	.09	.08	.07	.06	.05	.05	.04	.04
3 drinks	.15	.14	.11	.10	.09	.08	.07	.06	.06
4 drinks	.20	.18	.15	.13	.11	.10	.09	.08	.08
5 drinks	.25	.23	.19	.16	.14	.13	.11	.10	.09
6 drinks	.30	.27	.23	.19	.17	.15	.14	.12	.11
7 drinks	.35	.32	.27	.23	.20	.18	.16	.14	.13
8 drinks	.40	.36	.30	.26	.23	.20	.18	.17	.15
9 drinks	.45	.41	.34	.29	.26	.23	.20	.19	.17
10 drinks	.51	.45	.38	.32	.28	.25	.23	.21	.19



### FOR EXAMPLE:

If a female weighing 120 pounds has four standard sized drinks, her BAC will equal approximately .15%. This is an example of binge drinking and has serious risks.

# HOW LONG DOES IT TAKE TO ELIMINATE ALCOHOL FROM MY BODY?

Use the tables below to calculate the approximate time that it takes to eliminate the alcohol content of one or more drinks by selecting your biological sex and approximate weight in pounds.



## HOURS TO ZERO BAC FOR MALES

Your Weight in Pounds	100	120	140	160	180	200	220	240
1 drink	2.5	2	2	2	1.5	1	1	1
2 drinks	5	4	3.5	3	3	2.5	2	2
3 drinks	7	6	5	4.4	4	3.5	3.5	3
4 drinks	9.5	8	7	6	5.5	5	4.5	4
5 drinks	12	10	8.5	7.5	6.5	6	5.5	5
6 drinks	14	12	10	9	8	7	6.5	6
7 drinks	17	14	12	10.5	9	8	8	7
8 drinks	19	16	13.5	12	10	9	9	8
9 drinks	21.5	18	15	13.5	11.5	10.5	10	9
10 drinks	23	19	16	14	12.5	11	11	9.5

### FOR EXAMPLE:

If a 180-pound male has four standard sized drinks, which equals a BAC of .08%, it will take approximately five and a half hours for his BAC level to return to zero. It is dangerous and illegal for him to drive during that time.

# HOW LONG DOES IT TAKE TO ELIMINATE ALCOHOL FROM MY BODY?

You may think that you can "handle your alcohol" or that you have developed a tolerance to alcohol and can drink more without getting as intoxicated. This is not true however. You are simply better at masking the effects of alcohol while your BAC levels remain the same. The liver will still metabolize or break down alcohol at an average rate of one standard size drink per hour.



## HOURS TO ZERO BAC FOR FEMALES

Your Weight in Pounds	100	120	140	160	180	200	220	240
1 drink	3	2.5	2	2	1.5	1.5	1.5	1
2 drinks	6	5	4	3.5	3	3	2.5	1.5
3 drinks	9	7	6.5	5.5	5	4.5	5	3.5
4 drinks	12	9.5	8.5	7	7	5.5	5	4.5
5 drinks	14.2	12	10.5	9	8	7	6.5	6
6 drinks	17.5	14	12.5	11	9.5	8.5	7.5	7
7 drinks	20	17	14.5	12.5	11.5	10	9	8
8 drinks	23	19	16.5	14.5	13	11.5	10.5	9.5
9 drinks	26	21.5	18.5	16	14.5	13	11.5	10.5
10 drinks	28	26	20	17.5	16	14	12.5	11

### FOR EXAMPLE:

If a 120-pound female has four standard sized drinks, which equals a BAC of .15%, it will take approximately nine and a half hours for her BAC level to return to zero. It is dangerous and illegal for her to drive during that time.

# RESPONSIBLE PARTY HOSTING TIPS

Whether preparing for a gathering with a few friends or a large family event, party hosts are responsible for making sure the event is fun and safe. The best way to do this is through careful planning. If you are serving alcoholic beverages at your party, here are some tips to keep your guests safe:

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Purchasing or providing alcohol for underage youth is called social providing and is illegal. In Virginia, it is a Class 1 misdemeanor and is punishable by fines up to \$2,500, and/or one year in jail and the loss of your driver's license for up to one year. Never purchase alcohol for anyone younger than 21 years old or allow them to consume alcoholic beverages at your event.



Always serve food throughout your event, especially those high in protein and healthy fat such as cheese, meats and nuts. These stay in the stomach longer and slow down the absorption of alcohol into the bloodstream. Keep in mind that even though food causes alcohol to be absorbed more slowly, it has no effect on how long it takes for alcohol to leave your body!



When serving alcohol at your event, remember standard drink sizes. Be sure to offer lighter beers and wines that have a lower ABV and avoid open punch bowls that contain large amounts of alcohol in one serving.



Put yourself in the mind of a non-drinker. Don't force drinks on your guests or rush to refill their glasses right away. Some guests may accept drinks they don't want in order to avoid appearing rude.



Don't mix alcohol with other drugs. Both medications and illegal drugs may have dangerous interactions with alcohol.



Always have non-alcoholic drinks, such as juices, water or tea available for guests. Encourage your guests to keep track of what they are drinking and to alternate between alcoholic drinks, water and high-protein snacks.



Stop serving alcohol two hours before the event ends but continue serving nonalcoholic drinks and food. For most people, this two-hour wait will still not be enough time to eliminate all of the alcohol from their bodies. Be sure to find safe rides home via taxis, ride sharing services or non-drinking designated drivers.



Don't let people drink and drive! Car-pooling and cabs can save lives. It is the responsibility of everyone (especially the host of the party) to stop drinkers from driving. If necessary, take away their car keys and invite guests to spend the night.

**REMEMBER: Friends don't let friends drink and drive!**



Have one-ounce bottle spouts at the bar to measure alcohol for mixed drinks. Making a mixed drink without accurately measuring the amount of liquor being served can lead to overconsumption and excessive drinking.



Be careful who you invite. If you invite close friends who are mature social drinkers, you shouldn't have a problem hosting a safe and fun event. Inviting strangers or people who are not responsible around alcohol is certain to cause trouble.



Know the signs of alcohol poisoning and be prepared to call 911 if anyone presents the following symptoms:

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

# MOCKTAILS AND EASY RECIPES



## MOCKTAILS

### Mock Pink Champagne

- 1 6-oz. can frozen grapefruit juice
- 1 cup water
- 1 28-oz. bottle chilled ginger ale
- 1 6-oz. can frozen orange juice
- 1/3 cup grenadine syrup

Combine all ingredients. Makes 10 servings.

### Crock Pot Wassail Punch

- 2 cups cranberry juice cocktail
- 1 orange studded with whole cloves
- 2 quarts apple cider
- 2 three-inch cinnamon sticks
- 1/2 cup sugar, (optional)

Combine all ingredients in a crock pot and simmer for about one hour on high or two hours or more on low. Serve in warmed mugs, garnished with orange slices or extra cinnamon sticks. Makes 10 servings.

### Sangria

- 4 oz. orange juice
- 4 oz. cranberry juice
- 2 slices each of lime, lemon, orange
- 4-6 fresh cranberries (optional)
- Crushed or cubed ice
- 1 bottle sparkling apple cider

Place orange juice, cranberry juice and fruit slices into a pitcher. Add ice and pour whole bottle of sparkling apple cider over the rest of the ingredients. Stir with a spoon and serve in wine glasses. Makes four servings.

### Citrus Collins

- 2 oz. fresh-squeezed orange or grapefruit juice
- 1 oz. simple syrup
- 1 oz. fresh-squeezed lemon juice
- Club soda

Fill a 12 oz. glass with ice cubes. In another glass, combine orange/grapefruit juice, lemon juice, and simple syrup. Pour over ice. Top off with club soda. Garnish with orange slice and cherry. Makes one drink.

### Tomato Bull

- Lemon & lime wedges
- Salt, ice cubes
- Bloody Mary mix
- Celery sticks

Salt the rim of a 10 oz. glass. Fill with ice cubes. Squeeze the juice of a lemon and lime wedge into the glass. Top off with Bloody Mary mix. Garnish with a celery stick. Makes one drink.

Plan your party or event so that the focus is on something other than drinking alcoholic beverages. Try the following recipes for non-alcoholic drinks and party food high in protein to slow down the absorption of alcohol in your bloodstream.



## EASY RECIPES

### Barbecued Chicken Wings

20 chicken wings  
1 tablespoon vinegar  
1/4 cup soy sauce  
1/4 teaspoon ginger  
1/4 cup honey

Mix all ingredients except chicken in a two-quart bowl. Add chicken wings and marinate overnight. Place wings on a baking sheet sprayed with cooking spray. Bake at 400° F for 1/2 hour. Turn chicken occasionally during baking.



### Fresh Fruit & Cheese Kabobs

1 8-oz. pkg. cream cheese  
1/3 cup finely chopped nuts  
1/4 cup crumbled blue cheese  
2 fresh oranges/tangerines, peeled, segmented  
1 grated orange peel  
2 bananas, cut in chunks  
1 apple, cored, sliced  
1/2 cup grapes

Combine cheeses and orange peel. Form into sixteen 1-inch balls; roll in chopped nuts. Chill 30 minutes until firm. To serve, on 6-inch wooden skewers arrange one cheese ball and an assortment of fruit. Makes 16 appetizers.

### Mexican Layer Dip

2 8-oz. pkgs. cream cheese  
1 pkg. dry taco seasoning  
2 tablespoons milk  
1 tablespoon salsa  
2 teaspoons chili powder  
1 can refried beans  
1 cup each of shredded lettuce, chopped green onions, chopped tomato, shredded cheese and tortilla chips

Mix together the first five ingredients. Spread mixture on serving tray. Top with remaining ingredients. Chill and serve with tortilla chips.

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# Am I At Risk of ALCOHOL USE DISORDER



**Alcohol use disorder (AUD), or alcoholism, is when drinking starts to become a problem to the individual and those around them. It is important to recognize if you display any symptoms of AUD and to immediately seek help.**

**To assess whether you or a loved one may have AUD, here are some questions to ask.**

In the past year, have you:

- Had times when you ended up drinking more, or longer than you intended?
- More than once wanted to cut down or stop drinking, or tried to, but couldn't?
- Spent a lot of time drinking, or being sick or getting over the aftereffects?
- Experienced craving — a strong need, or urge to drink?
- Found that drinking — or being sick from drinking — often interfered with taking care of your home or family? Or caused job troubles? Or school problems?
- Continued to drink even though it was causing trouble with your family or friends?
- Gave up or cut back on activities that were important or interesting to you, or gave you pleasure, in order to drink?
- More than once gotten into situations while/after drinking that increased your chances of getting hurt (such as driving, swimming, using machinery, walking in a dangerous area, or having unsafe sex)?
- Continued to drink even though it was making you feel depressed or anxious or adding to another health problem? Or after having had a memory blackout?
- Had to drink much more than you once did to get the effect you want? Or found that your usual number of drinks had much less effect than before?
- Found that when the effects of alcohol were wearing off, you had withdrawal symptoms, such as trouble sleeping, shakiness, irritability, anxiety, depression, restlessness, nausea, or sweating? Or sensed things that were not there?

**If you answered yes to one or more of these questions, consult your doctor or healthcare provider.**

# HOW CAN I BE A RESPONSIBLE DRINKER?



Keep track of how much you drink. Know what a standard drink size is so that you can accurately count your drinks.



Pace yourself and do not consume more than one standard size drink each hour. Alternate between an alcoholic beverage, water and food.



Do not drink on an empty stomach. Eat foods high in protein and healthy fat before, during and after you drink.



Engage in healthy activities that don't include drinking alcohol. Do not rely on alcohol to make a social situation more comfortable or fun or to deal with stress.



Be aware of urges to drink. Do not use having a good or bad day as an excuse for drinking excessively.



Say "no" when you are offered a drink but don't want one. Be prepared with a solid reason and stay firm in your decision.



Be responsible for yourself and those around you. Lock up your alcohol and never provide it to individuals younger than 21 years old.



Never drink and drive! Don't let your friends drink and drive either. Always have a plan to get home safely.



There is no known safe amount of alcohol use during pregnancy. The best practice is to not drink alcohol while pregnant since it can harm your baby's health.

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## MYTH:

"BLACKING OUT WHILE I DRINK IS NOT A BIG DEAL."

**When you blackout from excessive or binge drinking, you are still awake but your brain cannot create new memories of what is happening. This could be a sign of alcohol poisoning and can drastically increase your risk of injuries and other harms. Experiencing even one blackout is a reason for concern and should prompt you to consider your relationship with alcohol and talk to your healthcare provider about your drinking.**



# RESOURCES

## **The Foundation for Advancing Alcohol Responsibility ([www.responsibility.org](http://www.responsibility.org))**

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

## **National Institute on Alcohol Abuse and Alcoholism ([www.niaaa.nih.gov](http://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.

## **Substance Abuse and Mental Health Services Administration ([www.samhsa.org](http://www.samhsa.org))**

SAMHSA's mission is to reduce the impact of substance abuse and mental illness on communities by helping individuals find needed treatment and resources.

## Virginia ABC Education and Prevention Resources

The Virginia ABC Education and Prevention Section provides programming and resources for all age groups. Please call or visit us online for more information.

Phone: 804-977-7440

E-mail: [education@abc.virginia.gov](mailto:education@abc.virginia.gov)

Web: [www.abc.virginia.gov](http://www.abc.virginia.gov)

[Facebook.com/VirginiaABCEducationAndPrevention](https://www.facebook.com/VirginiaABCEducationAndPrevention)

## **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.

## **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.

## **Power of Parents**

The Power of Parents program is designed to empower parents of middle and high school students through resources and training to have ongoing, intentional conversations about the dangers and consequences of underage drinking.

## **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.

## **Higher Education Alcohol and Drug Strategic Unified Prevention (HEADS UP)**

Strengthening and supporting the mission of healthy and safe campus-communities through strategic initiatives, resources and capacity building.

## **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.

## **Virginia Higher Education Substance Use Advisory Committee (VHESUAC)**

VHESUAC is led by an Executive Council and Workgroup which develop and update a statewide strategic plan for substance use education, prevention and intervention at Virginia's institutions of higher education.

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

### **Managers' Alcohol Responsibility Training (MART)**

Two courses are offered to help licensees become more responsible and to better understand Virginia laws, rules and regulations. Both courses are available online and in classroom settings, instructed by a team of Virginia ABC special agents in your region.

## **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 through June with applications due in the spring.



Virginia Alcoholic Beverage  
Control Authority

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Design by the Office of Graphic Communications: Virginia Department of General Services