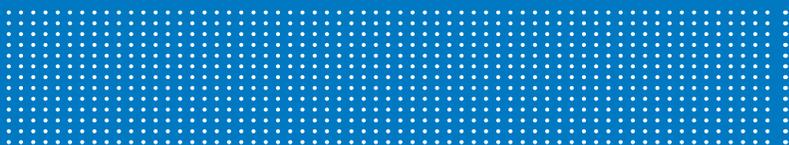


BAC ID RISK

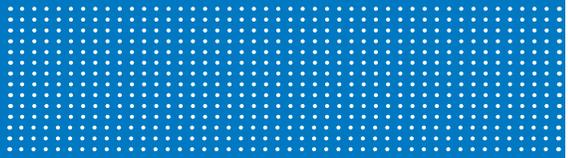
LEARN ALCOHOL BASICS

Information for **COLLEGE STUDENTS**



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

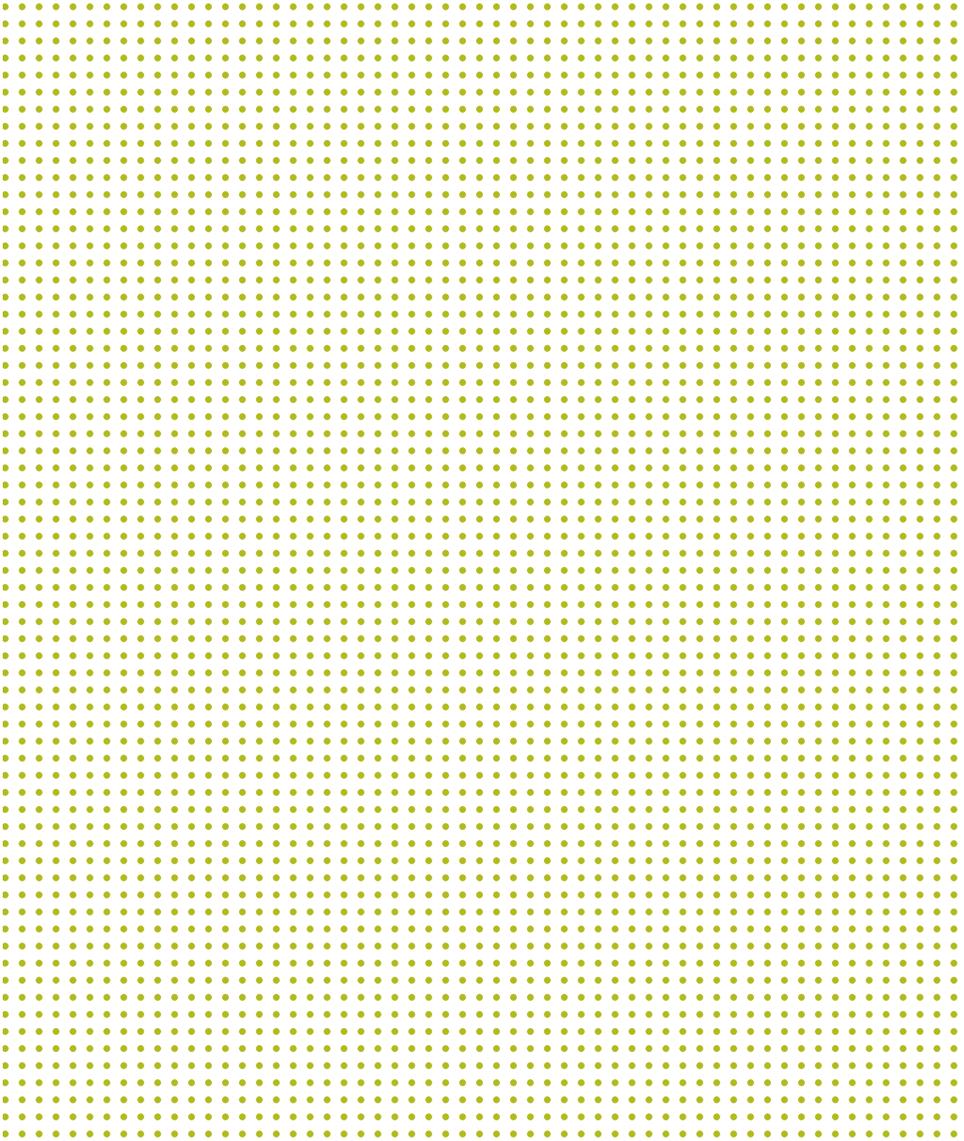
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INTRODUCTION

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 are 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 While Intoxicated (DWI) can result in thousands of dollars in court and attorney fees and the suspension of your driver's license. 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.



Virginia's Zero Tolerance Law makes driving while intoxicated by any amount of alcohol a serious criminal offense for drivers younger than 21. College students can also face consequences from their school if caught engaging in risky or illegal behavior. Be sure to review your school's alcohol policy for more information.



If convicted of a DWI, you are guilty of a Class 1 misdemeanor. This can translate to:

- Fines 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 will 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.

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.
- ... About 1 in 4 college students report academic consequences from drinking, including missing class, falling behind in class, doing poorly on exams or papers, and receiving lower grades.
- ... 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, February 2020
(<https://www.niaaa.nih.gov/publications/brochures-and-fact-sheets/college-drinking>)

FAKE IDS



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

A **FAKE ID** is any document that establishes a fake 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.



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

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

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.

IF CONVICTED, VIOLATORS ARE GUILTY OF A CLASS 1 MISDEMEANOR AND CAN LOSE THEIR DRIVER'S LICENSE FOR UP TO ONE YEAR AND FACE A MINIMUM FINE OF \$500 OR A MINIMUM OF 50 HOURS OF COMMUNITY SERVICE. THE MAXIMUM SENTENCE IS UP TO 12 MONTHS 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 BLOODSTREAM.



THE WAY A PERSON REACTS TO ALCOHOL DEPENDS ON:



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.

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 (see page 10 for standard drink sizes). 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.



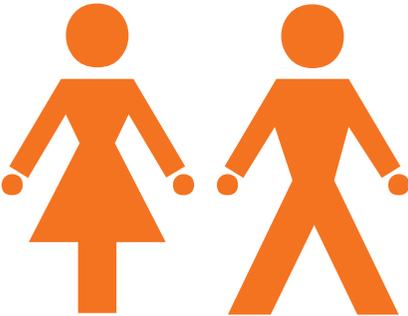
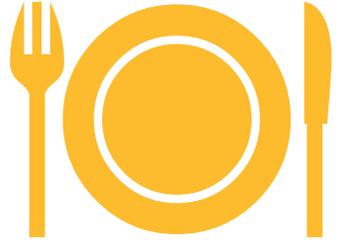


BODY SIZE/WEIGHT

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 generally 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.



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 affected
- recognition of cognitive motor deficits is lost



.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.

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

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 (daze)
- blackouts (loss of memory)
- 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.

STANDARD DRINK SIZES

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, the liver metabolizes or breaks down alcohol at an average of one standard size drink per hour. 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.



BEER 12 OZ
5% ABV



WINE 5 OZ
12% ABV



LIQUOR 1.5 OZ
80 PROOF or 40% ABV

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 alcohol poisoning, sexually transmitted diseases, learning problems and liver damage. If you are participating in drinking games, it is difficult to keep track of the amount of alcohol you consume and avoid binge drinking. Make responsible and healthy choices by setting a safe limit for yourself and sticking to it.



CAN YOU RECOGNIZE ALCOHOL POISONING?

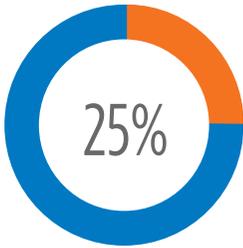
Alcohol poisoning happens when a toxic amount of alcohol is consumed, resulting in a high BAC. A large volume of alcohol in the bloodstream causes the body and its major functioning organs like the brain to consequently shut down. An average of six people die of alcohol poisoning each day in the U.S.

Immediately call 911 if anyone displays these symptoms:

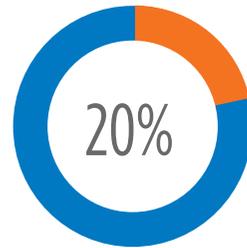
- Confusion
- Slow or no reflexes or response
- Difficulty or inability to remain conscious
- Vomiting
- Trouble breathing
- Clammy, pale, or bluish lips
- Seizures



MORE CONSEQUENCES OF HIGH-RISK DRINKING



1 in 4 college students report academic consequences from drinking, including missing class, falling behind, doing poorly on exams or papers and receiving lower grades overall.



Nearly 20 percent of college students meet the criteria for alcohol use disorder (AUD).

According to the National Institute on Alcohol Abuse and Alcoholism, February 2020
(<https://www.niaaa.nih.gov/publications/brochures-and-fact-sheets/college-drinking>)

HOW DO YOU HANDLE STRESS?

Do you drink alcohol after a disappointment, argument or major test?

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

Do you want to drink alcohol when you feel stressed out or worried?

Do 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. IF YOU THINK YOU ARE 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 low 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

Prioritize your obligations every week and then use a planner to block sections of time for each. Break up tasks into smaller, more manageable pieces and have a designated workspace that is not your bed. Make sure to also leave time for yourself to socialize and relax.



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 or spending time with special friends.



GET ENOUGH SLEEP AND EXERCISE

Inadequate sleep can cause reduced productivity and poor work and school performance. Aim for 7-9 hours of sleep each night. Regular exercise can promote better sleep, improve your mood and boost energy. As little as 15 minutes of movement each day can reduce stress levels.



EAT HEALTHY

Incorporate fruits, vegetables and whole grains into your diet daily. Try to avoid processed foods and energy drinks which can make you feel tired and affect your ability to handle stress.



HAVE AN OUTLET

You need to take a break most when you think you don't have time for one. Find a new hobby, play sports, journal, paint, listen to music, read, etc. Do something that brings you joy and takes you away from the stress of everyday life.



DISCUSS YOUR PROBLEMS

Vent your frustrations and work through solutions with someone you trust. Find a friend or family member who will listen without judgement. There's also no shame in seeking the help of a professional on campus by visiting the counseling or health services center.



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 seat belt. 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 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 student 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

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
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