



Husky Headlines



A monthly bulletin of news, facts & tips from OPEN

Welcome & Welcome Back!

The 2011-2012 School Year Kicks Off

- Sat 9/3/11—9/10/11: Welcome Week!
- Mon 9/5/11: Labor Day / College Welcomes
- Tue 9/6/11: Convocation / College Welcomes
- Wed 9/7/11: First day of Classes!

ATTENTION NEW STUDENTS!

Please complete the **e-CheckUp To GO: Alcohol**, an interactive web survey that asks students to enter information confidentially about their drinking patterns (if applicable) and receive feedback about their use of alcohol.

www.northeastern.edu/open

Deadline to complete the program is September 9, 2011

What is O.P.E.N.?

The Office of Prevention and Education at Northeastern (OPEN) offers:

- **Private and Confidential**
Alcohol & drug 'check-ins' that include personalized feedback, & information
- Check-ins are NOT therapy or counseling
- **Non-judgmental** services



OPEN can help you strategize ways to stay safe, reduce your risk & avoid the chances of alcohol-related consequences.

Additional Resource: University Health and Counseling Services (U.H.C.S.) 617-373-2772, Forsyth St

DON'T DRINK?

You're not alone...About 20% of NU students have not consumed alcohol in the past month.

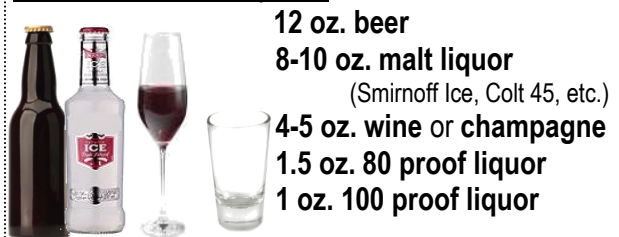
CHECK OUT HAMMERED.ORG

for a listing of weekly events in Boston that don't involve drinking/drug use, "fun without the hangover!"

OPEN does NOT give students permission to use alcohol. If you decide to drink, **reduce your risk:**

- ◆ Eat before & while drinking
- ◆ Alternate with non-alcoholic drinks
- ◆ Set a limit for the night & keep track of your drinks
- ◆ Avoid mixing alcohol & drugs (legal or not)
- ◆ Avoid playing drinking games or going 'drink for drink' with someone else, do what's best for you
- ◆ Remember that your body can safely process **one standard drink per hour.**

1 standard drink is equal to:



12 oz. beer

8-10 oz. malt liquor

(Smirnoff Ice, Colt 45, etc.)

4-5 oz. wine or champagne

1.5 oz. 80 proof liquor

1 oz. 100 proof liquor



Know the signs of alcohol poisoning. If you see ANY of the symptoms below, call for help! NUPD: 617-373-3333 or x.3333 from any on-campus phone:

- * *INABILITY to answer basic questions (Name? Date?)*
- * *INABILITY to remain conscious*
- * *INABILITY to control own body (the person shouldn't have to be carried or propped up by Others)*
- * *Vomiting*
- * *Pale, cold or bluish skin*
- * *Irregular breathing or heartbeat*
- * **DON'T leave the person to 'pass out' or 'sleep it off' as their BAC can continue to rise and they can become increasingly intoxicated even while passed out.**

MEDICAL AMNESTY POLICY!

If a student makes a **proactive attempt** to get help for another student who is in need of medical assistance due to intoxication of alcohol or other drugs, **AND stays with the person** until medical assistance arrives, **neither of you will face disciplinary action.**