INFORMED CHOICES

MAKING DELIBERATE DECISIONS IS KEY TO REDUCING YOUR RISK.

1. Talk to another to avoid peer pressure. For now, if you decide to drink, there is no one way to reduce your risk.

2. Knob the number of drinks you have, but in a drink before eating and try to be fit.

3. Eating before or after drinking will help to slow the intake of alcohol. It can also help reduce the effects of alcohol.

4. When you’re out, stay with friends and find out for sure; see whether it is a premade or meeting place. Cans are open and prepared.

5. Take a few0 minutes every day to consider alcohol and non-alcoholic beverages.

6. Mixing alcohol and drugs of any kind will likely reduce the side effects of both and can be fatal.

TOLERANCE AND BLOOD ALCOHOL CONCENTRATION (BAC)

What does it mean to you and how to cope with potential problems.

Having a higher tolerance to alcohol is a misconception. Tolerance means a person can drink more alcohol and not feel intoxicated. However, this does not mean that the person can handle more alcohol or can drive under the influence.

Risk factors:

1. Gordon’s alcohol tolerance.
2. A person’s alcohol tolerance is not a healthy habit.
3. Alcohol is harmful to the liver, nervous system, and other vital organs.
4. The body is not able to absorb alcohol at the same rate.
5. The alcohol is absorbed into the bloodstream faster than it can be metabolized.
6. The body is not able to break down alcohol at the same rate.

WHAT ROLE DOES ALCOHOL PLAY IN YOUR LIFE?

Consider these questions:

1. Are you interested in a healthy lifestyle, physical activity, social, work, or family related problems caused by drinking?
2. How often do you drink when you have a need to drink more alcohol that you can’t control to deal with the stress or anxiety?
3. Do you feel the need to drink alcohol in order to function normally?
4. Do you drink alcohol to relieve anxiety, depression, or other disorders?
5. Have you thought about cutting back or quitting?
6. If you responded yes to one or more of these questions, consider a confidential survival guide.
7. It is the time to discuss the role alcohol plays in your life.

The best way to decrease tolerance is to take a break from alcohol for several weeks to a few months.

ALCOHOL AND BIRTH SEX DIFFERENCE

Birth: Most babies who drink in a woman’s womb are healthy and develop normally. However, alcohol consumption can affect the developing fetus in many ways.

Biology: Men and women need alcohol differently, which can have consequences for birth outcomes.

Frequency: Even the small amount of alcohol that a woman might have while pregnant can be detected in her urine.

A PLACE TO CHECK IN

OFFF. We offer students a confidential check-in, a judgment-free conversation about drug and alcohol issues. Check in to a small group with your friends for a new understanding of your behaviors.

Use of alcohol, marijuana, and prescription drugs is on the rise.

In 2016, according to reports from students, 24% of Northeastern students had used pot, 15% had used prescription drugs, and 9% had used alcohol.

Check in to a confidential, non-judgmental conversation about drug and alcohol issues. Check in to a small group with your friends for a new understanding of your behaviors.

If you are interested in more information, contact a confidential counselor at O.P.E.N. Get smart, choose smart. A confidential, non-judgmental resource for students.

For more information, contact O.P.E.N. at 617-373-0450.
WHAT IS A "STANDARD DRINK"?

The body can typically process one standard alcoholic drink per hour. If you make the decision at 4:00 PM, here’s what you can consume.

The following chart provides some guidance around some drinks and their caloric contents.

<table>
<thead>
<tr>
<th>NUMBER OF STANDARD DRINKS IN SOME COMMON CONTAINERS:</th>
</tr>
</thead>
<tbody>
<tr>
<td>BEER</td>
</tr>
<tr>
<td>12-oz (355 ml) bottle</td>
</tr>
<tr>
<td>12-oz can</td>
</tr>
<tr>
<td>4-oz (118 ml) shot</td>
</tr>
<tr>
<td>1 fluid oz (30 ml)</td>
</tr>
</tbody>
</table>

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<table>
<thead>
<tr>
<th>LIQUOR, SPIRITS, AND MIXED DRINKS</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.25 fluid oz (37.5 ml)</td>
</tr>
<tr>
<td>1 fluid oz (30 ml)</td>
</tr>
<tr>
<td>0.5 fluid oz (15 ml)</td>
</tr>
</tbody>
</table>

SOBERING UP!

• The only thing that will sober you up to time is food, water, exercise, or alcohol.

• High-carbohydrate foods like French fries or the like, or fruit, or coffee. (Coffee can have times that are less than 1 hour.)

• Exercise can take up to 3 hours to sober your body up to time.

• Water is necessary to get alcohol out of your body, but there is no advantage to drinking water to sober up.

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“ISN’T EVERYONE DOING IT?”

No. One popular misconception that college drinking is that people are doing it, so you should be doing it. It’s not true. Let’s look at the facts:

Male:

Both alcohol and blood Alcohol Concentrator (BAC) are the cause of death in their group

Female:

In a group of 100 drug-free, socially active women, 20% of men and women had a BAC of 0.00 at all. If 15% were doing it in just the past month.

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