FY101: ALCOHOL AND HEALTHY LIVING AT BU
OVERVIEW

TOPICS FOR TODAY

WHAT’S REALLY GOING ON AT BU?

SAFER DRINKING STRATEGIES

FINDING YOUR COMMUNITY

WWW.BU.EDU/SHS/WELLNESS
63% of BU students stop at 3 drinks when they party

1 IN 4 BU students doesn’t drink alcohol

4 OUT OF 5 BU freshman alternate between alcoholic and nonalcoholic drinks

Healthy Minds Study, 2016
77% of BU freshman set a limit for how much they will drink

Healthy Minds Study, 2016
SAFER DRINKING

for BU students who choose to drink

WWW.BU.EDU/SHS/WELLNESS
HOW MUCH DO YOU DRINK?

1. **ONE DRINK**
   - **12 OZ. BEER** (5% ABV)
   - **5 OZ. WINE** (12% ABV)
   - **1.5 OZ. SHOT** (40% ABV)
<table>
<thead>
<tr>
<th>DRINKING STYLE</th>
<th>ACTIVITIES AND SETTINGS</th>
<th>SOCIAL TIES</th>
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</thead>
<tbody>
<tr>
<td>□ NEVER LEAVE MY DRINK UNATTENDED</td>
<td>□ Be cautious in settings with unlimited alcohol</td>
<td>□ Plan ways to say no</td>
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<tr>
<td>□ Try drinking less</td>
<td>□ Have an exit plan</td>
<td>□ Choose not to drink this time</td>
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<tr>
<td>□ Count standard drinks</td>
<td>□ Avoid rooftops and open windows</td>
<td>□ Be aware of legal risks</td>
</tr>
<tr>
<td>□ Eat before and while I am drinking</td>
<td>□ Avoid swimming after drinking</td>
<td>□ Be aware of university policies</td>
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<tr>
<td>□ Set a limit</td>
<td>□ Let a non-drinker know where I will be</td>
<td>□ Be social without drinking</td>
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<tr>
<td>□ Limit drinking games</td>
<td>□ Avoid playing sports after drinking</td>
<td>□ Use a buddy system</td>
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<td>□ Space out or pace my drinks</td>
<td>□ Avoid drinking in remote areas</td>
<td>□ Pour my own drinks</td>
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<td>□ Alternate alcoholic and non-alcoholic drinks</td>
<td>□ Use a designated driver</td>
<td>□ Get help if a friend has had too much to drink</td>
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<td>□ Be cautious when mixing drinks</td>
<td>□ Refuse to ride in a car with a drunk driver</td>
<td>□ Spend time with friends who don’t drink or don’t drink heavily</td>
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<td>□ Avoid mixing alcohol with energy drinks</td>
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DRINKING STYLE

- Never leave my drink unattended
- Try drinking less
- Count standards
- Eat before and during drinking
- Set a limit
- Limit drinking games

77% of BU freshman set a limit for how much they will drink

- Alternate alcoholic and non-alcoholic drinks
- Be cautious when mixing drinks
- Avoid mixing alcohol with energy drinks
- Avoid mixing alcohol with medications

ACTIVITIES AND SETTINGS

- Be cautious in settings with unlimited alcohol
- Have an exit plan
- Avoid rooftops and open windows

4 out of 5 BU freshman alternate between alcoholic and nonalcoholic drinks

- Avoid drinking in remote areas
- Use a designated driver
- Refuse to drive if I've had too much to drink

SOCIAL TIES

- Plan ways to say no
- Choose not to drink this time
- Reduce legal risks
- Get help if a friend has had too much to drink

BU students say it's really not a big deal if their friends decide not to drink

- Pour my own drinks
- Spend time with friends who don’t drink or don’t drink heavily

BU students say there are plenty of non-drinking options for fun

WWW.BU.EDU/SHS/WELLNESS
BLOOD ALCOHOL CONCENTRATION

KEEP IT IN THE GREEN
0.02 - 0.03 = Feeling more social & outgoing; normal coordination
0.04 - 0.06 = Feeling relaxed & more loosened up; less cautious; minor impairment of reasoning & memory

SLOW DOWN AT THE YELLOW
0.07 - 0.09 = Starting to lose balance; slower speech & reaction time; impaired judgment & reasoning
0.10 - 0.12 = Slurred speech; trouble with coordination; judgement, balance, & reaction time impaired; nauseous
0.13 - 0.15 = Trouble walking & controlling movements, often with loss of balance; changes in mood; vomiting; severe impairment of judgment & perception

STOP BEFORE THE RED
0.16 - 0.19 = Blackouts possible; greater risk of vomiting
0.20 - 0.24 = Blackouts very likely; disoriented; needs help to stand & walk; nausea and vomiting
0.25 - 0.29 = Near total loss of motor functions; feeling emotionally numb; passing out possible; risk of serious injuries
0.30 - 0.34 = Little comprehension of surroundings; may pass out & be difficult to awaken
0.35+ = Coma and/or death possible
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GOOD SAMARITAN POLICY

When a Terrier seeks help for themselves or others who've used alcohol or drugs, neither student will ordinarily receive a sanction as long as they complete an educational or counseling program on campus.

BU Lifebook Medical Emergencies Caused by Drugs and Alcohol and Judicial Sanctioning
HEALTHY LIVING AT BU

How real BU students make connections on campus
(regardless of drinking preferences)
HEAR FROM PEERS WHO'VE BEEN THERE BEFORE
LOOKING FOR MORE SUPPORT?

COLLEGIATE RECOVERY PROGRAM

✉️ recovery@bu.edu for more info

WELLNESS AND PREVENTION SERVICES

📞 617-358-0485 for a confidential meeting with a counselor

WWW.BU.EDU/SHS/WELLNESS/