

# DO YOU DRINK?

*If you do, you should know your fact from fiction. Read on.  
Statistics given about SBCC students are taken from the 2003 ACHA Health Survey.*

**Myth:** Alcohol is a stimulant.

**Fact:** Alcohol is a depressant. It acts on the central nervous system like an anesthetic to lower or depress the activity of the brain. Initially, alcohol makes you feel relaxed – but it doesn't follow the rule that "more is better". After a certain point the buzzed feeling is replaced with depression, anger, loss of control, drowsiness, and sickness.

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**Myth:** "Drinking coffee sobers me up." / All I have to do is splash my face with cold water and I'll be fine." / "I can sober up quickly if I have to."

**Fact:** Coffee cannot rid your system of alcohol. It just makes you a nervous, wide-awake drunk. Cold water cannot make you sober. Only time reverses alcohol impairment.



**Fact:** 1 in 4 SBCC students chooses not to drink alcohol

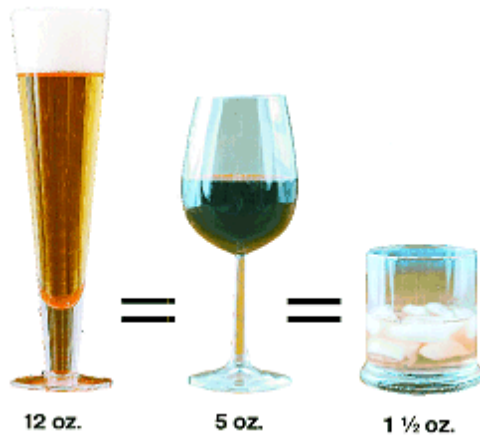
**Myth:** "I had a rough day, a few drinks will make me feel better. "

**Fact:** Alcohol is a stress to your body. Resting or talking with a friend will help more than having a drink. In 2003, 1 in 2 SBCC students indicated that they drank alcohol in response to stress. Stress, drinking, and depression are interconnected – a vicious triangle. 1 out of 5 students said that drinking caused them to do poorly in their classes. No students indicated that getting extra rest caused them to do poorly.

**Fact: Free information and personal counseling is available** is SS-170, Student Health and Wellness. Stop in or call x2399 to schedule an appointment.

# HOW MUCH?

A good guide is to **drink no more than one drink per hour** because that's all your body can process. A standardized drink is equivalent to one 12 oz. beer, a 5 oz. glass of wine or a 1 ½ oz. shot of hard liquor.



A standardized drink is the amount of alcohol the average person can metabolize in about **one hour**. It is important to know that most mixed drinks, coolers, and strong ales or lagers **may contain more than twice the average amount of alcohol**

Think about your experience with alcohol. How much do you typically drink in one night of partying? **Are you comfortable with how much you typically drink and how often?**

Researchers consider binge drinking to be

- women drinking 4 or more drinks
- men drinking 5 or more drinks.

It's not wise to try to keep up with guys: there are physiological differences that make women process alcohol more slowly! Women absorb alcohol into the bloodstream faster and metabolize it slower than men.

The Substance Abuse Self-Assessment Test can help determine whether drinking habits are becoming unhealthy. ([link](#)) **Student Health and Wellness in SS-170** has **information available** about alcohol and drug abuse.



95% of SBCC students do one or more of the following when they drink alcohol:

- Set a limit in advance
- Pace their drinks to one or fewer an hour
- Avoid drinking games
- Eat before or while drinking
- Count their drinks
- Alternate with non-alcoholic beverages
- Have a friend let them know when to stop drinking
- Drink an alcohol look-alike
- Use a designated driver

A Blood Alcohol Content (BAC) of .08 or above while driving is illegal in California.



*9 out of 10 SBCC students designate a driver or take a cab when they party*



## EFFECTS OF ALCOHOL AT SPECIFIC BAC LEVELS

The effects of alcohol intoxication are greatly influenced by individual variations; some users may become intoxicated at a much lower BAC level than is indicated (*below*)...

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**0.02 — 0.03 BAC:** No loss of coordination, slight euphoria and loss of shyness. Depressant effects are not apparent. Mildly relaxed and maybe a little lightheaded.

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**0.04 — 0.06 BAC:** Feeling of well-being, relaxation, lower inhibitions, sensation of warmth. Euphoria. Some minor impairment of reasoning and memory, lowering of caution. Your behavior may become exaggerated and emotions intensified

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**0.07 — 0.09 BAC:** Slight impairment of balance, speech, vision, reaction time, and hearing. Euphoria. Judgment and self-control are reduced, and caution, reason and memory are impaired. You will probably believe that you are functioning better than you really are.

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**0.10 — 0.125 BAC:** Significant impairment of motor coordination and loss of good judgment. Speech may be slurred; balance, vision, reaction time and hearing will be impaired. Euphoria.

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**0.13 — 0.15 BAC:** Gross motor impairment and lack of physical control. Blurred vision and major loss of balance. Euphoria is reduced and dysphoria\* is beginning to appear. Judgment and perception are severely impaired.  
(\* —*Dysphoria: An emotional state of anxiety, depression, or unease.*)

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**0.16 — 0.19 BAC:** Dysphoria predominates, nausea may appear. The drinker has the appearance of a "sloppy drunk."

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**0.20 BAC:** Feeling dazed/confused or otherwise disoriented. May need help to stand/walk. If you injure yourself you may not feel the pain. Some people have nausea and vomiting at this level. The gag reflex is impaired and you can choke if you do vomit. Blackouts are likely at this level.

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**0.25 BAC:** All mental, physical and sensory functions are severely impaired. Increased risk of asphyxiation from choking on vomit and of seriously injuring yourself by falls or other accidents.

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**0.30 BAC:** STUPOR. You have little comprehension of where you are. You may pass out suddenly and be difficult to awaken.

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**0.35 BAC:** Coma is possible. This is the level of surgical anesthesia.

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**0.40 BAC and up:** Onset of coma, and possible death due to respiratory arrest.



Men										
	Approximate Blood Alcohol Percentage									
Drinks	Body Weight in Pounds									
	100	120	140	160	180	200	220	240		
0	.00	.00	.00	.00	.00	.00	.00	.00	.00	Only Safe Driving Limit
1	.04	.03	.03	.02	.02	.02	.02	.02	.02	Driving Skills Significantly Affected
2	.08	.06	.05	.05	.04	.04	.03	.03		
3	.11	.09	.08	.07	.06	.06	.05	.05		
4	.15	.12	.11	.09	.08	.08	.07	.06		
5	.19	.16	.13	.12	.11	.09	.09	.08	Possible Criminal Penalties	
6	.23	.19	.16	.14	.13	.11	.10	.09	.09	Legally Intoxicated
7	.26	.22	.19	.16	.15	.13	.12	.11	.11	Criminal Penalties
8	.30	.25	.21	.19	.17	.15	.14	.13		
9	.34	.28	.24	.21	.19	.17	.15	.14		
10	.38	.31	.27	.23	.21	.19	.17	.16	.16	

Subtract .01% for each 40 minutes of drinking.  
One drink is 1.25 oz. of 80 proof liquor, 12 oz. of beer,  
or 5 oz. of table wine.

Women										
	Approximate Blood Alcohol Percentage									
Drinks	Body Weight in Pounds									
	90	100	120	140	160	180	200	220	240	
0	.00	.00	.00	.00	.00	.00	.00	.00	.00	Only Safe Driving Limit
1	.05	.05	.04	.03	.03	.03	.02	.02	.02	Driving Skills Significantly Affected
2	.10	.09	.08	.07	.06	.05	.05	.04	.04	
3	.15	.14	.11	.10	.09	.08	.07	.06	.06	
4	.20	.18	.15	.13	.11	.10	.09	.08	.08	
5	.25	.23	.19	.16	.14	.13	.11	.10	.09	
6	.30	.27	.23	.19	.17	.15	.14	.12	.11	Legally Intoxicated
7	.35	.32	.27	.23	.20	.18	.16	.14	.13	Criminal Penalties
8	.40	.36	.30	.26	.23	.20	.18	.17	.15	
9	.45	.41	.34	.29	.26	.23	.20	.19	.17	
10	.51	.45	.38	.32	.28	.25	.23	.21	.19	

# **Signs of alcohol poisoning:**

- **Irregular, slow, or no breathing**
- **Unconsciousness**
- **Bluish, moist skin**

**If someone shows these signs,  
STAY WITH THEM and CALL 911.**

**(If you call 911, there will not be consequences / legal punishment)**

# DO YOU KNOW THE LAW?

Be smart before you start. The following violations can have serious consequences. These are the minimum punishments for the each violation.

## MINOR IN POSSESSION

- \$250 fine
- 24-32 hours of community service
- Driving privileges will be suspended for up to one year
- Possible booking into county jail.

## SUPPLYING ALCOHOL TO A MINOR

- \$1,000 fine
- 24 hours of community service
- 6 months jail if minor becomes injured



## FAKE IDs

- \$250 –500 fine for making or using, progressive per offense

## OPEN CONTAINER

- \$250-500 fine, progressive per offense.
- 24-32 hours community service
- If under the age of 21, mandatory court appearance and license suspension.

## PUBLIC INTOXICATION

- Booked into County Jail for a minimum of 6 hours.



### **BICYCLING UNDER THE INFLUENCE**

- One night in jail.
- \$250 fine plus \$120 booking fee.
- If under 21 years of age, loss of driver's license for one year.

### **DRIVING UNDER THE INFLUENCE**

- Immediate 30 day suspension of drivers license on the spot by arresting officer.
- Jail time (night of arrest + 48 additional consecutive hours; 3 days in jail with BAC of 1.5; 4 days in jail with BAC of 2.0 or greater)
- Car immediately towed and stored at your expense.
- Loss of license for one year, court probation for three years and part of your driving for seven years.
- \$1300 fine plus booking fee of \$129, court costs and attorney fees. Up to triple increase in car insurance.
- Mandatory attendance of alcohol information school; 14 weeks at the cost of approximately \$300.
- 60 day continuous jail term if convicted of driving under the influence if person was also driving recklessly, or exceeded the speed limit by 30 mph.

### **CAUSING INJURY WHILE DRIVING UNDER THE INFLUENCE**

- May go to state prison plus all the penalties of the DUI as listed above. If fatality is involved, the charge of manslaughter may be applied.