

DID YOU KNOW that law enforcement increases during the **first 10** weeks of the semester? CSUF and Fullerton authorities take alcohol violations seriously.

Look out for:

**PARTY PATROLS
DUI ENFORCEMENT**

&

**MERCHANT COMPLIANCE
CHECKS**

Most CSUF students practice responsible drinking and many choose not to drink.

You can have a great time AND reduce your risk of unintended consequences by

**STAYING INFORMED,
PLANNING AHEAD &
MAKING RESPONSIBLE
DECISIONS.**

For more information regarding alcohol and drug prevention, please contact:

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CAL STATE FULLERTON

STUDENT AFFAIRS



TITAN
UP THE PARTY

PRACTICE LEGAL AND RESPONSIBLE DRINKING.

**A
GUIDE
TO SAFE
PARTYING**

A project of the Student Health and Counseling Center and the Dean of Students Office in collaboration with the Safer California Universities Project.

ALCOHOL 101

Alcohol is a drug that increases stress on the body.

WHAT IS ONE DRINK?



5 oz. glass
of wine



12 oz.
beer



1.5 oz.
liquor
(80 proof)

MODERATE DRINKING

1-2 drinks per occasion/sitting

BINGE DRINKING

for women 3+ drinks per occasion/sitting
for men 4+ drinks per occasion/sitting

HEAVY DRINKING

for women 1+ drink per day on average
for men 2+ drinks per day on average

BEWARE OF...

...THE RED PARTY CUP!

Red party cups can trick you into thinking all alcohol is the same. Most party cups are 16oz, this may cause you to consume more alcohol per drink.

One mixed drink in a party cup may contain as many as 5 shots!

TIPS FOR PARTY GO-ER

Avoid drinking games. People tend to consume more alcohol quicker through such games.

Space & pace yourself. ONE drink per hour is about all the body can absorb regardless of size or body weight.

Avoid carbonated mixers such as sodas and tonic because carbonation speeds alcohol absorption. Use fruit juices instead.

Plan ahead by designating a SOBER driver.

TIPS FOR PARTY HOST

Have a theme. Have games and activities available for those under 21 who cannot legally drink.

Stay sober. Nothing is more tacky and irresponsible than having a drunk host.

Do not let guests drink on an empty stomach. Certain snack foods (low in salt, low calorie, high proteins) will act as a "buffer" for alcohol intake.

Stop serving alcohol at least one hour before the end of the party. Serve nonalcoholic beverages and snacks to allow time to pass so the alcohol can begin processing through your guests' systems.

Make sure guests get home safely either by a designated sober driver or a taxi. If none of these options are available, have guest stay the night.

Adapted from CSP Project PATH's "It's Time to Party"

UNDERAGE DRINKING

Alcohol consumption for persons under 21 is **ILLEGAL**

- Each year in the U.S., approximately 5,000 young people under the age of 21 die as a result of underage drinking.
- Under California's "Zero Tolerance Law", anyone driving under 21 years of age with a Blood Alcohol Content (BAC) of 0.01% or greater will be charged with a DUI.

Adapted from www.californiadui.com

ALCOHOL POISONING

Know the signs.

Cold, clammy skin

Unconscious or unable to be awakened

Puking while passed out

Slowed or irregular breathing

Make the call.

If someone is exhibiting any of the above signs, call 911 and get help immediately.

Save a life.