

# Know the scene.

- While it might seem like everyone around you is drinking, that's not the case.
- Roughly one third of Cornellians are nondrinkers.
- In general, those Cornellians who do drink do so moderately.
- You don't have to drink a lot to have fun, and your peers know that.

## IF YOU DRINK ALCOHOL

buzzz ... buzzz ... buzzz ...



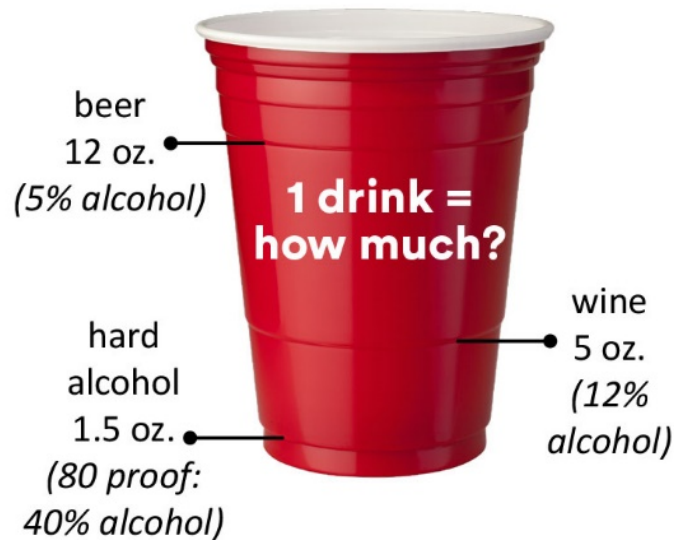
**Stick to the buzz.**

**21**

to drink legally

# Know how much you're drinking.

## What's a Standard Drink?



**Know the STRENGTH (proof)**  
**Know the AMOUNT (oz.)**  
**Know the TIME (consumption rate)**



**A standard drink looks different depending on WHAT you're drinking. All of the above are ONE standard drink.**

# Understand your BAC.

- The rate at which your blood alcohol content (BAC) rises is affected by:
  - Biological sex
  - Body weight
  - # of drinks
  - # of hours drinking



## **.00 – .05 = “Buzz Zone”**

- Euphoria, feelings of warmth and relaxation
- Loss of shyness, lowered inhibitions
- Judgment somewhat impaired

## **.06 – .11 = Drunk Zone**

- Impairment of reaction time and muscle control
- Judgment further impaired
- Mood swings, possibly embarrassing behavior
- Legal limit for driving, 21 and over: 0.08
- Impaired sexual pleasure/performance

## **.12 – .15 = Elevated Risk Zone**

- Vomiting likely
- Balance and movement substantially impaired
- Risk of injury
- Very poor decision making

## **.15 – .25 = High Risk Zone**

- “Alcohol Blackout” likely
- Loss of consciousness possible
- Risk of choking on vomit

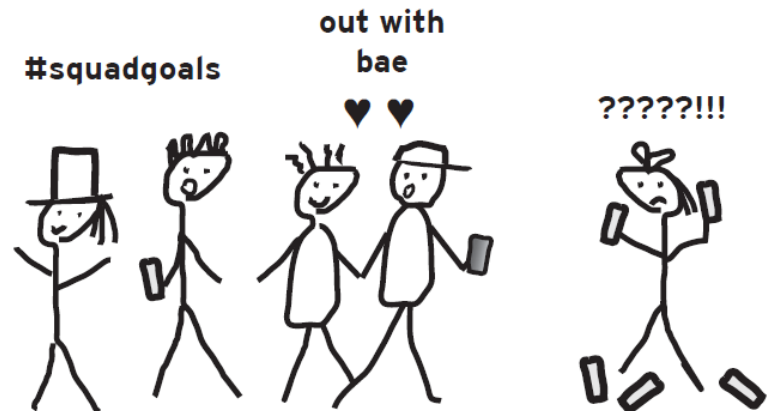
## **.25+ = Medical Emergency Zone**

- Loss of consciousness
- Risk of choking on vomit
- .45 = Fatal BAC in 50% of population
- Loss or slowing of involuntary reflexes
- Death

# Think through the night.

- Think ahead about how drinking fits into your night. Try sticking to a buzz:
  - Set a limit; count your drinks.
  - Pace and space drinks.
  - Alternate alcoholic and non-alcoholic beverages.
  - Eat before and during drinking.
  - Limit pre-gaming and drinking games so you don't blow past your buzz.
  - Avoid hard alcohol.
- Plan a way to get home (Blue Light Escort, TCAT, taxi, etc.).

## Buzzed not Blackout



76%

... of Cornell students say:

**"It is never socially acceptable to drink to the point of blacking out."**

If you drink

# ALCOHOL...

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To learn more and find support:

Cornell Health	SOBER @Cornell	Self-Help Groups (AA, Al-Anon)
health.cornell.edu 607-255-5155	SOBERatCornell.org sober@cornell.edu	For full list, visit: <a href="http://ithacacommunityrecovery.org/meetings">ithacacommunityrecovery.org/meetings</a>

# Know that alcohol affects your performance.

## Bring your A-game



**94%**

... of Cornell students say:

**"I have not performed poorly on a test or important project due to drinking in the past year."**

This includes academic performance, athletic performance, and more!

- Alcohol consumption negatively impacts sleep by inhibiting REM sleep.
  - Fewer hours of REM sleep mean weakened memory consolidation → Less material recall for prelims
  - Fewer hours of REM sleep mean decreased human growth hormone release → Less muscle growth and repair
- 94% of Cornellians say that they have not let drinking get in the way of their academic success in the past year.

# Know the signs. Call for help in an alcohol emergency.

## Alcohol Emergencies:

Do you know when to **call 911** for help?  
Know the ABCDs.

**A** ( **ALERT**  
Are they unconscious? Passed out?  
Are they unable to control actions, follow commands,  
or answer simple questions? Are they unable to  
stay awake for 2-3 minutes? )

( **BREATHING**  
Is their breathing slow or irregular? Are they vomiting  
while passed out, or groggy? Are they having difficulty  
breathing or having chest pain? ) **B**

**C** ( **COLOR, CLAMMY**  
Is their skin color "off"? Are their lips bluish?  
Does their skin feel clammy or cold? )

( **DOUBT**  
Is there potential involvement of other drugs or  
medications? Or a potential head injury or trauma?  
Are you unsure for any reason? ) **D**

**IF YOU SEE ANY OF THESE, CALL 911.**

[GOODSAM.CORNELL.EDU](http://GOODSAM.CORNELL.EDU)

When you call 911 for help, Good Sam will mitigate judicial and/or legal consequences for underage drinking and use of other drugs.

### What to do:

- Call 911 for help.
- Stay with the person until help arrives.
- Place the person on their side.
- Remember: Good Sam applies.

### What not to do:

- Do not leave the person alone.
- Do not let the person "sleep it off."
- Do not give the person anything to eat or drink.
- Do not put the person in the shower.

# Know Good Sam.

Cornell's Good Samaritan Protocol was designed to reduce barriers to getting medical attention for someone who is having an alcohol or other drug emergency on campus.

## **The person calling 911 on behalf of someone else:**

- Will not be subject to judicial action for underage consumption of alcohol, use of other drugs, or disorderly conduct.



## **The person in need of medical attention:**

- Will not be subject to judicial action for underage consumption of alcohol, use of other drugs, or disorderly conduct.
- Will receive a JA warning.
- Will be required to attend BASICS at no charge.

New York State's Good Samaritan Law provides similar protection from legal consequences throughout ALL of the state, including on and off campus.



# Recognize when alcohol use is a problem.

- Often students who experience harm from their alcohol or other drug use don't think it's a big deal as long as their grades aren't impacted. They don't consider consequences like vomiting, tolerance, withdrawal, or blacking out "real problems."
- But consider this: if you weren't in college and you saw someone drink or use with the same consequences, you would probably identify that as a problem.
- If you're concerned about your usage, you deserve support.
- Consider making a BASICS appointment at Cornell Health or taking a free online assessment at [health.cornell.edu](http://health.cornell.edu) to learn more about you usage.



**Learn more at [health.cornell.edu](http://health.cornell.edu).**