Alcohol Awareness Program

Presented By:
University of Alabama Police Department
Community Oriented Police Officers
Today you will learn a few facts about alcohol, drugs, and how to help yourself or a friend if dependency is a problem.

Everything you wanted to know, but were too afraid to ask.

Here is your opportunity!!
Can you read the bumper sticker?
It says “I’m A Idiot!!”
Basic Facts about Alcohol

What is Alcohol?

A transparent, flammable, and colorless liquid with a burning taste. Pure ethanol has a faint sweet odor. It has small molecules with an electrical charge, so it passes through cell membranes by simple diffusion.
How Does Alcohol Affect the Body?

Alcohol is a depressant as well as the most widely used and abused drug.

- Depresses higher brain function.
- Slows speech and sensory impulses from the eyes and ears.
- Balance, coordination and basic motor skills are impaired.
- Eventually produces a progressive depressant action on the central nervous system.
Intoxication

- Odor on the breath.
- Difficulty focusing; glazed appearance of the eyes.
- Uncharacteristically passive behavior; or combative and argumentative behavior.
- Flushed skin.
- Loss of memory (blackouts).
Absenteism, particularly on Monday.
Availability and consumption of alcohol becomes the focus of social or professional activities.
Missing and failing classes.
How is Alcohol Absorbed?

Ingestion by mouth → Esophagus → Stomach → Small Intestine → Large Intestine

Absorption

most alcohol absorbed here (85%)

Leaves out through metabolism, feces, urine, breath and sweat.
How Else Does Alcohol Leave the Body?

Not always the best way.
What affects how quickly you become intoxicated?

- Gender
- Size/Body Fat
- Food
- Number of drinks
- How quickly you drink
- Strength of drink
- Prescription Drugs
- Metabolism
BAC

- BAC (Blood Alcohol Concentration) is the amount of alcohol present in your blood as you drink.

- Legal BAC limit in the state of Alabama is .08. if you are over 21 years old. It is .02 if you are under 21. *(For most people this is one beer.)*
Public Intoxication

A person commits the crime of public Intoxication if he/she:

- Appears in a public place under the influence of alcohol or narcotics to the degree that he/she is deemed to be a danger to himself and/or others.
- Or by acting in a boisterous and offensive conduct, he/she annoys another person in their vicinity.
Most alcohol is absorbed 30-90 minutes after your last drink.
Effects of alcohol
Different people experience different effects from alcohol.

There are no absolutes.

If a large amount of alcohol is in a person’s system, it can result in unconsciousness. The heart and lungs can be slowed to the point of stopping.

It is dangerous to assume a person will just sleep it off. People may pass out before all of the alcohol reaches the brain.

When in doubt, call 911 for emergency assistance.
This is not a good look!
Passing out doesn’t mean sleeping it off! Know the signs of Alcohol Poisoning.

- Unconscious or semi-consciousness
- Slows breaths to eight or less per minute or lapses between breaths of more than eight seconds.
- Cold, clammy, pale, or bluish skin.
- Person is vomiting and does not wake up.

When in doubt, call 911 for emergency assistance.
If your Friend is Intoxicated

- Get your friend to a safe place.
- Do not leave your friend alone; monitor their breathing.
- Turn your friend on his/her side to prevent choking.
- Check for signs of alcohol poisoning.
- If you are not sure if your friend needs help, Call 911.
Important !!!

It is always better to have a mad friend than a dead friend !!!

Average cost for a Public Intoxication arrest: $446
Average cost for a funeral: $6,500
Remember!

Passing out doesn’t mean sleeping it off!
DUI Possibilities

- Automobile
- Motorcycle
- Bicycle (no longer)
- Tractor
- Horse (no longer)
- Lawn Mower
- ATVs
- Boats / Jet Ski
What can you do to stop a Friend / Relative from Driving?

- Take the keys
- Be the designated driver
- Call someone
- Have them stay
- Don’t drink

What if you can’t stop them? What could you do??
Call the Police!!!
Think about it...
It’s all about choices and consequences.

So what if I got drunk last night...
At 2:00 AM a student goes to bed intoxicated with a blood alcohol content reading of .25%. Alcohol leaves the body at .015% an hour. Let’s see what happens the next morning.

<table>
<thead>
<tr>
<th>Time and Condition</th>
<th>Blood Alcohol Content</th>
</tr>
</thead>
<tbody>
<tr>
<td>3:00 AM Sleeping</td>
<td>.235</td>
</tr>
<tr>
<td>4:00 AM Sleeping</td>
<td>.220</td>
</tr>
<tr>
<td>5:00 AM Sleeping</td>
<td>.205</td>
</tr>
<tr>
<td>6:00 AM Sleeping</td>
<td>.190</td>
</tr>
<tr>
<td>7:00 AM Gets up for class, takes an aspirin,</td>
<td>.175</td>
</tr>
<tr>
<td>Has trouble getting back into bed.</td>
<td></td>
</tr>
<tr>
<td>8:00 AM Blows off class, stays in bed</td>
<td>.160</td>
</tr>
<tr>
<td>9:00 AM Gets up and takes more aspirin</td>
<td>.145</td>
</tr>
<tr>
<td>10:00 AM Tries to sober up with a cup of coffee</td>
<td>.130</td>
</tr>
<tr>
<td>11:00 AM Gets up for second class, is nauseous.</td>
<td>.115</td>
</tr>
<tr>
<td>Stumbles to class.</td>
<td></td>
</tr>
<tr>
<td>12:00 NOON Goes to lunch, still nauseous and not really hungry. STILL LEGALLY DRUNK!!</td>
<td>.100</td>
</tr>
</tbody>
</table>

Alabama Blood Alcohol Concentration (BAC) Limits
- .08 for Over 21
- .02 for Under 21
More 18, 19, and 20 year olds died in accidents related to low blood alcohol (between .01 & .09) than any other age group.

Don’t think it could never happen to you!!
MOST COMMON STUDENT OFFENSES AND FINES

- (Totals including: bonds, court costs, and fines)
  - D.U.I.
    - 1\textsuperscript{ST} OFFENSE
      - $2000 Fine and 90 suspended license
    - 2\textsuperscript{nd} Offense
      - $5000 fine and 1 year suspended license
    - 3\textsuperscript{rd} Offense
      - $10000 fine and 3 year suspended license

- (Totals including: bonds, court costs, and fines)
  - Public Intoxication
    - $446
  - Open Beverage
    - $311 if cited
    - $411 if arrested
  - MIP
    - $411 if cited
    - $486 if arrested
Tips for drinking responsibly:

- Pace your drinking.
- Mix fruit juice, water, or milk with alcoholic drinks. (no Gatorade, Coke or Red Bull. The body absorbs alcohol faster when mixed with carbonation.)
- Eat before you drink.
- Drink only if you want to.
- If you host a party with alcohol, be responsible. (Social Host Liability Laws)
Also Remember:

- Even one drink can impair your judgment.
- Alcohol can make you gain weight.
- It can give you bad breath and make your skin break out.
- For each drink that you have, your BAC will go up by @0.03%.
Be Safe!
Be Smart!
&
Be the friend you would hope to have.