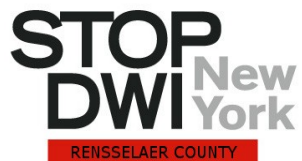


The decision of when, where, and why you drink is yours alone. It is however important for individuals to recognize the importance of responsible drinking, and the consequences of irresponsible drinking and/or abuse.

The CAPES Peer Education Program is a student run organization which promotes safe and healthy decision making on a variety of topics such as alcohol use to help Sage students make the "best" individual choice for them.



Why Students Drink in Excess

Lack of drinking experience/information about alcohol...Misperception that drinking to excess is normal...Too much alcohol too fast...Playing drinking games...Pre-party or front-loading alcohol before going out...Pressure to drink to excess.

Help prevent alcohol poisoning

Drink no more than one drink per hour.
Eat a full meal shortly before you start drinking.
Drink non-alcoholic drinks between alcoholic drinks to slow the rate of consumption.
Do not mix alcohol with other drugs, legal or illegal.
Do not let others pressure you to drink.
Know your limits and stick to them.

Signs and Symptoms of Alcohol Poisoning

Person consumed large quantities of alcohol
Person is unconscious and cannot be awakened
Person has cold, clammy, unusually pale skin and is breathing slowly or irregularly, less than 8 times a minute or 10 seconds or more between breaths
Person vomits while passed out and does not wake up during or after.

Steps to Take Action: Alcohol Poisoning

Try and wake them...check breathing...turn person on their side to prevent choking...

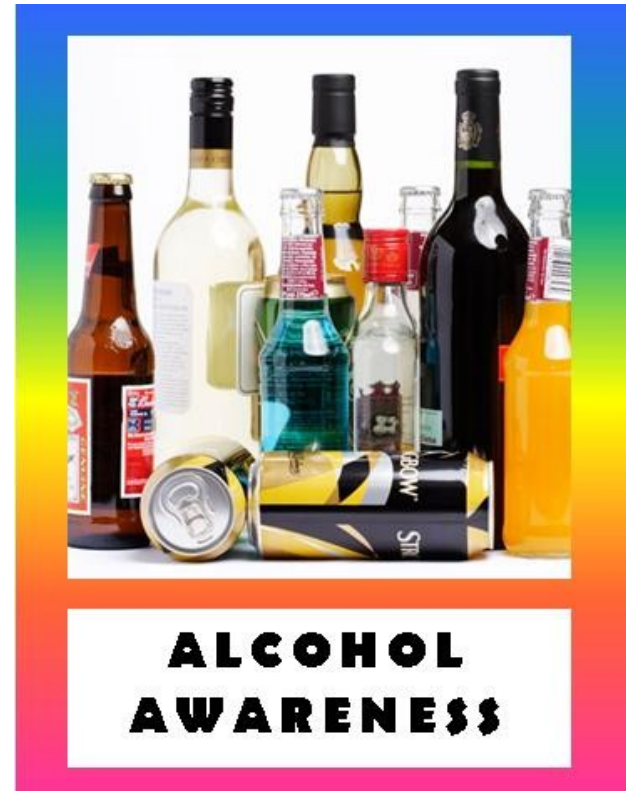
Call 911 & do NOT leave the person alone!



Contact Information
Email: capes@sage.edu
Phone: 244-6858

C.A.P.E.S Peer Education Program

*COMMUNITY, ADVOCACY,
PEER, EDUCATION, STUDENT
BYSTANDER INTERVENTION*



What you
need to
know.



How Alcohol Affects Us

Alcohol is a drug, but many of us don't think of the act of drinking alcohol as putting a drug into our bodies. It is important for people to understand that alcohol abuse impairs their judgment and their peripheral and central nervous system. Alcohol also affects different people in different ways. Some of the characteristics that determine the way alcohol affects you include:

- Gender
- Mood
- Body Weight
- Type of Alcohol
- Full/Empty Stomach
- Speed of Consumption
- Use of Medication or Other Drugs

But for most people, the effects of alcohol are determined by simple volume.

Alcohol Abuse and Health Risks

There are long-term health risks associated with drinking over time. These risks include damage to the heart, liver, and brain. However, the vast majority of our health risks occur over the course of a single evening, not after decades of abuse. A college student has a much higher risk of an alcohol-related injury caused by a car crash, slipping or falling, getting into a fight, etc. than developing cirrhosis of the liver.



Alcohol & Sexual Decision Making

There are significant connections between alcohol use and sexual decision making. Although most college students aged 18-24 have had sex before entering college, it is during the college years that they are at the greatest risk for sexual health issues. When alcohol (or another drug) is added to a sexual situation, this risk drastically increases.

- They are more likely to have multiple sexual partners.
- They may select partners at higher risk.
- Frequently involving compromised sexual decision-making such as sexual assault and/or rape.

Recent estimates suggest that while representing 25% of the ever sexually active population, 15 to 24 year olds acquire nearly one-half of all new STDs.

Among women in 2004, as in previous years, 15 to 24 year olds had the highest rates of gonorrhea compared to women in all other age categories. Among men, 20 to 24 year olds had the highest rate of gonorrhea.

Young people ages 15-24 account for approximately half of new adult HIV infections and 28% of the global total of adults living with HIV/AIDS.

Chlamydia trachomatis (CT) is the most common and costly bacterial STD in the U.S. with about three million new cases each year. Consequences can include Pelvic Inflammatory Disease (PID), which, without treatment, can cause infertility.

Alcohol and Academics

Alcohol use can result in missing class, doing poorly on tests or projects, disciplinary issues, or other problems.

The following statistics show on average, students who drink the most alcohol receive the lowest grades:

- "A" students average 4.21 per week
- "B" students average 6.03 drinks per week
- "C" students average 7.76 drinks per week
- "D" and "F" students average 9.97 drinks per week

There is also evidence that alcohol use affects the essential brain functions needed for learning such as memory foundation, abstract thinking, problem solving, attention/concentration, and perceptions of emotion.

Social Norms and Impaired Driving

73.7% of students have NOT driven under the influence of alcohol and/or drugs.

98.6% of students have NOT been arrested for a DWI/DUI.

However: 2.8 million students reported driving while under the influence of alcohol and/or drugs.

The highest level of drivers with BAC levels above .08% were college students.

