

Alcohol Awareness

When under the influence, you are more likely to take risks and make unwise choices. Your inhibitions are lowered and your judgment is impaired. The majority of safety related incidences occur when someone involved is under the influence. We are committed to making sure you have the information you need to make good, informed choices about alcohol.

We start by educating you to make sure you are aware of the risks and consequences of illegal and irresponsible alcohol use. We share sobering statistics from college campuses nationwide and help you understand the effects of excessive drinking.

Through our campus wide publicity efforts, you'll be reminded of the dangers of drinking, and you'll also find out about a wide variety of fun, alcohol-free activities and events and alcohol-education programs.

Alcohol—State Laws and Regulations

All use and distribution of alcohol is subject to state laws and regulations, which include the following duties and prohibitions:

- No person or licensee may sell, furnish, dispose of or give, or cause to be sold, furnished, disposed of or given, spirituous liquor to any person under the age of 21, except as otherwise permitted by law.
- No person under the age of 21 is allowed to buy, receive, have in the person's possession or consume spirituous liquor except as otherwise permitted by law.
- Any person or organization authorized to serve alcoholic beverages who has reason to question whether the person ordering or attempting to order alcoholic beverages is under the age of 21 shall require that person to show an identification card which includes a photograph proving that the individual is at least 21 years of age.
- No person under the legal drinking age may misrepresent his or her age with the intent to induce another to sell or serve alcohol contrary to law.
- No person may solicit another person to purchase, sell, or serve alcohol contrary to law.
- For a person under twenty-one years of age to drive or be in physical control of a motor vehicle while there is **any** spirituous liquor in the person's body.

Consequences: If you violate this law you not only face criminal charges including fines as high as \$500 and community service hours, but you also will face disciplinary consequences from the college which may include termination of your residence hall contract. An alcohol conviction can jeopardize your admission to graduate or law school or even prevent you from entering professions that require licenses such as teaching and nursing.

The college examines each case individually according to the type of violation and circumstances surrounding it. If a first violation puts you or others at risk, or it involves the possession of large quantities of alcohol, the sanctions may be more severe.

If the violation occurs in a college residence hall, the Residence Hall Director will process the incident. If the violation occurs on campus in a location other than a residence hall or off campus, the conduct officer is in charge. Repeat offenses may be referred to the Director of Residence Life and Judicial Affairs.

Typical college consequences include:

- disciplinary probation
- participation in an alcohol-education program
- community service project
- notification to your parents/guardians
- Loss of privileges

College Campus Statistics

Consider these sobering statistics before you take that first sip:

- 1,700 college students (between ages of 18 and 24) die each year from alcohol-related causes.
- More than 97,000 students are victims of alcohol-related sexual assault or date rape annually.
- 400,000 students (ages 18-24) have unprotected sex under the influence of alcohol each year.
- 599,000 students are injured annually as a result of alcohol use.
- 696,000 students are assaulted each year by another student who has been drinking.
- 25 percent of college students report that their drinking caused them to fall behind in classes and receive lower grades overall.

Source: National Institute on Alcohol Abuse and Alcoholism (2007)

Effects of Excessive Drinking

There's absolutely no good that can come from drinking too much alcohol. You can injure yourself or others, get in trouble with the law, start fights or become violent, and take part in unplanned—and unprotected—sexual activity. You also can miss class or work, which will affect your grades or ability to keep a job.

We hope you will make wise choices about alcohol, and we are committed to making sure you have the information you need to make informed decisions. If you choose to drink alcohol, know this: ***You are breaking the law if you are under age 21 and can be arrested, fined, and face college discipline.***

Binge Drinking

A “binge” is a pattern of drinking alcohol that brings blood alcohol concentration (BAC) to 0.08 gram percent or above. For the typical adult, this pattern corresponds to consuming 5 or more drinks (male), or 4 or more drinks (female), in about 2 hours. Binge drinking is clearly dangerous for the drinker and for society.

- In the above definition, a “drink” refers to one serving of 14 g of absolute alcohol (e.g., one 12-oz. Beer, one 5-oz. glass of Wine, or one 1.5-oz. Shot of distilled spirits).
- Binge drinking is distinct from “risky” drinking (reaching a peak BAC between .05 gram percent and .08 gram percent) and a “bender” (2 or more days of sustained heavy drinking).
- For some individuals (e.g., seniors or people taking other drugs or certain medications), the number of drinks needed to reach a binge level BAC is different than for the “typical adult”.
- People with risk factors for the development of alcoholism have increased risk with any level of alcohol consumption, even that below a “risky” level.
- For pregnant women, any drinking presents risk to the fetus.
- Drinking by persons under the age of 21 is illegal.

Source: National Institute on Alcohol Abuse and Alcoholism (2004)

Looking Out for Friends

It's important that you and your friends look out for one another. Many friendships you make at Yavapai College could last a lifetime. Keep these tips in mind to help your friends stay safe.

Know the signs of alcohol poisoning. Call 911 if one of your friends:

- won't wake up
- has labored breathing
- has clammy skin
- is not responding when pinched, poked, or prodded

If a friend has had too much to drink, help him or her get home safely. Don't let your friend leave a party alone.

If a friend is a victim of a crime or is in danger, call 911. Report the crime, even if it may mean that the police will know you and your friends have been drinking. Your safety and the safety of others may depend on it.

If you think a friend may have a problem with alcohol or drugs, encourage him or her to seek help.