Alcohol is no stranger on college campuses.

Students who drink give different "reasons." They may drink because of:

Problems
Some students look to alcohol to avoid difficult situations or uncomfortable feelings. But drinking means turning your back on problems -- not solving them.

Peer pressure
Feeling anxious about making -- and keeping -- friends can lead students to drink, even if they don't want to. But who wants to be part of a crowd that makes it hard to be yourself?

Insecurity
Social pressures at school can be intense. But alcohol doesn't give anyone self-confidence. And drinking can easily become a crutch.

Alcohol is illegal for anyone under 21.
Alcohol problems are no stranger on campus, either. For example, alcohol can affect:

Academic performance
Drinking can get in the way of learning. Grades — and career prospects — may suffer.

Health
Heavy drinking — whether over a long time or in a single night — is a serious health risk. And alcohol-related car crashes can have consequences that last a lifetime — or cut lives short.

To protect yourself (and your education), you should know:
- how alcohol affects the body
- how to resist peer pressure to use alcohol
- what to do if you have a problem with alcohol.
About alcohol and its effects

Alcohol = C₆H₁₂O₆ (ethyl alcohol), a depressant drug that slows down the nervous system.

Alcohol quickly starts to affect the body. Alcohol enters the bloodstream through:
- the stomach (where a small amount is absorbed)
- the small intestine (where most alcohol is absorbed).
Blood carries alcohol to every part of the body.

In the brain, thought processes are slowed as alcohol numbs brain cells. The higher the alcohol concentration, the greater the number of affected cells.

In the liver, alcohol is changed into water, carbon dioxide and energy — at the rate of about ½ oz. of pure alcohol per hour.

Effects last until all the alcohol has been processed, about 1 hour for the average drink — 12 oz. of beer, 5 oz. of wine or 1½ oz. of 80-proof whiskey.
Effects of alcohol use

Physical effects include:
- Increased heart rate and skin temperature
- Loss of muscle control leading to slurred speech, poor coordination, etc.
- Impaired reflexes, causing slower reactions
- Vomiting
- Unconsciousness
- Respiratory paralysis and death.

Mental effects include:
- Impaired judgment (of space, time, etc.)
- Impaired thinking and reasoning processes; poor concentration
- Loss of inhibitions; exaggerated feelings of anger, fear, anxiety, etc.

Heavy drinking (frequent drinking to intoxification over an extended period) can have serious consequences. For example:
- Alcoholism
- Damage to brain cells
- Malnutrition (alcohol robs the body of certain nutrients and dulls appetite)
- Increased risk of cirrhosis, ulcers, heart disease, heart attack and cancers of the liver, mouth, throat and stomach
- Degeneration of muscle and bone
- Blackouts, memory loss
- Hallucinations
- Poor concentration
- Personality disorders and increased tension, anger, isolation
- "DTs" (delirium tremens) -- shaking, hallucinations, etc. -- due to withdrawal from alcohol.

Chances are, though, that other problems will surface first.
Alcohol use on campus causes some special problems.

For students

Students who use alcohol may suffer in many ways. For example, alcohol use can result in:

Poor grades
Drinkers can suffer academically as a result of slowed thinking, poor concentration, frequent absence from class, etc. A cycle of failure and escape into use of alcohol can set in.

Risky behavior
Alcohol can lead a person to say or do something he or she will regret. For example, a person who has been drinking is more likely to make a bad decision about whether to have sex.

Accidents and injuries
Falls, cuts and bruises are common results of alcohol use. Automobile crashes are one of the most common causes of death and serious injury for young people. Victims may include bystanders as well as the drinkers themselves.

Poor health
Heavy use of alcohol can weaken the body. This sets the stage for illnesses that can affect class attendance as well as participation in sports and other activities.

Violating school rules on alcohol use may also mean probation, suspension or expulsion.
For schools

Alcohol use can affect the quality of life for everyone on campus. Problems may include:

Vandalism
All students lose when alcohol-related destruction strikes campus facilities. Repair costs can add to tuition and fees. Lack of replacement can mean learning without valuable equipment. Quality of education can be affected.

Restrictions
Large-scale disruptions by those who use alcohol can lead to the elimination of concerts, sports events, etc., or to tighter campus security, curfews and restrictions. The result: a more limited social life for everyone.

Violence
Alcohol use can contribute to fights, assaults, robberies and rapes. A climate of fear on campus may result.

Damaged reputation
The school image suffers when alcohol use becomes a serious campus problem. Relations with the community and even the search for funding may be adversely affected.
RELATED PROBLEMS OF ALCOHOL USE

Students who use alcohol face the same problems as other alcohol users do. They are just as open to the hazards of:

DRINKING AND DRIVING
The combination kills or seriously injures thousands of drivers and pedestrians each year, most of them young people. Even small amounts of alcohol can be deadly when mixed with driving.

TO AVOID PROBLEMS
Don’t drink and drive, and don’t ride with someone who has been drinking. Ride with a nondrinking friend, take public transportation, call a taxi or stay where you are.

TROUBLE WITH THE LAW
Alcohol can release anger and frustration and impair judgment. The result may be vandalism, violence or serious crime. That can mean arrest, a police record and possibly prison for offenders.

TO AVOID PROBLEMS
Don’t get involved in destructive behavior. Obey state laws and school rules on alcohol.
DRINKING AND USING OTHER DRUGS
This combination is especially dangerous. The two together can produce a totally different effect than either alone (or one substance can intensify the effect of the other). For example, a simple cold remedy plus alcohol can make you extremely drowsy.

TO AVOID PROBLEMS
Never use illegal drugs. Follow directions carefully if you need to take prescription or over-the-counter medications. If a friend has a serious reaction from combining alcohol and other drugs, get medical help right away.

FAMILY PROBLEMS
Alcohol use can be a cause of, or a reaction to, family stress.
• Poor academic performance and trouble with the law can strain family unity and stability.
• Family pressures that give rise to feelings of guilt or moral conflict can lead to alcohol use.

TO AVOID PROBLEMS
Try discussing feelings honestly. Listen to other people's viewpoints and look for compromises. Seek counseling if you're troubled by problems at home.
SIGNS OF TROUBLE

Anyone who drinks runs the risk of developing an alcohol problem. A serious problem can develop quickly, especially among young people.

There's a problem if you or someone you know:

☐ DRINKS TO TRY TO COPE with pressure or escape from problems

☐ DRIVES while under the influence

☐ DRINKS MORE AND MORE to achieve the same effect

☐ SHOWS FREQUENT MOODINESS, irritation and anger, without apparent cause
<table>
<thead>
<tr>
<th>DRINKS A LOT</th>
<th>DRINKS BEFORE CLASS</th>
</tr>
</thead>
<tbody>
<tr>
<td>at one time, or drinks often</td>
<td>or before going to work</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>IS INJURED</th>
<th>GETS IN TROUBLE</th>
</tr>
</thead>
<tbody>
<tr>
<td>as a result of drinking</td>
<td>with the law as a result of drinking</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>DENIES</th>
<th>EXPERIENCES BLACKOUTS</th>
</tr>
</thead>
<tbody>
<tr>
<td>the possibility of a drinking problem</td>
<td>or loss of memory</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>HAS PHYSICAL COMPLAINTS</th>
<th>RELIES ON ALCOHOL</th>
</tr>
</thead>
<tbody>
<tr>
<td>relating to alcohol use, such as fatigue, weight change, etc.</td>
<td>to relieve pain, tension, etc.</td>
</tr>
</tbody>
</table>

The best thing you can do for yourself is to admit that help is needed and get it right away. The best thing you can do for a friend is to talk about the problem and then see that he or she gets help.
WHERE TO GET HELP

Help for alcohol problems may involve short-term, intensive care or long-term counseling.

On campus, check with:

THE INFIRMARY OR HEALTH CENTER,
which can provide counseling, medical care and/or referral to other campus agencies

PEER COUNSELING CENTERS,
staffed by qualified students who offer confidential advice and information in an informal atmosphere

RESIDENCE HALL COUNSELORS,
who can give advice and information about appropriate services on campus

ALCOHOL INFORMATION CENTERS,
which can provide literature about drinking problems and sources of help

STUDENT ADVISORS OR CAMPUS CLERGY,
who can offer personal support for people who want help in solving problems

SCHOOL COUNSELING CENTERS,
staffed by trained psychologists and counselors
In the community, check with:

**Health-Care Providers,**
who can give medical care or make referrals to other sources of help, if necessary.

**Alcoholism Treatment Facilities,**
which can provide information and treat alcohol problems on an inpatient or outpatient basis.

**The National Council on Alcoholism and Drug Dependence,**
which can provide (through local affiliates) information and referral services to alcoholics, family, friends and employees.

**Mental Health Centers,**
which often offer a full range of alcohol-related services.

**Other Sources of Help,**
including the clergy, local medical society, Alcoholics Anonymous, Public Health Department, social service agencies, etc.

Check the Yellow Pages under "Alcoholism."
FEEL GOOD ABOUT NOT DRINKING!
Lots of college students don't drink. Try to:

THINK ABOUT HOW TO SAY "NO"
Planning ways to stand up to peer pressure can help you live life on your own terms. For example:
• Tell the person you like the way you feel when you're not drinking.
• Use an excuse. ("I can't, I've got a paper to write and I need to keep my head clear.")
If the person continues to pressure you, don't argue. Just walk away.

AVOID PARTIES WHERE DRINKING IS THE FOCUS
When people around you are drinking, it's harder to refuse alcohol. Binge drinking games are especially dangerous. Drinking large amounts of alcohol at one time can cause unconsciousness, coma or death.

GET INVOLVED IN NON-DRINKING ACTIVITIES
Drinking actually limits your options, and there's a world of options to explore! For example, you could:
• Play a sport
• Learn a musical instrument
• Join a club or organization
• Find a hobby that suits your interests.
So—

PROTECT YOURSELF FROM ALCOHOL PROBLEMS.

✓ LEARN THE FACTS about how alcohol can affect your life.

✓ OBEY STATE LAWS AND SCHOOL RULES on alcohol.

✓ KNOW THE SIGNS of an alcohol problem.

✓ GET HELP if you have an alcohol problem.

Graduate to an alcohol-free lifestyle!