



# "POTTY TALK"



ALCOHOL AWARENESS WEEK 2009

October 26<sup>th</sup> – October 30<sup>th</sup>

October is also Domestic Violence Awareness Month

## Alcohol Awareness Week 2009

October 26<sup>th</sup> – October 30<sup>th</sup>

**Monday, October 26<sup>th</sup>:** Student Panel Discussion: Medical Amnesty at SCU Incentive for Care or Invitation to Drink? Co-sponsored by the Markkula Center and AS 6-7:30 p.m., The Bronco

**Tuesday, October 27<sup>th</sup>:** "Old School" (the movie) Come watch the popular movie "Old School" and meet the Peer Health Educators! *Open to all SCU students*—just check in at the door. **FREE FOOD!!** Co-sponsored by The Wellness Center and CyPhi, Modern Perspectives, and Unity RLCs. 8:00 p.m., Swig Sky Lounge.

**Wednesday, October 28<sup>th</sup>:** Beer Goggle Olympics 12:00-2:00 p.m., in front of the Benson Fountain

**Thursday, October 29<sup>th</sup>:** Spin the Bottle: Sex, Lies & Alcohol Come watch the provocative documentary and then discuss your thoughts. 7:00 p.m., 2<sup>nd</sup> floor Library, Room 205

**Friday, October 30<sup>th</sup>:** Beer Goggle Olympics 12:00-2:00 pm, in the Malley Lobby



For more information about *Domestic Violence Awareness Month*, and/or to get involved in addressing *sexual assault* at SCU, contact *Every 2 Minutes and 1in4* at [e2mand1in4@gmail.com](mailto:e2mand1in4@gmail.com), or visit their website at [www.scu.edu/wellness](http://www.scu.edu/wellness), and click on the *Every 2 Minutes and One in Four* link!

## Alcohol MYTH or FACT??

**Myth: I'm having as much fun as I can while I'm in college. As soon as I graduate I'll get my act together.**

**Fact: 1 in 3 college students already meets the definition for alcohol dependence.** No one goes to school intending to become an alcoholic, heavy drinking behavior in college can ultimately lead some people to full-blown alcoholism after college. The habits you develop now may last longer than you intend. Family history, depression and other mental illnesses raise your risk.

**Myth (for women): It's okay for me to drink to keep up with my guy friends.**

**Fact:** Women process alcohol differently than do men due to differences in the amount of enzymes that break down alcohol, body composition (specifically, percentage of water in one's body), and hormones. All things being equal, no matter how much he drinks, if you drink the same amount as your guy friends, you will be **more intoxicated and more impaired**.

**Myth: Coffee, food, cold showers, and exercise will help you sober up.**

**Fact:** None of these methods will work. Drinkers may feel more alert after drinking coffee or taking a cold shower, but the alcohol in your blood is exactly the same. **Only time will sober you up.**

**Myth: It is a good thing to learn how to "hold my liquor."**

**Fact:** If you have to drink increasing amounts to feel any effect, you are developing a **tolerance**. Tolerance is a sign that **the liver** is being constantly exposed to alcohol and is **working overtime to cope**. With tolerance, you get **less of a "high"** or buzz from alcohol, and you get **more of the depressant effects**. It may also mean you have gone beyond being a social drinker and may be developing a more **serious problem with alcohol**.

**Myth: I can drink and still be in control.**

**Fact:** Drinking impairs your judgment, which increases the likelihood that you will **do something you'll later regret** such as having unprotected sex, being involved in date rape, damaging property, or being victimized by others.



## How to Drink & Still Stay in Control

If you choose to drink...

- Drink only when you are in a good mood or in situations where you feel comfortable.
- Drink only occasionally. Regular drinking may quickly become a routine and/or habit that will later be difficult to break.
- Set your drinking limit before entering a social, drinking occasion.
- Keep track of how much you drink.
- Space your drinks. One per hour is a good rule.
- Alternate alcoholic drinks with non-alcoholic beverages.
- Sip your drinks. Don't pound, shotgunc or straight-shot.
- Measure the alcohol. Pay attention to the size of the container and the proof of the alcohol.
- Avoid drinking games. It's easy to lose track of how much you're drinking, AND many drinking games are prime methods for spreading germs (e.g., H1N1/Swine Flu). The alcohol you're drinking **will not** kill off the viruses and bacteria that lead to illness.
- Eat before and while drinking. With food in your stomach (especially food with high-fat content), alcohol is absorbed into your bloodstream more slowly.



**Responsible alcohol use means that you won't be sorry in the morning.**

## WHAT IS DATING VIOLENCE??

Dating violence is an *act or threat of violence* by an individual against his/her dating partner. It is also a pattern of abusive behaviors that are used to gain power and control over a *current or former dating partner*. Dating violence can be a precursor for domestic violence. *Ask yourself: Does my boyfriend or girlfriend...*

- Call constantly to find out where I am, who I'm with, or what I'm doing?
- Tell me what to wear, how to act, and who I can (and can't) hang out with?
- Have to be with me all the time? Says I "don't love" him/her or "am selfish" if I want to hang out with others?
- Call me names, insult me, or criticize me?
- Act jealous, possessive, controlling? Accuse me of things I didn't do?
- Give me orders or make all the decisions?
- Get angry very quickly, or fight a lot?
- Threaten to hurt me or someone I love if I don't do what they want?
- Threaten to hurt or kill themselves if I don't do what they want?
- Follow me or track where I go? Show up uninvited at my home or work?
- Check up on me all the time? Make me call him/her to say where I am?
- Refuse to allow me normal contact with my family and friends?
- Shove, punch, slap, pinch, or kick me? Pull my hair? Strangle or choke me?
- Touch or kiss me when I don't want to? Force me to have sex? Not let me practice safer sex?
- Use alcohol or drugs and pressure me to do it too?
- Refuse to accept that the relationship isn't working or is over?



*If you answered YES to any of these questions, you may be in an abusive relationship and you deserve better. THIS IS NOT LOVE!! Visit Counseling & Psychological Services (554-4172) or the Wellness Center (554-4409) for help and support.*

If you drink, do you wonder how your drinking compares with others' alcohol use at SCU? **Want to know how many calories you are "drinking," or how much money you spend per year on alcohol? Take e-CHUG, a free and anonymous online alcohol assessment. Visit [www.scu.edu/wellness](http://www.scu.edu/wellness) and click on the e-CHUG link!**



## BLACKOUTS

"Blacking Out" is not the same thing as "passing out." **Passing out** involves a loss of consciousness. When you "Blackout," you are still conscious, but memories aren't formed. **During a blackout you are awake and functioning, but later you can't remember what you did.**

**Blackouts are related to the quantity of alcohol consumed.**

- ♦ A blackout is **not** associated with normal or healthy alcohol use.
- ♦ It is a **chemically-induced period of amnesia** that can last for seconds, minutes, hours, and/or days.
- ♦ Blacking out involves the inability to transfer **short-term memory into long-term memory**.
- ♦ Blackouts occur with **gulping drinks, extended drinking** over long periods of time, **fatigue, no food, and increased age**.
- ♦ Being in a blackout increases the likelihood for other high-risk behaviors, such as **unwanted sexual experiences, drinking and driving, alcohol poisoning, etc.**

Blackouts are common among alcohol abusers and can be a warning sign to drinkers and their friends that alcohol-related problems exist. **Frequent blackouts are considered an early high-risk indicator of alcoholism.**



"Potty Talk" is brought to you by the Wellness Center, in the Malley Center. To learn more about the topics discussed here, please contact:

Alison Bateman, Ph.D. Health Educator  
554-4409 or [ABateman@scu.edu](mailto:ABateman@scu.edu)

