

RESPONSIBLE DRINKING

Consider HOW You Drink

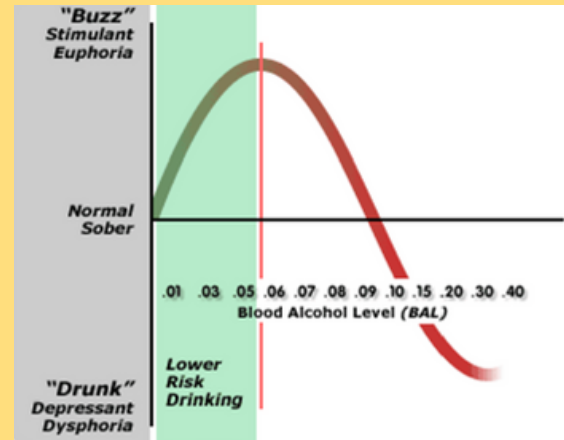
More alcohol may not give you more of what you want. Most adults drink for relaxation and socialization, but want to avoid unwanted and dangerous effects. The more and faster you drink, the less you will experience the pleasant effects and the more you will feel the depressant effects. A blood alcohol of .05 is the point of "diminished returns" or otherwise known as the SWEET SPOT zone-drinking more will add negative effects, and is unlikely to intensify the things you find desirable about drinking.

If you choose to drink, but want to lower your risk at the same time, consider staying below a blood alcohol concentration of .05 (sweet spot zone). To find your limit, consider using the Blood Alcohol Calculator at: alcohol.org/bac-calculator.

Using this tool will allow you to calculate how many drinks to stick to over a period of time.

Strategies for Legal and Responsible Alcohol Consumption to Reduce Risk or Harm

- Alternate** non-alcoholic beverages
- Plan ahead** and set a limit in advance
- Eat** a substantial meal before drinking
- Snack** throughout the night
- Limit** yourself to a max of 1 drink per hour
- Slow down.** It takes 20 min. to feel effects of a single drink
- Drink at your own pace**
- Think quality**, not quantity
- Be cautious** of drinks mixed with hard liquor
- Avoid** drinking games and shots
- Keep track** of standard drinks
- Drink water** before, during, and after drinking
- Mix and measure** your own drinks
- Check** your mood
- Drink less** at large parties
- Never leave drinks unattended**
- Experiment with ways to refuse drinks**
- Do not mix alcohol** with legal or illegal drugs
- Be cautious** of large batch drinks (i.e. jungle juice)
- Do not mix alcohol with energy drinks**
- Do not make alcohol your main focus**
- Respect** those who choose not to drink
- Don't drink and drive**
- Stick to** standard drink sizes
- Keep an eye** on your friends
- Be an active bystander** and watch out for others



Alcohol Poisoning Quick Tips

CALL 911 if You Notice Any of These Signs of Alcohol Poisoning



- **C-** Cold, clammy, pale, or bluish skin
- **U-** Unconscious (passed out) or semiconscious
- **P-** Pulse is above 100 or below 60 / prolonged vomiting
- **S-** Slow, shallow, or irregular breathing / Seizures

While Waiting for the Ambulance

- Don't give food or drink
- Don't induce vomiting
- Don't leave your friend alone
- Place your friend on their side in the recovery position to prevent choking








LOW-RISK DRINKING LIMITS

"Low-risk" is not "No risk"

Even within the listed limits, alcohol can cause problems if an individual drinks too quickly or has pre-existing health problems.

Why are a female's (sex assigned at birth) low-risk limits different from a male's (sex assigned at birth)?

Research shows that females (sex assigned at birth) start to have alcohol-related problems at lower drinking levels than males (sex assigned at birth). One reason is that, on average, females weigh less than males. In addition, alcohol disperses in body water, and, pound for pound, females have less water in their bodies than males. So after a male and a female of the same weight drink the same amount of alcohol, the female's BAC will tend to be higher, putting them at a greater risk for harm.

	 MALES (sex assigned at birth)	FEMALES (sex assigned at birth)
On any single DAY	NO MORE THAN 4  DRINKS ON ANY DAY	NO MORE THAN 3  DRINKS ON ANY DAY
Per WEEK	NO MORE THAN 14  DRINKS ON ANY WEEK	NO MORE THAN 7  DRINKS ON ANY WEEK

TOLERANCE

Acquiring a high tolerance overrides your body's natural ways of telling you that you have had too much to drink. Tolerance makes you less aware that you are impaired, and increases the risk that you will make unsafe choices (e.g. driving, having unprotected sex).

Even if you are a seasoned drinker, having a high tolerance does not prevent decreases in reaction time and does not increase the amount of alcohol needed to cause death (an approximate B.A.C. of .35 or higher)

People with high tolerance spend more money on drinking. Increasing tolerance is one of the first steps in the development of addiction.

SOBERING UP

IMPORTANT: Time is the only thing that will sober you up as time enables the liver to eliminate alcohol.

Having a coffee, taking a cold shower, consuming an energy drink, eating, or exercising does not sober you up. The liver eliminates 90% of the alcohol in the body. Black coffee won't sober you up-all it does is mask the effects of the alcohol. Caffeine stimulates you, giving you the impression of being more alert and awake; it also dehydrates you further. But it has no impact on your BAC. The effects of the alcohol are still present and your ability to drive remains compromised.

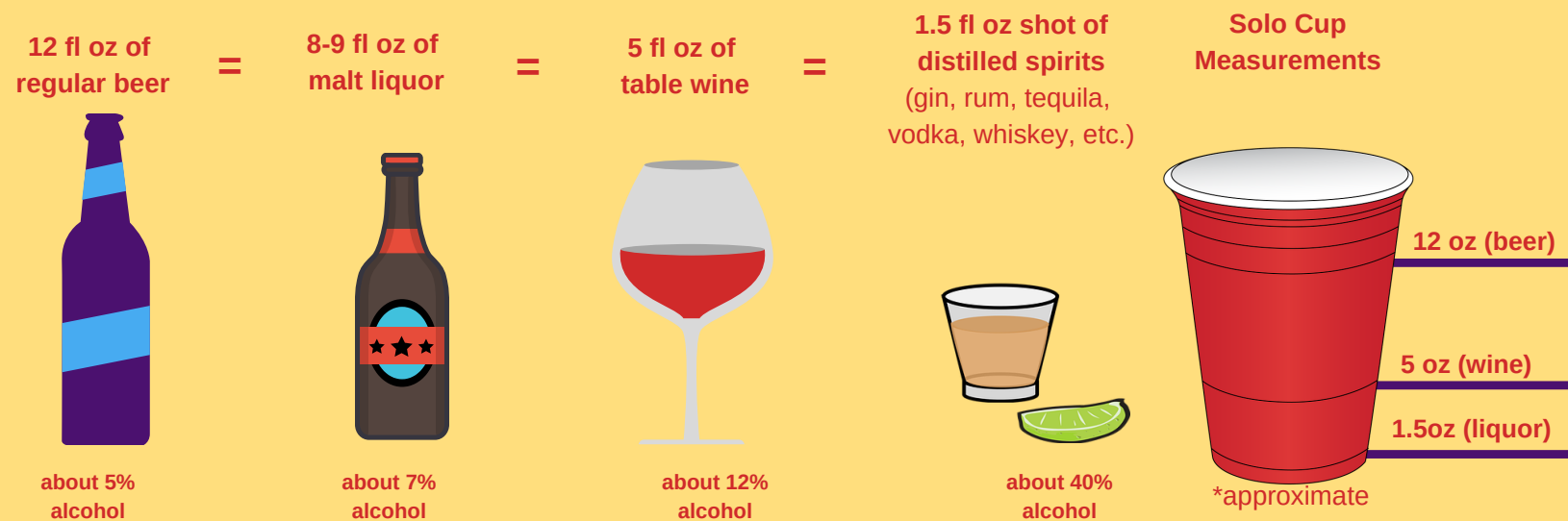
SAFETY IN SOCIAL SETTINGS

- ✓ **Have a plan!** Surround yourself with people who have your best interest in mind. Never travel alone. Leave with the group you came with.
- ✓ **Think about Plan B.** Spend some time thinking about back-up plans for potentially risky situations.
- ✓ **Keep an eye on your friends.** Agree to watch out for each other. Don't leave someone stranded in an unfamiliar or unsafe situation.
- ✓ **Stay alert.** Be aware of what's going on around you at all times.
- ✓ **Trust your instincts.** If you feel unsafe or uncomfortable for any reason, leave the situation. In an emergency, dial 911.
- ✓ **Be an active bystander.** Take it upon yourself to intervene if you notice someone who may be in a risk situation. Remember, it's okay to create a distraction or even lie. Some excuses you could use to help someone leave a risky situation are needing to take care of another friend, an urgent phone call, not feeling well, or having to be somewhere else by a certain time.

REDUCING RISKS ASSOCIATED WITH ALCOHOL & SEX

- Mixing alcohol with sex can be risky.
- If you and/or your partner are under the influence of alcohol or drugs, it is difficult to make safe sexual health decisions.
- Partners best intentions to use a condom are often inhibited by using alcohol. They are more likely to be careless when using a condom, causing it to break or slip, or they might have sex without using a condom.
- Alcohol does NOT improve sexual performance.
- Look out for your friends. Don't allow someone to exploit a friend who's drunk.

What is a Standard Drink?



Each beverage portrayed represents one standard drink of "pure" alcohol defined in the United States as 0.6 fl oz or 14 grams. The percent of pure alcohol, expressed here as alcohol by volume (alc/vol), varies within and across beverage types. Although the standard drink amounts are helpful for following health guidelines, they may not reflect customary serving sizes.

TIPS FOR NOT DRIVING AFTER DRINKING

- Arrange for transportation before the party or drinking occasion
- Select a reliable designated driver who agrees to stay sober
- Leave your keys at home or give them to the designated driver
- Arrange for an Uber or Lyft and download the app before you go out
- If you are under 21, you can be charged with Zero Tolerance if you test above .02 on a breathalyzer unit. If you blow over a .08, you can be charged with Operating While Intoxicated, which has stiff fines, license revocation and jail time



Ways to Turn Down a Drink

- I'm taking medication
- I'm sick and trying to recover
- I'm the designated driver
- No thanks, I've been tired all day and it'll just make me sleepy
- My liver is on vacation
- I'm not drinking, sticking to my New Year's resolution
- No, I have to eat something first, I'll get one later
- I'm training for a marathon
- No thanks, but I will take a coke or water if you have one
- I've had enough
- Thanks, but I have to be up early tomorrow
- I'm allergic to alcohol
- Why, do I seem sober?
- Not now, but maybe later
- Another time

No,
thank you!

Wellness/Recreation Center

Visit for fitness classes, the pool, rock wall, weight room, fitness area, and more!
recreation.uni.edu



Calendar of Events

Check out all events happening on campus!
unicalendar.uni.edu



Study Abroad

Meet others by studying abroad and earning course credits!
uni.edu/studyabroad



Faith-based Organizations

Join a faith-based community!
studentaffairs.uni.edu/campus-ministries



Student Involvement

Check out student orgs, greek life, student government, events, and more!
union.uni.edu



CAB Events

Go to events such as concerts, bingo, and movie nights.
union.uni.edu



Connect at UNI

UNI Outdoors

Go on an outdoor adventure trip with other UNI students!
recreation.uni.edu/outdoor-recreation



Gallagher Bluedorn Performances

Catch a show on campus; UNI students get two FREE tickets to Artist Series events!
gbpac.com



Volunteer

Get involved in the community!
vccv.org



Intramural Sports

Try intramural sports, sports clubs, or other rec services on campus!
recreation.uni.edu



Center for Multicultural Education

Diversity education, advocacy, & support
cme.uni.edu



Military & Veteran Services

Various services and resources!
military.uni.edu



Gender and Sexuality Services

Resources, events, and support!
lgbt.uni.edu

RESOURCES

ON-CAMPUS SERVICES

UNI Student Wellness Services (319) 273-3423

Website: studentwellness.uni.edu

Location: Student Health Center

Prevention/education programming, consultation, referral services, and/or intervention programs for students.

UNI Counseling Center (319) 273-2676

Website: counseling.uni.edu

Location: Student Health Center

The Counseling Center provides screening and information to students, including alcohol and drug use consultation and referrals.

You can call the UNI Counseling Center 24/7 to speak to a crisis counselor. Dial 319-273-2676 and press 2 to speak to a crisis counselor.

UNI Health Clinic (319) 273-2009

Website: health.uni.edu

Location: Student Health Center

The Student Health Clinic provides screening and information to students, including alcohol and drug use consultation and referrals.

OFF-CAMPUS SERVICES

Access Evaluations (319) 252-4631 or schedule at www.accessevals.com/schedule-an-appointment

Address: 1903 W. Ridgeway Ave. Waterloo, IA, 50701

Access has an office for UNI students in the UNI Student Health Center. See Access website for schedule.

Education and Substance use evaluations for all ages, for any reason including court and school related matters. Any alcohol and drug evaluation or OWI court ordered evaluations are \$125 at the time of service. Medicaid State insurance Amerigroup or Iowa Total Care provider. Out of Network for United Health and Blue Cross (check out of network benefits).

Pathways Behavioral Services (319) 235-6571

Address: 3362 University Ave. Waterloo, IA 50701

Substance abuse evaluations, individual and group counseling, residential treatment, and prevention services. Pathways accepts third party payment and charges on a sliding fee scale for clients without insurance.

Alcoholics Anonymous (AA) Hotline (319) 291-3627

AA Downtown Group (319) 235-7710 327 E. 4th Street, Waterloo
Westside Alcoholics Anonymous (319) 234-9434 613 W. 5th Street, Waterloo

AA is a group of men and women who share their experiences, strength and hope to help one another recover from alcoholism. There are no fees and the only requirement for attendance is a desire to stop drinking. Call for local meeting times and places.



SEE WHERE YOU STAND!

FAST • CONFIDENTIAL • ANONYMOUS

TAKE THE eCHECKUP TO GO ONLINE PROGRAM AND...



Receive feedback about your pattern of alcohol/cannabis use & the risks associated



Calculate time & money spent on alcohol/cannabis



See if you want to cut back or quit



Obtain on-and-off campus resources

Head to aodeducation.uni.edu to begin the online program!

DO IT 4YOU #DIFY

UNI / University of Northern Iowa

UNI / University of Northern Iowa

A WORD ON ALCOHOL AND SEXUAL ASSAULT

Alcohol can inhibit a person's physical and mental abilities. Although the percentage of sexual assaults involving alcohol cannot be accurately determined as many sexual assaults are unreported, it's estimated that at least 50% of sexual assaults involve alcohol, according to the National Institute on Alcohol Abuse and Alcoholism. In the context of sexual assault, alcohol may make it easier for a perpetrator to commit a crime and can even prevent someone from remembering that the assault occurred. Consent to any sexual activity may NEVER be obtained if one or both partners are mentally incapacitated, including through the use of drugs or alcohol.

Are you familiar with the 13.02 Discrimination, Harassment, and Sexual Misconduct policy? It lays out important information for UNI students, particularly on what constitutes "consent." Check out the policy at safety.uni.edu.

If you or someone you know has experienced sexual violence, intimate partner violence, domestic violence, or are being harassed or stalked, or if you have questions about something that has happened to you or a friend, see the resources and support below.

National Sexual
Assault Hotline

Call:
800-656-4673

Confidential
support

On-Campus Sexual Assault Support

Office of Compliance and Equity Management

117 Gilchrist Hall
(319) 273-2846
equity@uni.edu

Title IX Officer

Leah Gutknecht
(319) 273-2846
leah.gutknecht@uni.edu

Title IX Deputy Coordinator for Athletics

Christina Roybal
(319) 273-2556
christina.roybal@uni.edu

UNI Campus Coordinator/Sexual Assault Advocate Confidential Resource

ethan@riverviewcenter.org
Office: Bartlett 2026
Cell: (563) 231-1285
Office: (319) 939-9599

Off-Campus Sexual Assault & Relationship Violence Support

24-Hour Sexual Assault Crisis and Support Line

Riverview Center
(888) 557-0310
www.riverviewcenter.org

24-Hour Relationship Violence Crisis and Support Line

Waypoint Services
(800) 208-0388
www.waypointservices.org

24-Hour Emergency Shelter

(for women and their children)
Cedar Valley Friends of the Family
(800) 410-7233
www.cvfriendedsofthefamily.org

AMANI Community Services

A domestic violence and sexual assault agency providing innovative culturally specific services to African American clients in Black Hawk and Linn counties.
(319) 232-5660
www.amani-cs.org