YOUR MEMORY OF LAST NIGHT’S DRINKING MAY BE SKewed
College-age tips for a safe Halloween

Being aware of possible risks is often the first step in staying safe.

Trust your instincts. If you feel spooked at any point during Halloween weekend, go with your gut. If you see something suspicious, contact Public Safety or call 911.

Avoid being alone or isolated with a goblin you don’t know well. Let a trusted friend know where you are and whom you are with at all times. If a goblin asks you to go somewhere, let him or her know you’d rather stay with the group.

Know your surroundings and learn a bight jack-o-lantern route back to you car or residence. Always carry emergency cash and store the phone numbers of local cab companies in your phone.

Don’t accept “witch’s brew” from people you don’t know or trust and never leave your “witch’s brew” un attended. If you lost sight of your “witch’s brew”, get a new one.

When you are out with your friends, arrive together, check in with each other throughout the night, and leave together. Form a buddy system so that no one wanders off alone and agree on a secret “butt in” signal for uncomfortable situations, such as “Mummy!”

Don’t let your guard down. Don’t assume people you’ve just met will look out for your best interests; remember that they could be the Grim Reaper. Watch out for your friends. If a friend seems out of it, is way too intoxicated for the amount of alcohol they’ve had, or is acting out of character, get him or her to a safe place immediately.
HOW TO GET A GOOD ‘BUZZ’
(WITHOUT GOING OVERBOARD)

- Drink only when you are in a good mood or in situations where you feel comfortable.
- Drink only occasionally. Regular drinking may become a routine or habit that will difficult to break later on.
- Set your drinking limit before you leave for your party.
- Keep track of what you drink.
- Space your dinks. One per hour is a good rule.
- Alternate alcoholic drinks with non alcoholic beverages.
- Sip your drinks. Don’t pound, shotgun or straight-shot.
- Measure the alcohol. Pay attention to the size of the container and the proof of alcohol.
- Avoid drinking games.

Eat before and while you are drinking. With food in your stomach, alcohol gets absorbed more slowly.

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

SCARY STATS…..

Female college freshmen are at the highest risk for sexual assault between the 1st day of class and Thanksgiving break.

2 out of 5 college students in this country feel they have a problem with alcohol.
40% of academic problems of college students are alcohol related.
29% drop out rate due to alcohol.
50% of relationship violence involves alcohol use.
1 out of 5 college student abandons safe sex practices when they’re drunk, even if they do protect themselves when they’re sober.

Source: www.factsontap.org
TRICK OR DRINK !!!

Halloween parties can be fun. It is also a high risk time for some dangerous behaviors including sexual assaults, hospitalizations, drunk driving and alcohol poisoning. Don’t let Halloween turn into a nightmare!!! Party safe!!!

No Boo’s about it: Alcohol Poisoning is a very real and serious medical emergency caused by ingesting too much alcohol too quickly.

**Signs of life-threatening levels of intoxication**

- Vomiting
- Breathing – 8 seconds or more between breaths
- A person has passed out, or is asleep, and cannot be aroused, or can only be slightly aroused for a few moments
- A person’s hands or feet are colder and clammy, or skin is pale or bluish

These are some signs for a medical emergency!! Call 209 946-3911 immediately!!

**What to do:**
- Call 209 946-3911 or 911 immediately!!
- Do Not leave the person alone.
- Turn the person on his/her side to prevent choking or suffocating in case of vomiting.

BLACKOUTS

Blacking out is not the same as passing out. Passing out involves a loss of consciousness. When you blackout you are still conscious, but there is no memory during a blackout. You are awake and functioning but later 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 old 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 are a warning sign to drinkers and their friends that alcohol related problems exist. Frequent blackout’s are considered an early high-risk indicator of alcoholism.
OXYTOCIN — LOVE HORMONE

Is there such a thing as a love potion? Both males and females have the hormone oxytocin. This “love hormone” is released when a person experiences an orgasm. It has a calming effect and may just be the reason why some individuals fall asleep after sex.

It’s not about you when your partner falls asleep after sex. There are a number of possibilities why this may happen. Could it also be that you could be worn out from a long day of work and classes? There is nothing wrong with falling asleep after sex.

Staying safe when having sexual encounters means that you need consent!! Ask the question and make sure you get a verbal response. Your partner cannot give consent if they are intoxicated. Another way of making sure that you stay safe is to use a condom. Yes, she may be on birth control but that doesn’t help you if you are exposed to or are transmitting a STI/STD.

Be mindful of spooky situations.
If you find yourself in a scary situation call Public Safety 209 946-2315 or 911.

Victim Advocate (confidential) 209 403-0250