**Alcohol Awareness Bulletin Board – Quick Facts**

Suggestions for creating this bulletin board:

* Use Health Promotion’s “Alcohol Quick Facts” handout as inspiration
* Include a few resources where your residents can learn more. Considering creating a QR code for each resource or using some other method to make it as easy as possible for residents to access the resources.
	+ NAU Health Promotion: Alcohol & Drugs: <https://in.nau.edu/campus-health-services/alcohol-and-other-drugs/>
	+ The Virtual Bar: <http://virtualbar.responsibility.org/virtualbar/>
	+ National Institute on Drug Abuse: Alcohol: <https://www.drugabuse.gov/drug-topics/alcohol>
	+ National Institutes of Health: College Drinking: <https://www.collegedrinkingprevention.gov/parentsandstudents/students/default.aspx>
* Use the content on the following pages to get you started. Change the fonts, colors, etc. to make it your own!
* Contact Nikki.Meline@nau.edu with the Health Promotion office for BAC cards if you’d like to include some on your board for residents to take

Standard Drink Sizes

* The amount of liquid in your glass, can, or bottle does not necessarily match up to how much alcohol is actually in your drink. -
* Do you know how much alcohol is in your drink? (*Consider re-creating the info-graphic in an interactive way. You could have the standard drink size for each beverage covered by a flap of paper that residents can flip up to reveal the answer.)*
* Did you know? A standard solo cup is 16 oz! This means that you may be drinking more than 1 “standard drink” per cup.



Binge Drinking: How Much is Too Much?

* Binge drinking is drinking an excessive amount of alcohol in a short amount of time or drinking to get drunk
* Binge drinking can have harmful short- and long-term impacts on physical and mental health
* For women: **4 or more** drinks in one sitting
* For men: **5 or more** drinks in one sitting
* Women on average can process 1 standard drink per hour
* Men on average can process 2 standard drinks per hour

Blood Alcohol Content (BAC): Know Your Limit

* BAC is the amount of alcohol in a person’s blood. Weight and sex are two factors that impact a person’s BAC.
* Take a BAC card to keep in your wallet! Stay in the green zone to maximize your fun while minimizing your risk! (*Staple a paper pouch or small basket to the bulletin board with BAC cards for residents to take)*

Signs of Alcohol Poisoning

* Use the CUPS acronym to help you remember the signs of alcohol poisoning:
	+ C: COLD SKIN
	+ U: UNRESPONSIVE
	+ P: PUKING
	+ S: SLOW BREATHING
* What to do if you suspect someone has alcohol poisoning:
	+ Call 911
	+ Roll the person on their side
	+ Stay with the person until help arrives
* What NOT to do if you suspect someone has alcohol poisoning:
	+ Leave them to “sleep it off”
	+ Try to force them to throw up
	+ Try to force them to eat or drink something

Maximize Fun, Minimize Risk!

Most NAU students who drink, choose to party safe!

* Eat food before and during drinking
* Alternate non-alcoholic drinks in between your alcoholic drinks
* Drink water!
* Have a sober DD
* Avoid drinking games
* Before going out decide how many drinks you plan to have
* Keep track of your drinks (using standard drink sizes!)
* Pace your drinking to one drink per hour



ScreenU: Check in on Your Alcohol Use

* Scan this QR code to access ScreenU
* Receive non-judgmental, personalized feedback about your alcohol use with this confidential online tool!







