



STALL TALK

Your source of health news, events and tidbits
October: Alcohol Awareness Month



ALCOHOL POISONING

Symptoms

- Person cannot be awakened.
- Person has cold, clammy, pale or bluish skin.
- Person has slow or irregular breathing.
- Person is vomiting while passed out and does not wake up.

If any of these symptoms exist, call 911 IMMEDIATELY!

If a friend is intoxicated, take ACTION!

- Check for signs of alcohol poisoning
- Do NOT leave your friend alone.
- Do NOT put your friend to bed to sleep it off.
- Turn your friend on his/her side to prevent choking in case of vomiting.
- Remember "it's better to be safe than sorry" so get your friend help! Call 911 immediately.

BYSTANDER Intervention

STRIVE TO BE THE OWL!

Have you ever witnessed an event that made you feel uneasy? Did you intervene or think about intervening? *Bystander intervention is the act of assisting someone in an emergency.* There are 5 intervention styles people use when intervening. What animal are you like? We all portray different animals at different times, but we should strive to be the owl.

ARE YOU LIKE A TEDDY BEAR?

"I think I should, but I'm not sure"



DO YOU:

- ⇒ Need approval?
- ⇒ Notice a problem, but are timid to act?
- ⇒ See costs as greater than rewards?
- ⇒ If YES, you are like a **TEDDY BEAR.**

ADVANTAGE: Willing to assist.

DISADVANTAGE: You give up intervening in order to fit in.

YOU NEED: CONFIDENCE

It's nice to be willing to help someone. You just need a small push to act on your thoughts.

Look for the next Stall Talk to see what animal will be featured next!

National Collegiate Alcohol Awareness Week October 18-24, 2009

WHAT IS A STANDARD DRINK?

A standard drink contain 14 grams of pure alcohol or about 0.6 fluid ounces

- 12 oz. of beer
- 10 oz. of malt liquor
- 4 oz. of wine
- 1.5 oz. of 80-proof liquor
- 1.0 oz. of 100-proof liquor

1 beer = same amount as one glass of malt liquor, or one glass of wine or one mixed drink



HOW TO GET HIGH NATURALLY

Join **Matt Bellace** as he teaches us *Risky Behaviors vs. Healthy Lifestyles* in his session *How to Get High Naturally!*

Monday, October 19, 2009 at 9 PM in the BTSU Ballroom

Save Your Pop Tabs!

The American Medical Student Association is collecting pop tabs for the Ronald McDonald House Charity at the Student Union Info Station and Tray Station and at the Student Rec Center! The goal is 1 million pop tabs for the holiday season!

FOLLOW THE WELLNESS CONNECTION ON TWITTER!

www.twitter.com/BGSUwellness

Keeping You & Your Friends **Safe**

- Know your limits; decide ahead of time on alcohol-free drinks to have if you hit your limit
- Stay with people you know and trust
- Don't drink and drive or let your friends drink and drive
- Plan a safe ride home before going out
- Take turns being the designated driver

MONSTER MASH WELLNESS BASH

Thursday, October 29
10 PM - 1AM



Enjoy a scary night at the Student Rec Center featuring a lantern-lit tour of BGSU's haunted buildings, BGSU's largest thriller dance, a mini health fair, Trick or Treating, a scary obstacle course, plus prizes, giveaways and a live DJ!



Come in a costume and be entered into the Grand Prize drawing!

MAKE A PLEDGE!



I Pledge:

1. To make responsible decisions if I choose to drink.
2. To not drink and drive or allow my friends to drink and drive.
3. To watch out for my friend's safety.
4. To call 911 if any indications of alcohol poisoning exist.
5. To not be angry if my friends seek help for me if I am in danger.

Visit the Student Wellness Network in the Union during National Alcohol Awareness Week from 10 AM - 1 PM and sign our Sober Driving Pledge!