

CAMPUS AND LOCAL RESOURCES

BGSU Counseling Center
104 College Park Office Building
419-372-2081

Falcon Health Center
838 E. Wooster St., Suite 202
419-372-2271

University Policy on Alcohol and Other Drugs
www.bgsu.edu/studenthandbook
pages 22-24 and 63-65

Alcoholics Anonymous
For information call The Link at
419-352-1545

Wellness Connection
214 Student Recreation Center
419-372-9355

EMERGENCY INFORMATION

A counselor is available to assist students or others who are concerned about students during regular office hours.

For assistance after hours, please contact one of the following:

- The Link, 419-352-1545
- BGSU Police, 419-372-2346
- BG City Police, 419-352-2571
- Wood County Hospital, 419-354-8900



COME Sit WITH US

If you have concerns about students feeling comfortable at the Counseling Center, please contact Garrett Gilmer, Associate Director for Counseling Services, or Richard Sipp, Executive Director of the Center for Health.

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IT'S ALL ABOUT



COUNSELING CENTER

Party Smart!



ROLL ALONG RESPONSIBLY

If you decide to drink:

- Know your BAC (Blood Alcohol Content) — the % of alcohol in your blood
- Use a BAC Card
- Decide how long you plan to drink
- Plan the BAC you'd like to maintain (at or under .06)
- Pace your drinking to maintain BAC

The BAC chart is only an estimated BAC—there are many factors that affect a person's BAC such as gender, body type, food in stomach, rate at which a person drinks, and presence of other drugs.

Note: if your weight is not included on this card, go to <http://www.dot.wisconsin.gov/safety/motorist/drunksdriving/calculator.htm> for a personalized BAC chart

Stay in the Mild

- .00 – .03 BAC Slight euphoria. Loss of shyness.
- .04 – .06 BAC Relaxed feeling, lower inhibition, minor impairment of reasoning and memory. Less cautious.

Beware of the Medium

- .07 – .09 BAC Impaired balance, speech, judgment, reasoning and reaction time. Illegal to drive at .08.
- .10 – .12 BAC Significant impairment of coordination, judgment and reaction time. Slurred speech.
- .13 – .15 BAC Blurred vision, anxiety, severely impaired coordination and judgment. Could black out or pee your pants.
- .16 – .19 BAC Nausea, higher anxiety, "sloppy" drunk, could pass out.

Keep Out of the Hot

- .20 – .24 BAC Disorientation, need help to stand/walk. Vomiting and blackouts likely.
- .25 – .29 BAC Severe impairment of mental, physical, sensory functions; risk of serious injury. Likely to pass out.
- .30 – .34 BAC Stupor, little comprehension, hard to wake. Death possible.
- .35 + BAC Coma and/or death likely.

BGSU | DIVISION of STUDENT AFFAIRS

Men's BAC Charts

If you drink, use the charts below to determine your estimated BAC and find your personal SAFE zone.

• after 1 hour of drinking

#	BODY WEIGHT								
	100	120	140	160	180	200	220	240	
1	.021	.015	.010	.007	.004	.002	.001	.000	Stay in the Mild
2	.058	.046	.036	.030	.024	.020	.018	.014	
3	.095	.077	.062	.053	.044	.038	.035	.029	
4	.132	.108	.088	.076	.064	.056	.052	.044	Beware of the Medium
5	.169	.139	.114	.099	.084	.074	.069	.059	
6	.206	.170	.140	.122	.104	.092	.086	.074	
7	.243	.201	.166	.145	.124	.110	.103	.089	Keep Out of the Hot
8	.280	.232	.192	.168	.144	.128	.120	.104	
9	.317	.263	.218	.191	.164	.146	.137	.119	

• after 3 hours of drinking

#	BODY WEIGHT								
	100	120	140	160	180	200	220	240	
2	.026	.014	.004	.000	.000	.000	.000	.000	Stay in the Mild
3	.063	.045	.030	.021	.012	.006	.003	.000	
4	.100	.076	.056	.044	.032	.024	.020	.012	
5	.137	.107	.082	.067	.052	.042	.037	.027	Beware of the Medium
6	.174	.138	.108	.090	.072	.060	.054	.052	
7	.211	.169	.134	.113	.092	.078	.071	.057	
8	.248	.200	.160	.136	.112	.096	.088	.072	Keep Out of the Hot
9	.285	.231	.186	.159	.132	.114	.105	.087	
10	.322	.262	.212	.182	.152	.132	.122	.102	
11	.359	.293	.238	.205	.172	.150	.139	.117	
12	.396	.324	.264	.228	.192	.169	.156	.132	
13	.433	.355	.290	.251	.212	.186	.173	.147	
14	.470	.386	.315	.274	.232	.204	.190	.162	

Women's BAC Charts

If you drink, use the charts below to determine your estimated BAC and find your personal SAFE zone.

• after 1 hour of drinking

#	BODY WEIGHT								
	100	120	140	160	180	200	220	240	
1	.029	.021	.016	.012	.009	.006	.004	.002	Stay in the Mild
2	.074	.058	.048	.040	.034	.028	.024	.020	
3	.119	.095	.080	.068	.059	.050	.044	.038	
4	.164	.132	.112	.096	.084	.072	.064	.056	Beware of the Medium
5	.209	.169	.144	.124	.109	.094	.084	.074	
6	.253	.206	.176	.152	.134	.116	.104	.092	
7	.299	.243	.208	.180	.159	.138	.124	.110	Keep Out of the Hot
8	.344	.280	.240	.208	.184	.160	.144	.128	
9	.389	.317	.272	.236	.209	.182	.164	.145	
10	.434	.354	.304	.264	.234	.204	.184	.164	

• after 3 hours of drinking

#	BODY WEIGHT								
	100	120	140	160	180	200	220	240	
2	.042	.026	.016	.008	.002	.000	.000	.000	Stay in the Mild
3	.087	.063	.048	.036	.027	.018	.012	.006	
4	.132	.100	.080	.064	.052	.040	.032	.024	
5	.177	.137	.112	.092	.077	.062	.052	.042	Beware of the Medium
6	.222	.174	.144	.120	.102	.084	.072	.060	
7	.267	.211	.176	.148	.127	.106	.092	.078	
8	.312	.248	.208	.176	.152	.128	.112	.096	Keep Out of the Hot
9	.357	.285	.240	.204	.177	.150	.132	.114	
10	.402	.322	.272	.232	.202	.172	.152	.132	
11	.447	.359	.304	.260	.227	.194	.172	.152	
12	.492	.396	.336	.288	.252	.216	.192	.168	
13	.537	.433	.368	.318	.277	.238	.212	.186	
14	.582	.470	.400	.344	.302	.260	.232	.204	

1 DRINK = 12oz beer or 1 shot liquor or 5oz wine; ONE Long Island iced tea = 4-5 drinks

OUT ON THE TOWN WITH ORANGE AND BROWN



ALCOHOLIC STANDARD DRINKS



12 fl oz of regular beer

1.5 fl oz of 80 proof liquor

5 fl oz of table wine

Jungle Juice
Who knows?

TIPS FOR SAFE DRINKING

- Skip the pre-game
- Set your drink limit
- Don't mix alcohol with drugs
- Eat before and during drinking
- Stay away from drinking games
- Keep track of how many drinks you've had
- Take less money with you when you go out
- Sip, don't chug, your drinks
- Drink non-alcohol drinks with alcoholic ones
- Avoid straight shots of hard liquor
- Don't leave your drink unattended

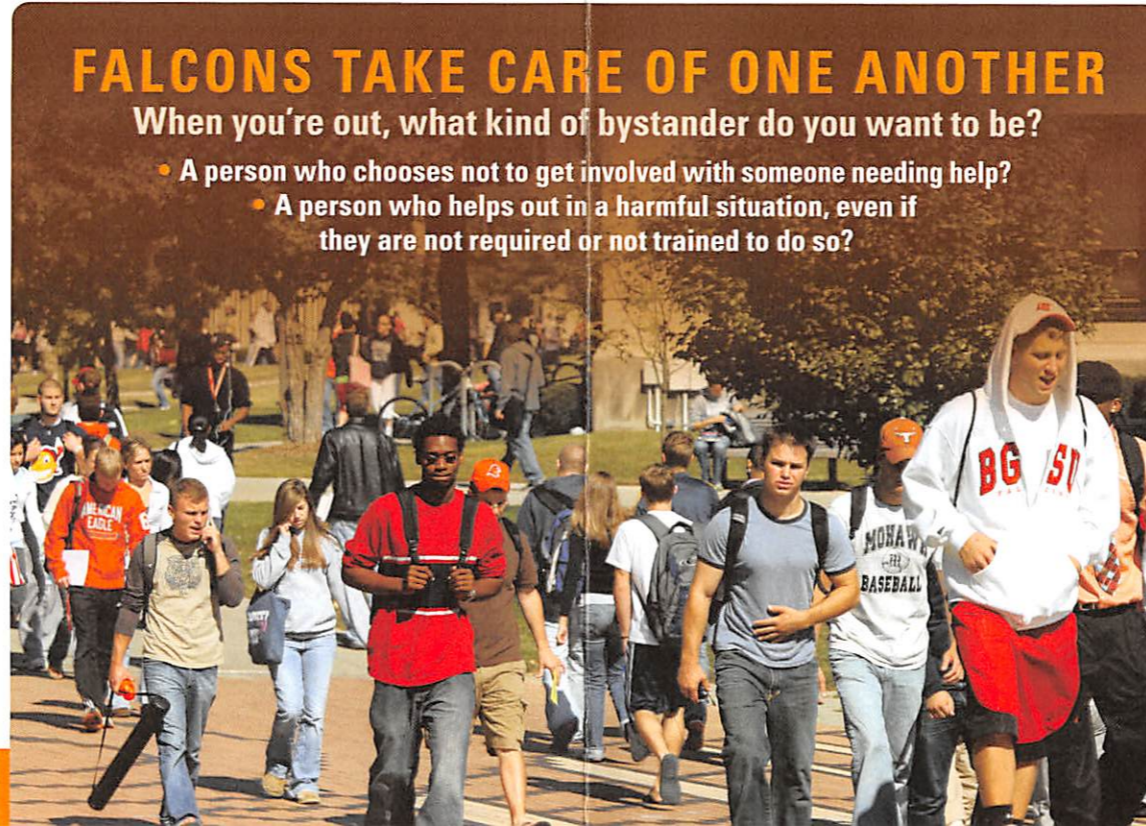
BGSU STUDENTS SAY THIS ABOUT ALCOHOL USE

- Most BGSU students do not let drinking get in the way of their studies.
- Most BGSU students who drink choose a designated driver.
- Most BGSU students do not drink to the point where they do something they later regret.
- Most BGSU students keep track of how much they are drinking.

FALCONS TAKE CARE OF ONE ANOTHER

When you're out, what kind of bystander do you want to be?

- A person who chooses not to get involved with someone needing help?
- A person who helps out in a harmful situation, even if they are not required or not trained to do so?



The only thing that will sober someone up is **TIME**

**BAC can continue to rise even after they've become unresponsive.
Call 911 when in doubt.**

ALCOHOL POISONING

A fatal dose of alcohol can stop your heart and ability to breathe.

Signs of Alcohol Poisoning are:

- Unresponsiveness
- Vomiting
- Seizures
- Slowed/irregular breathing
- Mental confusion
- Cold and clammy skin
- Bluish or pale fingertips or lips

What to do if you see signs of Alcohol Poisoning:

- Call 911 immediately
- Place person on their side to prevent choking on vomit
- Do not leave the person alone