

The RED WATCH BAND

HOW TO SAVE A FRIEND'S LIFE...
AND CHANGE A CULTURE!

Students Helping Students

- The GOAL of the RED WATCH BAND is to insure that all students are provided with accurate information about the dangers of alcohol use and know when, where and how to get help because every second counts.
- The MISSION of the RED WATCH BAND is to provide students with the awareness, knowledge, and skills to prevent toxic drinking deaths and to promote a student culture of kindness, responsibility, compassion and respect.

BYSTANDER INTERVENTION

**1825 college age students
die EACH YEAR from alcohol
related injuries.** (Hingson et al., 2009)

MATHEW SUNSHINE

1989 – 2008

BARRIERS to Intervention

- Worried about someone's drinking?
- What do you do with your worries?
- Why would students NOT call for help?

What is TOXIC/BINGE Drinking?

5+ drinks
for **MEN**

4+ drinks

For **WOMEN**



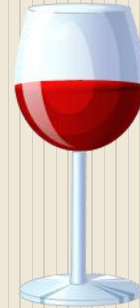
What constitutes one drink?



One 12 oz beer
5% alcohol



One 8.5 oz malt liquor
7% alcohol



One 5 oz glass of
Wine
12% alcohol



Standard shot glass
1.5 oz
40% alcohol

What is the Drink Equivalent of *this...*



And this...

FOUR
Loko



What organs in the body are NOT effected by alcohol intake?

ALL organs are effected.

The liver can only filter ONE UNIT of alcohol per hour; the excess is absorbed through the stomach lining into your blood stream and transported to the rest of your organs, as a depressant to the BRAIN, the HEART and all other organs.

There is NOTHING that can be done to speed up the metabolism of alcohol once it's in your system.

“Once you have too much alcohol in your body, you're just along for the ride – you're gonna live or die, there's nothing you can do about it”

- Aaron White, Duke University, Dept of Psychiatry



BAC (Blood Alcohol Content)

KNOW YOUR LIMIT

Approximate Blood Alcohol Content (BAC) In One Hour

Source: National Highway Traffic Safety Administration

Drinks	Body Weight In Pounds								Influenced
	100	120	140	160	180	200	220	240	
1	.04	.03	.03	.02	.02	.02	.02	.02	Possibly
2	.08	.06	.05	.05	.04	.04	.03	.03	
3	.11	.09	.08	.07	.06	.06	.05	.05	Impaired
4	.15	.12	.11	.09	.08	.08	.07	.06	
5	.19	.16	.13	.12	.11	.09	.09	.08	Legally Intoxicated
6	.23	.19	.16	.14	.13	.11	.10	.09	
7	.26	.22	.19	.16	.15	.13	.12	.11	
8	.30	.25	.21	.19	.17	.15	.14	.13	
9	.34	.28	.24	.21	.19	.17	.15	.14	
10	.38	.31	.27	.23	.21	.19	.17	.16	

Subtract .015 for each hour after drinking.

One drink is based on 1.5 oz. of 80 proof liquor (40%), 12 oz. beer (4.5%), or 5 oz. wine (12%).

BAC is the amount of alcohol circulating in the Blood Stream when drinking. As your BAC increases, so does your level of impairment.

There are different factors that can affect BAC:

Gender, Body Weight, Menstruation, Tolerance

High Risk Environments...

MYTHS to Sober Up

1. Drinking Coffee or Energy Drinks
2. Splashing Cold Water or Cold Shower
3. Exercise or Walking it Off
4. Bread/Food
5. Sleep it off

TIME



EVERY SECOND COUNTS...

SIGNS OF LIFE-THREATENING OVERDOSE

- PERSON IS PASSED OUT OR SEMI-CONSCIOUS AND CANNOT BE AWAKENED
- PERSON VOMITS WHILE SLEEPING OR PASSED OUT AND DOES NOT WAKE UP
- RATE OF BREATHING SEEMS SLOW OR IRREGULAR
- PERSON HAS COLD, CLAMMY, PALE OR BLUISH COLOR SKIN

ROLE PLAYS

1. OBSERVE the situation.
2. CALL 632-3333.
3. STAY with the person until help arrives.

THANK YOU!

