

IT'S A CLASS C MISDEMEANOR TO:

- ▶ Possess or consume alcoholic beverages;
- ▶ Purchase or attempt to purchase alcoholic beverages;
- ▶ Misrepresent your age to obtain alcoholic beverages;
- ▶ Operate a motor vehicle or watercraft while having ANY detectable amount of alcohol in your system.

CONSEQUENCES

- ▶ Fine up to \$500;
- ▶ Alcohol awareness class;
- ▶ Community service;
- ▶ Driver's license suspension or denial.

If you are 17 or older, on the third offense, the fine increases to \$2,000 and/or up to 180 days in jail, in addition to driver's license suspension.

MORE CONSEQUENCES

Alcohol plays a significant role in risky sexual behavior and increases the risk of physical and sexual assault. Among college students under age 21, 50,000 experience alcohol-related date rape, and 43,000 are injured by another student who has been drinking.

www.niaaa.nih.gov

HAZING IS A CRIME

Participating in hazing in any way is illegal. Failure to report hazing is also illegal.

Eighty two percent of deaths from hazing involve alcohol.

Hazing is not just a "Greek" problem. It affects athletic groups, service organizations, clubs, high school students, even the military.

Alcohol plays a major role in hazing behaviors. Participation in drinking games is a leading hazing behavior across nearly all student organizations and teams.

National Study of Student Hazing

Report hazing to your school's Dean of Students or other appropriate office. Many schools allow you to make these reports anonymously.

Have questions or concerns?

questions@tabc.state.tx.us

Texas Alcoholic Beverage Commission

5806 Mesa Drive

P.O. Box 13127

Austin, Texas 78711

512-206-3333 (Information)

1-888-THE-TABC (Complaints)

TDD/TTY: 711

www.tabc.state.tx.us

www.2young2drink.com



TABC
TEXAS ALCOHOLIC BEVERAGE COMMISSION
service ★ courtesy ★ integrity ★ accountability

OJJDP

06/11

College Students

*... look out for yourself
... look out for your future
... look out for your friends*



**Texas
Alcoholic
Beverage
Commission**



Congratulations! You're in college now and you have worked really hard to get here. You are finally on your own with the whole world in front of you and there are so many different roads you can choose. It's all in your hands. The choices you make now can be with you forever. All choices have consequences, some good and some bad.

The consequences of underage drinking and over-consuming alcohol can be very costly and sometimes...deadly. Don't let that be one of your choices. It's just not worth it.

It's your future. Make the right choices now so there are no regrets later.

TABC developed this brochure in order to help you understand the consequences of excessive and underage drinking.

Sherry Cook

Assistant Administrator
Texas Alcoholic Beverage Commission

SOME STAGGERING STATISTICS

The consequences of excessive and underage drinking affect everyone in the college community. It doesn't matter if the students are younger or older than 21. It doesn't matter if the students choose to drink or not. Everyone is still affected.

Alcohol Consumption: About four in five of all college students drink, including nearly **60%** of students age 18 to 20.

Binge Drinking: More than **40%** of college students have reported engaging in binge drinking at least once during the past 2 weeks.

Deaths: An estimated **1,700** college students between the ages of 18 and 24 die each year from alcohol-related unintentional injuries, including motor vehicle crashes.

Injuries: An estimated **599,000** students between the ages of 18 and 24 are unintentionally injured under the influence of alcohol each year.

Assaults: An estimated **696,000** students between the ages of 18 and 24 are assaulted by another student who has been drinking each year.

Sexual Abuse: An estimated **97,000** students between the ages of 18 and 24 are victims of alcohol-related sexual assault or date rape each year.

There are many other problems associated with underage drinking and over-consumption of alcohol such as:

- | | |
|-------------------|---------------------------|
| Unsafe sex | Drunk driving |
| Academic problems | Vandalism/property damage |
| Health problems | Alcohol abuse/dependency |
| Suicide attempts | Legal problems |

Sources:
National Institute on Alcohol Abuse and Alcoholism
www.collegedrinkingprevention.gov

ALCOHOL POISONING

Alcohol poisoning occurs when someone has consumed more alcohol than their body can safely metabolize. *Remember:* It takes the body 1 to 1½ hours to process a single drink. Your body is still affected even after you quit drinking.

Signs of Alcohol Poisoning

- Unconscious or semiconscious (passed out)
- No response to pinching
- Slow or irregular breathing: less than 8 breaths per minute, 8-10 seconds between breaths
- Low body temperature
- Slow heart rate
- Bluish or pale, cold clammy skin
- Vomiting while "sleeping" or passed out

Alcohol poisoning is a medical emergency.

Don't wait for all symptoms to be present before calling 911. Even a person with only a few of these symptoms is at risk for death.

What if they don't wake up?

- Call **911** for help.
- Keep him/her on their side.
- Perform CPR until medical help arrives if their pulse is less than 40 beats per minute or their breathing is less than 8 breaths per minute.
- Don't panic.
- Don't leave them alone to "sleep it off".
- Don't give them food or coffee.
- Don't try to make them vomit.
- Don't put them in a cold shower.