lowering of caution - increased risk taking
loss of fine motor coordination
inability to do complex tasks
slurred speech; too loud or too fast
lowered reasoning ability
loose muscle tone
inability to walk or staggering
slower reaction times
glassy eyes
blurry or double vision hearing problems
loss of short and/or long term memory
heavy sweating
skin cool to touch
anxiety, restlessness
mental confusion
slower pupil response

Anyone who is showing any of the signs above should be encouraged to stop drinking, and be watched.

DEATH BY ALCOHOL
Alcohol depresses the nerves that control involuntary functions such as breathing and the gag reflex. An overdose of alcohol can cause death or irreversible brain damage by:

- choking on vomit
- breathing slows, becomes irregular or stops
- heart beats irregularly or stops
- hypothermia
- hypoglycemia leading to seizures
- severe dehydration from vomiting can cause seizures, permanent brain damage, or death

WHEN TO CALL FOR HELP
CRITICAL SIGNS OF ALCOHOL POISONING
If a person displays any of the symptoms listed below after drinking alcoholic beverages, you should seek help immediately:

- mental confusion, stupor, coma, or person cannot be roused.
- vomiting
- seizures
- slow breathing - fewer than 8 breaths per minute irregular breathing - 10 seconds or more between breaths
- hypothermia - low body temperature, bluish skin color, paleness

No one wants to see a friend in trouble, but when you ignore the signs of alcohol poisoning, you may be placing your friend’s life in jeopardy. Even if the person lives, an alcohol overdose may lead to irreversible brain damage.

RESOURCES
There are a number of community resources that may be contacted to assist you if you have concerns or need immediate help with an alcohol problem. There are additional resources within your home community as well. Please do not hesitate to contact any of those resources if you need help for yourself, friend or family member.

UNIVERSITY
Student Health Services 342-1891
Counseling Services 342-1865
Student Affairs 342-1854
University Police 342-1584

COMMUNITY
Southwest Health Center 348-2313
Unified Counseling -
24 Hour Emergency 800-362-5717
Family Advocates Abuse Services 348-5995
24 Hour Help Line 800-924-2624
Alcohol-Drug Treatment 800-454-8966

Information provided by the
University Police
134 Brigham Hall
1 University Plaza
Platteville WI 53818-3099 608-342-1584
www.uwplatt.edu/police

You finished moving into your room, met your roommate, and your family has gone home. You are finally on your own and ready to meet new friends at one of the parties you have heard about.

If you decide to attend a party, and choose to drink alcoholic beverages, then you should be aware of the possible consequences if you are under the age of 21.

The University Police does not normally issue “warnings” for underage drinking violations. If you are under the age of 21 and do anything to attract the attention of a police officer, after drinking alcohol, you will most likely be arrested, and issued a citation. There are situations where an alcohol violation may be a factor in an investigation, but the crime committed is more important than pursuing an alcohol violation. (i.e. sexual assault, domestic abuse, etc.) However the majority of contacts by the University Police with underage drinkers have to do with loud music, disorderly conduct, suspicious behavior, damaging property, personal injury, accidents and driving violations.

Unfortunately police are seeing an increase in the number of young drivers, under the age of
21, being arrested for underage drinking. Wisconsin has an Absolute Sobriety statute which states that anyone under the age of 21 cannot have any alcohol in his/her blood when driving or operating a motor vehicle. If the driver’s alcohol concentration is .08 or higher, the driver/operator will probably be arrested for operating a motor vehicle after consuming alcoholic beverages risks the possibility of having his/her driver’s license suspended, and motor vehicle insurance rates increased considerably. Needless to say, the consequences are greater if the decision to drive involves a vehicle accident, and escalates if there are injuries or death.

CONSEQUENCES OF DRINKING
Information provided by the Core Institute, an organization that surveys college drinking practices "indicates that 300,000 of today's college students will eventually die of alcohol related causes." (Drunk driving accidents, cirrhosis of the liver, cancer and heart disease.)

Core Institute statistics also indicate that 159,000 first year college students will drop out of school for alcohol or drug related reasons. The Core Institute estimates that the average college student will spend $900 on alcohol each year!

The National Institute on Alcohol Abuse and
- Alcoholism provides these statistics from 2002:
  1,400 students die from alcohol related causes
  (1,100 of these are related to driving)
  500,000 students suffer non-fatal injuries
  400,000 have unprotected sex
  More than 100,000 students are too intoxicated to know whether they consented to sexual intercourse
  1.2 percent of students attempted suicide related to alcohol or drug use
  More than 150,000 students developed health problems related to alcohol use.
  11 percent of students damaged property

SEXYAL ASSAULT AND ALCOHOL

Research indicates that the number of students who are binge drinking frequently is increasing, but statistics also indicate the number of students abstaining or only drinking infrequently without getting intoxicated is also increasing! It is unfortunate that those who choose not to drink must suffer the secondary effects of alcohol use. The secondary effects of alcohol use include:

- study or sleep interrupted
- having to take care of an intoxicated friend or roommate
- being insulted or humiliated
- experiencing unwanted sexual advances
- serious argument or quarrel
- being pushed, hit or assaulted
- being the victim of a sexual assault or acquaintance rape

There are also community consequences for neighborhoods surrounding campuses and areas that are known for parties. These include:

- alcohol related noise and disturbances
- vandalism and theft of property
- public drunkenness
- vomit and public urination on private property

RAPID BINGE DRINKING
This type of drinking normally occurs on a bet or dare. It is commonly associated with the 21st birthday celebration. The Remove Intoxicated Drivers Organization estimates that 4,000 deaths occur each year from alcohol overdose primarily caused by drinking too much alcohol too fast. In other words, the 21 shots on your 21st birthday can be deadly.

This type of drinking can be deadly because the individual consumes a fatal dose of alcohol before passing out. Even after the person stops drinking, alcohol is still entering the bloodstream from the stomach and intestine. Do not make the assumption that the person will be okay by "sleeping it off."

ALCOHOL POISONING
The National Council on Alcoholism and Drug Dependence discovered that students are surprised to learn that they can die from an alcohol overdose. At the most, they expect a bad hangover and maybe a "blackout."

Some of the signs indicating that someone is drunk include:

- feeling of well-being and relaxation
- lower inhibitions
- sensation of warmth