

Party Smart



Whether we're celebrating the end of finals, a Buckeye victory, or just enjoying time with friends, fond memories and great stories often include having some drinks. However, many of us know someone who has overdone it and gotten themselves or somebody else hurt because of alcohol. This website gives you some ideas on how to have fun without endangering yourself or anybody else.

EVERYBODY'S DOING IT

Get the Facts!

Ohio State students overestimate dangerous drinking habits among other students. In reality, Ohio State students party smart.

Myth: Many Ohio State students drink excessively... it is just a part of being in college.

Fact: More than 60% of OSU students choose NOT to binge drink (consume 5 or more drinks in a sitting.) Actually, the majority of OSU students (80%) have between 0-6 drinks when they party.

Myth: "I only had five beers, brah. I'm cool to drive. Just call me the DDD, designated drunk driver."

Fact: Having five beers in one hour will put a 160 pound male at a .10 BAC which is OVER the legal driving limit. 92% of OSU students always use a designated driver or choose not to drink at all!

Myth: If both people are drunk when they have sex, it can't be rape/sexual assault.

Fact: No one can legally give consent when they are substantially impaired. Being drunk isn't an excuse to not get consent. It is the initiator's responsibility to gain consent. No matter what an impaired person may verbalize at the time, if they feel violated/victimized, it should be taken seriously.

Good Info

It doesn't take a PhD to remember these quick facts:

Drink Water. Drink water along with and in between alcoholic drinks and down a couple more glasses of water before you go to bed. It rehydrates your body and reduces the risk of a hangover so you're not miserable during the game, class, or work.

Fact: Ohio State students alternate alcoholic and non-alcoholic drinks throughout the night and you can always drink a glass of water before or after you socialize.

Source: Spring 2012 American College Health Association
National College Health Assessment

ALCOHOL POISONING & DRUG OVERDOSING

What You Need to Know

Symptoms:

- The person is unconscious or semi-conscious and cannot be awakened.
- The person's skin is cold or clammy and has pale or bluish color.
- Slow breathing - less than eight breaths per minute or lapses between breaths of more than eight seconds.
- Vomiting while "sleeping" or passed out, and not waking up after vomiting.

If a person has ANY of these symptoms, they need help!

Call 911

Do not leave the person alone! Turn the person on her/his side to prevent choking in case of vomiting.

Get help. Your friend will not be angry because you care!

You will NOT get in trouble for helping someone with alcohol poisoning. PLEASE, do not be afraid to help a friend or fellow student in need!

News Flash:

Partying smart isn't just about drinking responsibly -- it's important to take care of your whole body. The Student Wellness Center offers FREE HIV, Chlamydia, and Gonorrhea testing to students. Additionally, students who become members of the Safer Sex Society have access to barriers and condoms -- up to 25 for just \$5 every day. For more information, check out go.osu.edu/safersexsociety. Come and use these services - no questions asked.

Phone: 614.292.4527 Address: B130 RPAC

BLOOD ALCOHOL CONTENT

.02% to .03%

Light-headed - Mildly relaxed, mood may be mildly intensified.

.05% to .07%

Buzzed - Feel warm & relaxed, good moods are better & bad moods are worse, euphoria, may talk louder/act bolder than usual.

.08% to .10%

Legally Impaired - May slur speech, balance/motor skills become impaired, sight/hearing ability clearly diminished, judgment/self-control impaired, may make poor/risky sexual choices.

.11% to .15%

Drunk - "High", balance very impaired, judgment, memory and motor skills impaired, may forget how many drinks you have had past this point, men may have trouble functioning sexually.

.16% to .19%

Very Drunk - Euphoria may give way to unpleasant feelings (depression), difficulty talking/walking/standing, sharp increase in chances of physically injuring yourself or others, may experience a blackout at this level or higher, nausea, dizzy, blurred vision.

.20%

Confusion and Disorientation - May need help to stand or walk, if you hurt yourself, you probably won't realize it because the alcohol has numbed your pain and your judgment is so impaired you might not do anything about it, nausea and vomiting common, getting very dangerous because gag reflex is impaired, so you could choke if you do throw up (especially if you pass out).

.30%

Stupor - Likely to pass out involuntarily (as opposed to lower BAC's where you may decide to stop drinking and go to sleep), if passed out, may be difficult for others to wake you, possible to die from alcohol poisoning or choking on vomit at this level and higher.

.35%

Equivalent to general anesthesia. Breathing may stop.

.40%

Coma likely. Breathing and heartbeat slowed to dangerous levels due to slowdown in nerve activity.

Did you know?

The average man's BAC will go up .02% for each standard drink he consumes while the average woman's BAC will go up .035% for each standard drink she consumes?

Calculate your personalized BAC by checking out: www.swc.osu.edu

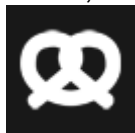
SMART TIPS

For You

Pimping Out Your Crib:



- **Non-Alcoholic Drinks:** Have stuff around that is not alcoholic. Pick up some water, Powerade, Coke, and juice.



- **Pretzels & Chips:** Everybody likes pretzels and chips when they drink and they're super cheap. Grab a couple bags. Not to mention, a full stomach slows the pace at which alcohol is absorbed so you don't get hit with that "suddenly sick" feeling.



- **Toilet Paper:** Ask most party-goers-the host never has enough toilet paper. Always keep a ton of toilet paper around.



- **Cleaning Supplies:** No one wants to stick to their own floor when they're walking around the day after a party. Pick up some Fantastik for stains, some general cleaning supplies like a broom, a bucket, a mop, extra trash bags, and air fresheners.

You Are What You Eat

It's important to remember that alcohol is a food, just like everything else we consume. Know what you are putting into your body.

Fact: When they party, Ohio State students that drink make sure to eat before/and or during drinking. Hello, delivery pizza!

Alcohol and Calories

Although calorie information for drinks and brands varies, this information is based on averages for one drink.

Type	Calories
12 oz. beer, regular	140
12 oz. beer, light	100
1.5 oz. hard liquor	80
5 oz. wine	130

12 oz. wine cooler 200

4 oz. liquor 130

For Your Guests and Friends

Respect your neighbors and landlord:

There are at least two reasons why you do not want to be the inconsiderate neighbor. First, people like to get that guy in trouble. Second, if you're not home and your neighbor sees someone hit your car or walk out of your house with your TV, they are more likely to help you if they know you and like you.

Clean up what you mess up:

Simple-Clean up what you mess up.

Have at least one person there who is not drinking:

If you and your friends are set on having a crazy night, it only makes sense to have someone there with their wits about them. Let this person be the one who drives you to Taco Bell at 2:00 am, or calls the police if something happens, and makes sure that no one is getting dangerously drunk.

Hitch a Ride:

Post a sign by the door that lists the phone numbers to get a taxi.

Special note to women:

The reality is that women end up with higher amounts of alcohol in their blood, causing higher rates of impairment than guys after drinking the same amount of alcohol. Have a plan to keep yourself sober and/or safe.

Making new friends?

The more people you don't know at your party, the greater potential for bad things to happen. Fights, theft, and people getting hurt or in trouble happen more often when you don't know who's at your party. Keeping the size of your party small and putting up fences cuts down on the number of randoms who will come into your party and steal your DVDs and remote control.

Fact: Ohio State students stick together by staying with the same group of friends the entire time they are drinking.

RIGHTS AND RESPONSIBILITIES

Underage consumption, purchasing or possession of alcohol:

The legal drinking age in Ohio for consumption of an alcoholic beverage is 21. Purchasing, possessing or consuming alcohol prior to your 21st birthday is a first-degree misdemeanor. The maximum penalties associated with this offense are six months imprisonment or a \$1,000 fine or both. A 20-year-old student, therefore, risks being imprisoned and fined when he/she decides to drink alcohol at a party or elsewhere.

Providing alcohol to an underage person:

A person who furnishes alcohol to an underage person is guilty of a first-degree misdemeanor. The maximum penalty associated with this offense is six months imprisonment or \$1,000 fine or both. A social host, therefore, risks being fined and imprisoned when he/she furnishes alcohol to a person who is not 21 years of age. Keep in mind that the bigger your party is, the more people there that you don't know, the greater the chance of getting caught and/or charged.

Fake ID:

Possession or display of a fictitious operator's license is a first-degree misdemeanor. The offense includes mere possession of a fictitious license or display of someone else's valid operator's license. The maximum penalties for this offense are six months imprisonment or a \$1,000 fine or both. Moreover, if the fictitious operator's license is utilized to purchase alcohol or enter an establishment that serves alcohol, the minimum fine must be at least \$250 and the person displaying the fictitious operator's license may have his/her valid operator's license suspended for two years.

Operating a Vehicle Under the Influence of Alcohol or Drugs (OVI):

In Ohio, a person may not operate a motor vehicle if he/she is impaired by alcohol and/or drugs. The maximum penalty for operating a vehicle while under the influence is six months imprisonment (mandatory at least three days in jail) or a \$1,000 fine (a mandatory minimum fine of \$250 or three-day alcohol treatment program) or both. Additionally, the operator must forfeit his/her driving privileges for six months. Driving under the influence is treated very seriously at Ohio State. Driving under the influence not only risks the safety of the driver, but it also risks the safety of the OSU community. Any student involved in a DUI/OVI may be subject to University disciplinary action under the Code of Student Conduct, including the possibility of suspension or dismissal from the University. If a police officer has sufficient evidence to believe that a person operated a vehicle while impaired and that person either refuses to take a test to detect the presence of alcohol or drugs or tests above the legal limit (.08% BAC for alcohol), the officer can take that person's driver's license on the spot and the suspension begins immediately. If the person is between 16 and 20 years old, the legal limit is .02% BAC.

Open Container:

It is illegal to possess in public an open container of an alcoholic beverage. Conviction of this offense carries a maximum penalty of a \$150 fine. Consumption of alcohol in a motor vehicle is a fourth-degree misdemeanor with maximum penalties of 30 days imprisonment or a \$250 fine or both.

Disorderly Conduct:

Disorderly conduct while intoxicated is a minor misdemeanor and carries a maximum penalty of a \$150 fine. Disorderly conduct can be elevated to a fourth-degree misdemeanor (for example, if the person persists after a request to desist). Disorderly conduct occurs when one recklessly causes inconvenience, annoyance or alarm to another due to offensive conduct. Disorderly conduct also occurs when one makes unreasonable noise or engages in conduct that is detrimental to the life and health of any individual.

Littering:

State and local law prohibit depositing cups, cans or other waste on public property. Violators are guilty of a third-degree misdemeanor carrying a maximum penalty of a \$500 fine and up to 60 days in jail.

Prevent or hamper police, fire or EMS personnel from doing their jobs:

The Columbus City Code prohibits misconduct at an emergency. This means hampering police officers, firefighters, emergency medical personnel, and other public officials while they are doing their jobs at the scene of a fire, accident, riot, or emergency of any kind. You must obey all lawful orders given by such persons at an emergency site. Misconduct at an emergency is a fourth-degree misdemeanor carrying a maximum penalty of a \$250 fine and up to 30 days in jail.

Rioting and Aggravated Rioting:

Rioting is defined as four or more persons engaged in disorderly conduct, and it is "aggravated" if those involved commit or act with the purpose to commit a felony or an act of violence. Aggravated Riot also includes situations where those involved are carrying weapons. Aggravated Riot is a felony, and Riot is a first-degree misdemeanor. Under a law passed in 2003, if you are convicted of rioting or aggravated rioting, you will be immediately expelled for one year from all state-supported colleges in Ohio, and will be ineligible for state financial aid for two years.

Order to Disperse/Riot Act:

You must immediately disperse (leave the area) when ordered to do so by police in a riot or other emergency situation. You must follow the orders of police and leave the area. If you fail to obey an order to disperse, you may be arrested, subjected to riot control procedures (such as use of pepper spray), or both.

POLICIES

OSU Code of Conduct

It is a violation of The Ohio State University Code of Student Conduct to participate in off-campus behavior that causes substantial property damage or serious harm to the health or safety of members of the University community. Some examples would be hosting an out-of-control party, setting fires, setting off fireworks, standing on or rocking cars, throwing glass bottles or other dangerous items, and rioting (4 or more persons engaged in disorderly conduct).

Failure to obey orders to disperse from law enforcement or University authorities is a Code violation. Bystanders and "cheerleaders" at disturbances may be subject to University discipline. In addition to any civil or criminal charges you might face for these behaviors, you will also be subject to University judicial action and could be suspended or dismissed from Ohio State.

It is a violation of The Ohio State University Code of Student Conduct to engage in sexual misconduct. This includes physical contact or other non-physical conduct of a

sexual nature in the absence of clear, knowing and voluntary consent. Consent is defined as the act of knowingly and affirmatively agreeing to engage in a sexual activity. An individual cannot consent who is substantially impaired by any drug or intoxicant. Consent may be withdrawn at any time.

For additional information specific to The Ohio State University Sexual Misconduct Policy, check out: go.osu.edu/sm-policy

For more information, contact Student Conduct, at 292-0748 or view the full Student Code of Conduct at: studentlife.osu.edu/csc

OSU Alcohol Policy

The university prohibits the illegal use of alcohol and complies fully with federal, state and local regulations regarding the sale, possession and consumption of alcoholic beverages. All members of the University community are held responsible for their behavior and for respecting the rights of others. The University is committed to providing the community with education regarding high-risk alcohol use and to making health-enhancing experiences a priority.

The University's full policy can be found at: studentlife.osu.edu/pdfs/osu-policy-on-alcohol.pdf

Good Samaritan Guide

In cases of intoxication and/or alcohol poisoning, the primary concern is the health and safety of the individual(s) involved. If an intoxicated student is in need of medical assistance, it is the University's priority to assist that student without punitive consequence. In most cases, neither the intoxicated individual, nor an individual/group who assists will be subject to punitive University disciplinary action. This does not excuse or protect those who flagrantly or repeatedly violate The Ohio State University Code of Student Conduct and the Residence Hall Handbook in regard to alcohol. The Good Samaritan guide applies to straightforward cases of alcohol poisoning only. If other infractions occur, such as assault or property damage, then the clause does not apply.

IMPORTANT NUMBERS

Here are some numbers that may be helpful in case a problem or risky situation arises.

Remember to ALWAYS call 911 in an EMERGENCY!

Resource	Phone
OSU Police non-emergency	614-292-2121
Ohio Dept of Public Safety Liquor Enforcement Hotline	1-877 4MINORS
Central Ohio Poison Center	1-800-222- 1222
Wooster Express (24 hours)	(330) 202-7623
Wooster Taxi Service (24 hours)	234) 249-4715
Student Success Services	330-287-1340
Sexual Violence Education and Support	614-292-4527

To Report Sexual Assault
call 9-1-1 if it is an emergency or the
OSU Police at (614)292-2121 as soon as
possible.

Sexual Assault Support Resources
<http://www.titleix.osu.edu/sidebar-resources/response/resources.html>

Important information for Alcohol Education and Assistance:

Resource**Phone****Website**

Alcohol: ScreenU

www.go.osu.edu/screeningMarijuana: go.osu.edu/screenumjwww.go.osu.edu/screenumj

Prescription drugs:

www.go.osu.edu/screenurx**The Ohio State University**

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Student Wellness Center, Room B130 RPAC, 337 W. 17th Avenue, Columbus, OH
43210Phone: 614-292-4527 | wellness@osu.eduIf you have trouble accessing this page, [request an alternate format](#).

Adapted to include Wooster Campus and Community Resources February 2017 (rm)