



PARTY ANIMALS?

The Real Story at UNH

UNH MYTHS

College is the time to party.
UNH is a party school.
Everyone drinks every weekend.
Everyone drinks to get drunk.



UNH REALITY

UNH STUDENTS REPORT:

51.6% drink  or fewer alcoholic drinks/week
21.6% don't typically consume alcohol weekly
13.3% didn't drink in the last year

MAJORITY OF UNH STUDENTS:

Limit partying with alcohol to 0-1 times/week
Don't experience negative consequences from their use of alcohol

FACT:
Students drink less
as they progress
through college.



Health & Wellness



SIZE MATTERS

KNOW YOUR LIMIT

Q. How much alcohol do you typically consume when you drink?

A. The concept of a “standard drink” will help you calculate how much alcohol is in the beverages you are consuming.

A STANDARD DRINK....

Although the drinks below are different in size, each one contains the same amount of pure alcohol and counts as 1 drink.

12 ounces of regular beer

Natural Ice, Coors Light, Bud Light. Not including some craft/microbeers. *



about 5% alcohol

8-9 ounces of malt liquor

spiked seltzers, hard lemonades, etc. (Shown in a 12 oz, glass)



about 7% alcohol

5 ounces of wine



about 12% alcohol

1.5 ounce shot of 80-proof liquor

vodka, tequila, rum, whiskey, gin, etc.



about 40% alcohol

*The percent of “pure” alcohol, expressed here as alcohol by volume (alc/vol), varies by beverage. Read labels carefully on microbrews and malt liquor because the amount of pure alcohol varies widely.

Just 1 standard drink will raise your blood alcohol concentration (BAC). Your body can only process 1 standard drink/hour.



Health & Wellness



DRINKING, IT'S YOUR CHOICE.

WE ASKED UNH STUDENTS...

Q. What are the **DESIRABLE THINGS** about drinking at UNH?

A. Some UNH students **LIKE DRINKING** because they experience desirable things such as...

Being social with friends and meet new people
Having a good time
Relaxing and feeling good

Feeling more confident
Creating UNH memories
Relieving stress

Notice anything? You can do all these things without alcohol. Just sayin'.

Q. What are the **UNDESIRABLE THINGS** about drinking at UNH?

A. Some UNH students **DON'T LIKE DRINKING** because they experience undesirable things such as...

Hangovers
Blackouts/memory loss
Injury to self or others
Unprotected sex
Getting into trouble with UNH or police

Fights with friends, strangers, partners
Regrettable decisions
Throwing up, alcohol overdose
Spending too much money on alcohol
Missing classes or getting bad grades

Notice anything? Undesirable experiences outnumber desirable.
Just sayin'.





IF YOU DRINK, TRY THESE TIPS.



Keep track of how much you drink by counting your “standard drinks.”



Set your own limits of how much you want to drink, and stick to it



Don’t chug. Don’t drink too much, too fast. This will help avoid hangovers and blackouts.



Experiment with drinking less and refusing drinks. Know what you are going to say to refuse a drink.



Eating before and while drinking helps slow down the pace at which alcohol is absorbed in the body.



Be cautious when drinking hard liquor or mixed drinks. Don’t accept drinks from others.



Avoid drinking games or playing “catchup” to your friends.



Alternate alcohol drinks with nonalcoholic drinks and space your drinks out over time.



Don’t use alcohol with stimulants, such as Red Bull. The mix can lead to increased intoxication.





HELPING...

ALCOHOL EMERGENCIES

ALCOHOL OVERDOSE
THE SIGNS AREN'T
ON THE LABEL.

GET HELP

Never assume your friend is “sleeping it off.” It could be alcohol overdose and it could be fatal.

- 1) Call 911
- 2) Send someone to get the RHD/RA
- 3) Stay with your friend until help arrives



vomiting
hypothermia
unconscious
paleness of skin
blue skin
erratic breathing
vomiting
clammy
blueness of skin
mental confusion
erratic breathing
gasping
unconscious
blueness of skin
mental confusion
vomiting unconscious
hypothermia **clammy**
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erratic breathing **vomiting**
blue skin gasping for air
vomiting erratic breaths
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