

SAT'S OF DRINKING



Don't forget the SAT's of drinking:

S = Strength - Liquor is way more concentrated than wine or beer. Proof is twice the percentage of alcohol. 80 proof = 40% alcohol.

A = Amount - How much in a standard drink? Party cups can be tricky for keeping track of how much you consume. See the cup at left for a guideline.

T = Time - Are you pacing your drinks? Remember that it takes about 20 minutes to feel the full effects of each drink.

C=COVID– How does your drinking affect your ability to follow COVID safety rules like wearing your mask or social distancing?

Harm Reduction Strategies

- Pace your drinking throughout the evening.
- Set a drink limit for yourself ahead of time and keep track.
- Eat a full meal before drinking and drink water while drinking.
- Plan a safe way to get home.
- Avoid drinking shots of liquor.
- Stop drinking after you feel “buzzed.”
- Choose not to drink sometimes!



Where do You Place Yourself on the Substance Use Scale?

Abstinence - Complete non-use of a substance.

Non-Problem Use - Using in moderation; appropriate behavior when drinking or when using drugs.

Critical Incident - An isolated event; a single episode of a problem or harm.

Substance Abuse - A pattern of negative consequences and multiple incidents. Continued use in spite of a history of problems with the substance.

Dependency - High tolerance. Periodic loss of control of quantity/ behavior. Important activities reduced or given up because of use. Use causes problems with family and/or friends.



Want to find out more about your relationship with alcohol or another substance?

The BASICS Program can help!

BASICS

Balancing Alcohol and Substance Use
To Improve College Success

- ✓ Talk about your alcohol, marijuana or other drug use in a nonjudgmental setting.
- ✓ Set goals to make changes at your own pace.
- ✓ It's confidential!

Schedule a private & confidential BASICS session by sending an email to basics@ithaca.edu.
Or call (607) 274-7933



Center for Health Promotion

Alcohol Emergencies

What To Do

- Take immediate action
- Call for help—on campus, call Public Safety at (607) 274-3333. Off campus, call 911.
- Stay with the person until help arrives.
- Turn the person on their side to prevent choking in case of vomiting
- Be prepared to give medical personnel information about the person's alcohol use, medications and other drugs taken.



Alcohol Emergencies continued

What **NOT** To Do

- **Do not** hesitate to call for help. The person's life is in danger.
- **Do not** leave the person alone even if they seem okay, because the alcohol may not have fully entered the bloodstream yet.
- **Do not** leave the person lying on his/her back
- **Do not** give the person anything to eat or drink
- **Do not** put them in a cold shower because the shock can cause them to pass out.



DID YOU KNOW?

- One beer has the same amount of **calories** as a hot dog (About 150).
- One **shot** contains about 100 calories.
- A 120 pound biological female who has **5 drinks** over a 3 hour period will be twice as intoxicated as a 160 pound biological male who drinks the same thing.
- **Vomiting** does not get rid of the alcohol in your bloodstream, so it does not reduce intoxication.
- Alcohol disrupts your **sleep**. It takes 3 days for the sleep cycle to return to normal after a night of heavy drinking.
- Heavy drinking can affect your liver, even in those people who do not have an alcohol dependency.
- Drinking can impair your judgement which means you may not social distance or wear your mask which can increase the chance you catch or pass on COVID-19.
- Not all IC students drink and most who do drink do so moderately and safely.



IC MAP

MEDICAL AMNESTY POLICY

Can prevent you or a friend from getting
into trouble with the college

**when you call for help in an
alcohol or drug-related emergency.**



OFFICE OF PUBLIC SAFETY

607-274-3333

**SAVE A LIFE
MAKE THE CALL!**

Why is IC MAP important?

Alcohol and drug overdoses can be fatal.

Some students don't seek help in drug or alcohol-related emergencies because they fear getting into judicial trouble.

The IC MAP protects students and saves lives!

**The IC MAP works! Many IC students have called for help
and received medical amnesty.**

For the full policy and more information, go to the Center for Health Promotion website.



Know the Rules!

IC Alcohol and Other Drug Policy (abridged)

Students under age of 21 are prohibited from purchasing, possessing or consuming any type of alcoholic beverage anywhere on campus, including all residence hall rooms and apartments.

The following are not allowed at IC!

- **Open containers** of any type of alcoholic beverage in public areas on campus.
- **Kegs, wine boxes, or any container that has a tap** in residence hall rooms at all times.
- **Empty alcohol containers**, including but not limited to beer bottles/cans, wine bottles/boxes, and liquor bottles.
- **High-risk drinking paraphernalia**, including but not limited to beer pong tables and beer bong/funnels; and all drinking games, with or without alcohol.
- **Consuming alcohol to the point where the student's behavior poses a danger** of causing physical harm to her/himself and/or others.
- **High-risk use of alcohol**, including drinking games.
- The possession of alcoholic beverages at **intercollegiate athletic events**.
- The possession, use, manufacture, purchase, distribution, or sale of **illegal drugs, drug paraphernalia, or prescription drugs without a prescription**.

Questions about the policy? Ask your RD or your RA, or visit the Office of Judicial Affairs, Lobby Level, West Tower, 607-274-3375. Be informed!

What Happens When You Get “Written Up”?

Sanction & Intervention Protocol For Alcohol and Marijuana Violations

This protocol is a guideline for judicial decisions regarding the minimum sanctions and interventions which shall be imposed for student alcohol and marijuana violations. Sanctions may accelerate based on the progression, severity, or frequency of the violation, particularly when sale or distribution of alcohol or other drugs, or threatening, violent, and/or destructive behavior is present. Accelerated sanctions may include removal from campus housing, suspension, or expulsion. Criminal prosecution may also occur in cases that rise to the level of a crime. Violations accrue over the course of a student's entire matriculation period. Once a student commits a Level II violation, future violations within a year of the date of the first will be considered Level II, even if the violation is Level I. If a full year passes without incident, then a Level I violation will be considered as such. Failure to complete judicial requirements may result in accelerated charges, fees, and sanctions including a judicial hold placed on a student's record. The judicial hold will prevent the student from registering for or adding/dropping classes until the judicial requirement is completed and the hold is cleared. **Note: One alcohol violation + one marijuana violation = 2 violations.**

	<u>Level I Behavior</u>	<u>Level II Behavior</u>
	<i>Unlawful possession or use of alcohol, marijuana, or related paraphernalia.</i>	<i>Unlawful possession or use of alcohol or marijuana accompanied by one or more of the following: significant impairment of functioning, medical transport, behavior that is disruptive, destructive, or disorderly, and/or any other evidence of problematic use.</i>
FIRST VIOLATION (minimum sanctions)	<ul style="list-style-type: none"> • Meeting between Hearing Officer and student. • Official Letter of Written Warning. • Web-based Education with \$50 Program Fee. 	<ul style="list-style-type: none"> • Meeting between Hearing Officer and student. • Disciplinary Probation for one semester. • BASICS I with \$75 Program Fee. • Parent Notification may be added based on the severity of the incident. <p>If the violation qualifies as a Medical Amnesty Policy (MAP) case, only a timely completion of the BASICS Program is required, and the fee is waived. Any future violation will be considered a first violation.</p>
SECOND VIOLATION (minimum sanctions)	<ul style="list-style-type: none"> • Meeting between Hearing Officer and student. • Disciplinary Probation for one year. • Final warning before loss of campus housing. • Parent Notification. • BASICS I with \$75 Program Fee. 	<ul style="list-style-type: none"> • Meeting between Hearing Officer and student. • Disciplinary Probation for one year. • Final warning before loss of campus housing. • Parent Notification. • BASICS II with \$125 Program Fee.
THIRD VIOLATION (minimum sanctions)	<ul style="list-style-type: none"> • Meeting between Hearing Officer and student. • Disciplinary Probation or Deferred Suspension. • Removal from campus housing. • Parent Notification. • BASICS II with \$125 Program Fee. 	<ul style="list-style-type: none"> • Meeting between Hearing Officer and student. • Deferred Suspension. • Removal from campus housing. • Parent Notification. • BASICS III with \$150 Program Fee and formal substance abuse evaluation by a licensed provider.
FOURTH VIOLATION (minimum)	<ul style="list-style-type: none"> • Deferred Suspension or Suspension. 	<ul style="list-style-type: none"> • Suspension.

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TRY THRIVE @ IC: FREE WELLNESS COACHING!

Get personalized support for any aspect of your health and wellness! Simply email healthpromotion@ithaca.edu to make an appointment for free, confidential wellness coaching in the Center for Health Promotion. For Spring 2021, staff are providing Zoom sessions rather than in person.



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