

## How do I Know if I have a Drinking Problem:

Chances are if you're even asking this question, you have a drinking problem. But here are some other factors:

- Inability to control your drinking-it seems that regardless of what you decide before hand, you frequently wind up drunk
- Using alcohol to escape your problems
- A change in personality, does drinking turn you from Dr. Jekyll into Mr. Hyde?
- Blackouts-sometimes you don't remember what happened when you were drinking

## Tips to Reduce Your Drinking

### Avoid:

- Drinking games, or drinking shots
- Punch or other bowl drinks because you don't know how strong they are
- Leaving your drink unattended
- Drinking and Driving
- Getting in the car with someone who has been drinking at all!
- Drinking on an empty stomach

### Do:

- Drink slowly, (using small sips)
- Keep track of the number of drinks you have had
- Alternate a drink of water with an alcoholic drink

## Gender Differences

### Here are the Facts about Gender Differences and Alcohol:

- Some studies have found that unwittingly people tend to match drinking styles (e.g. amount, pace, etc.) when drinking together. Generally, men tend to be the pace setters when drinking with women.
- If a woman matches drinks with a same weight male, she will most likely become more intoxicated.

### Why:

- Men usually weigh a lot more than women.
- On Average, a man's total body weight is composed of more water than a woman's
- Hormonal changes in women. Studies have shown that women are likely to stay intoxicated for longer periods of time one week before and one week after menstruating.

## RWU Resources

### Prevention:

RWU Wellness Office ..... 254-3413

### Intervention:

RWU Health Services ..... 254-3156

Butler Hospital ..... 456-3700

Local AA ..... 401-438-8860

Roger Williams Hospital ..... 456-2000

RWU Counseling ..... 254-3124

CODAC Treatment Centers ..... 401-846-4150

### Student Conduct:

RWU Public Safety (on campus) ..... #HELP or  
x4357 (emergencies)  
x4358 (non-emergencies)

RWU Public Safety (off campus) ..... 254-3611

Bristol Police Department ..... 253-6900

Office of Judicial Affairs &  
Community Standards ..... 254-3042



Wellness Office  
Campus Recreation Center  
One Old Ferry Road  
Bristol, RI 02809  
(401) 254-3413



# The Wellness Program Alcohol Incident Referral (AIR)

*A collaborative project designed by the  
Wellness Program  
and the  
Office of Judicial Affairs and Community Standards*

## Snapshot of Annual High-Risk College Drinking Consequences

The consequences of excessive and underage drinking affect virtually all college campuses, college communities, and college students, whether they choose to drink or not.

**DEATH:** 1,400 college students between the ages of 18 and 24 die each year from alcohol-related unintentional injuries, including motor vehicle crashes.

**INJURY:** 500,000 students between the ages of 18 and 24 are unintentionally injured under the influence of alcohol.

**ASSAULT:** More than 600,000 students between the ages of 18 and 24 are assaulted by another student who has been drinking.

**SEXUAL ABUSE:** More than 700,000 students between the ages of 18 and 24 are victims of alcohol related sexual assault or date rape.

**ACADEMIC PROBLEMS:** About 25 percent of college students report academic consequences of their drinking including missing class, falling behind, doing poorly on exams or papers, and receiving lower grades overall.

**DRUNK DRIVING:** 2.1 million students between the ages of 18 and 24 drove under the influence of alcohol last year.

**VANDALISM:** About 11 percent of college student drinkers report that they have damaged property while under the influence of alcohol last year.

*(Hingson et al, 2002)*

## Information to Reduce the Risk of Intoxication

- Don't drink when you are tired.
- Eat a solid meal within an hour before drinking and, snack throughout the evening.
- Be in good physical and mental health.
- Set limits and stick to them. Know your BAC (No more than 5 drinks for men and 4 drinks for women per sitting)
- Avoid binge drinking – 5 or more drinks for men and 4 or more drinks for women per sitting

## When Someone is Intoxicated

- Continually monitor the person
- Check their breathing, waking them to be sure they are not unconscious
- A drunk person should not be put in charge of another drunk person
- Do not allow the person to drive a car or ride a bike
- Do not give the person a cold shower, coffee, or medications to sober them up
- If they fall asleep, wake them up, don't let them "sleep it off"
- Place the intoxicated person on their side

## Alcohol Poisoning

### Critical Signs:

- Loss of consciousness/non-responsive
- Vomiting over a long period of time or when passed out
- Slow or irregular breathing (fewer than 8 breaths per minute)
- Cold, clammy, pale, or bluish skin

### What to do if I suspect Someone has Alcohol Poisoning?

- Know the critical signs
- Realize that alcohol poisoning is a medical emergency. Call for help!

### Untreated Alcohol Poisoning can Result In:

- Victim choking on his or her own vomit
- Heart beats irregularly or stops
- Hypothermia (low body temperature)
- Untreated severe dehydration can result in death
- Dehydration

## Minimum Sanctions for Violating Roger Williams University's Alcohol Policy

### 1st Violation:

Formal Warning  
Wellness Referral  
\$50.00 fine  
Parental Notification

### 2nd Violation:

Residence Hall Probation  
Wellness Referral or Educational sanction  
\$100.00 fine  
Parental Notification

### 3rd Violation:

University Probation  
Wellness Referral  
Removal and Ban from Residence Halls (minimum 1 Semester)  
Parental Notification

## University Alcohol Quantity Policy

The University believes the amount of alcohol available to legal aged students should be limited. Quantity limit per room for those of age is: 30 beers and 1 liter of wine or hard alcohol. Not to exceed 60 beers and 2 liters of wine or hard alcohol per apartment, regardless of occupancy number. Violations of the quantity policy, regardless of age, will be given enhanced sanctions.

### The following could result in a loss of RWU residency and possible suspension from the University

- Serving to minors
- Falsification of an ID
- Presence of large quantities of alcohol (keg)