

**Stay in Control  
of YOUR  
"Friday Night!"**

Public Safety: 610-660-1111

(always call in an emergency)

Wellness, Alcohol & Drug Education Program: 610-660-3462

wade@sju.edu (consultation, assessment & education)

Counseling & Psychological Services (CAPS): 610-660-1090

Dr. Jade Logan, Substance Abuse Specialist

Student Health Center: 610-660-1175

## Resources for Students in Recovery:

### On-Campus

**Alcoholics Anonymous:** Mondays 5:30-6:30/ Campion Sunroom 2

**Narcotics Anonymous:** Wednesday 7:30-8:30/ Campion Sunroom 2

### Off-Campus

**Al-Anon:** Tuesdays 12:00pm - 1:00pm, Old St. Joseph's Rectory, 321 Willings Alley,  
Philadelphia, PA

**Alcoholics Anonymous:** Fridays at 12pm, 444 N 3<sup>rd</sup> Street, Philadelphia, PA.

**Marijuana Anonymous:** Thursdays 8:15 pm, Trinity Church, 19<sup>th</sup> and Walnut Street,  
Philadelphia, PA.

More information & resources: *[www.sju.edu/wade](http://www.sju.edu/wade)*

## Alcohol Poisoning Symptoms Include:



- ✓ Confusion, stupor
- ✓ Vomiting or Seizures
- ✓ Slow breathing (less than eight breaths a minute) or Irregular breathing (a gap of more than 10 seconds between breaths)
- ✓ Blue-tinged skin or pale skin
- ✓ Low body temperature (cold or clammy to the touch)
- ✓ Unconsciousness ("passing out"), and can't be roused

It's not necessary for all of these symptoms to be present before you seek help.

A person who is unconscious or can't be roused is at risk of dying.

**Call 610-660-1111 for Help or find an RA**

## Tips for Moderate Drinking

- Set your limits before you go out
- Keep track of how much you drink
- Space your drinks
- Alternate alcoholic & non-alcoholic drinks
- Drink for quality, not quantity
- Avoid drinking games
- It is okay to refuse a drink
- Find other things to do!
- If you chose to drink, do so slowly and in a safe environment
- Avoid taking shots
- Avoid drinks that mix alcohol & caffeine (Redbull & vodka, 4Loko, etc.)



## Approximate BAC

## WOMEN

Drinks	Body Weight in Pounds								
	90	100	120	140	160	180	200	220	240
0	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
1	0.05	0.05	0.04	0.03	0.03	0.03	0.02	0.02	0.02
2	0.10	0.09	0.08	0.07	0.06	0.05	0.05	0.04	0.04
3	0.15	0.14	0.11	0.10	0.09	0.08	0.07	0.06	0.06
4	0.20	0.18	0.15	0.13	0.11	0.10	0.09	0.08	0.08
5	0.25	0.23	0.19	0.16	0.14	0.13	0.11	0.10	0.09
6	0.30	0.27	0.23	0.19	0.17	0.15	0.14	0.12	0.11
7	0.35	0.32	0.27	0.23	0.20	0.18	0.16	0.14	0.13
8	0.40	0.36	0.30	0.26	0.23	0.20	0.18	0.17	0.15
9	0.45	0.41	0.34	0.29	0.26	0.23	0.20	0.19	0.17
10	0.51	0.45	0.38	0.32	0.28	0.25	0.23	0.21	0.19

Predictable Effects
Only Safe Driving Limit (0.00)
Lightheaded (.02 - .04)
Buzzed (.05 - .07)
Legally Impaired (.08 - .10)
Drunk (.11 - .15)
Very Drunk (.16 - .19)
Dazed & Confused (.20 - .24)
Stupor (.25 - .30)
Coma or Death (.30 and higher)

*This chart is for your information and is not intended to convey that drinking is safe.*

*Drinking alcohol is unlawful for those under 21 years of age.*

**One Standard Drink = 4 ozs. Wine, or 1 cocktail, or 12 ozs beer, or 1 oz. shot**

Wellness, Alcohol & Drug Education Program (WADE)

[www.sju.edu/wade](http://www.sju.edu/wade)



## Approximate BAC

## MEN

Drinks	Body Weight in Pounds								
	100	120	140	160	180	200	220	240	
0	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	
1	0.04	0.03	0.03	0.02	0.02	0.02	0.02	0.02	
2	0.08	0.06	0.05	0.05	0.04	0.04	0.03	0.03	
3	0.11	0.09	0.08	0.07	0.06	0.06	0.05	0.05	
4	0.15	0.12	0.11	0.09	0.08	0.08	0.07	0.06	
5	0.19	0.16	0.13	0.12	0.11	0.09	0.09	0.08	
6	0.23	0.19	0.16	0.14	0.13	0.11	0.10	0.09	
7	0.26	0.22	0.19	0.16	0.15	0.13	0.12	0.11	
8	0.30	0.25	0.21	0.19	0.17	0.15	0.14	0.13	
9	0.34	0.28	0.24	0.21	0.19	0.17	0.15	0.14	
10	0.38	0.31	0.27	0.23	0.21	0.19	0.17	0.16	

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# SJU ALCOHOL POLICY

In compliance with the laws of the Commonwealth of Pennsylvania, no person under twenty-one years of age shall attempt or carry out the purchase, possession, consumption or transport of alcoholic beverages on University property or at any event sponsored by the University. No student or employee of the University shall attempt or carry out the transfer of any form of identification for the purpose of falsifying age in order to secure alcohol. No student or employee of the University shall give permission or render assistance in the sale, furnishing, or providing of alcohol to any person under twenty-one years of age.

Only under the conditions clearly stipulated in the University guidelines is the possession or consumption of alcoholic beverages by students twenty-one years of age and older permitted. This conditioned permission should not be interpreted to mean that the University encourages the use of alcoholic beverages. Furthermore, the University considers intoxication, disorderliness or offensive behavior deriving from the use of alcoholic beverages, regardless of a person's age, to be unacceptable and subject to disciplinary action.

*Examples of alcohol violations include, but are not limited to: underage possession and/or consumption of alcohol; knowingly furnishing, transporting, and/or allowing minors to consume alcohol; use of alcohol resulting in involuntary, erratic and/or abusive behavior; unauthorized possession of a keg/beer ball; involvement in the high risk use of alcohol; exceptional number of persons observed in a residence on-campus or off-campus when an open container of alcohol is present; open container of alcohol in public area.*

## *Seeking Help for Others...*

Students are expected to immediately report conduct or activity which poses a danger to the community or its members. This is most important in medical emergencies due to alcohol use. Students should not hesitate to seek help because of fear of disciplinary action. The welfare of everyone in this community is paramount, and Saint Joseph's University encourages students to offer help and assistance to others in need. In most circumstances, the help seeker will not be charged with a policy violation under the University Community Standards system.

*Remember...*

Trying to connect  
the dots...

Don't know what  
to tell my boss.

*Avoid the Negative Consequences of Alcohol*



With my favorite party  
dress...

...Warrants out for my  
arrest

*Avoid the Negative Consequences of Alcohol*

Pictures of last night  
Ended up online.

I'm screwed!

*Avoid the Negative Consequences of Alcohol*

I smell like a minibar...  
...DJ's passed out in the yard  
Barbie's on the barbeque...  
...There's a hickie or a bruise?

*Avoid the Negative Consequences of Alcohol*

Think the city towed my car.

Chandelier is on the floor.

*Avoid the Negative Consequences of Alcohol*

**Think I need a  
ginger ale.**

**That was such an  
epic fail!**

*Avoid the Negative Consequences of Alcohol*