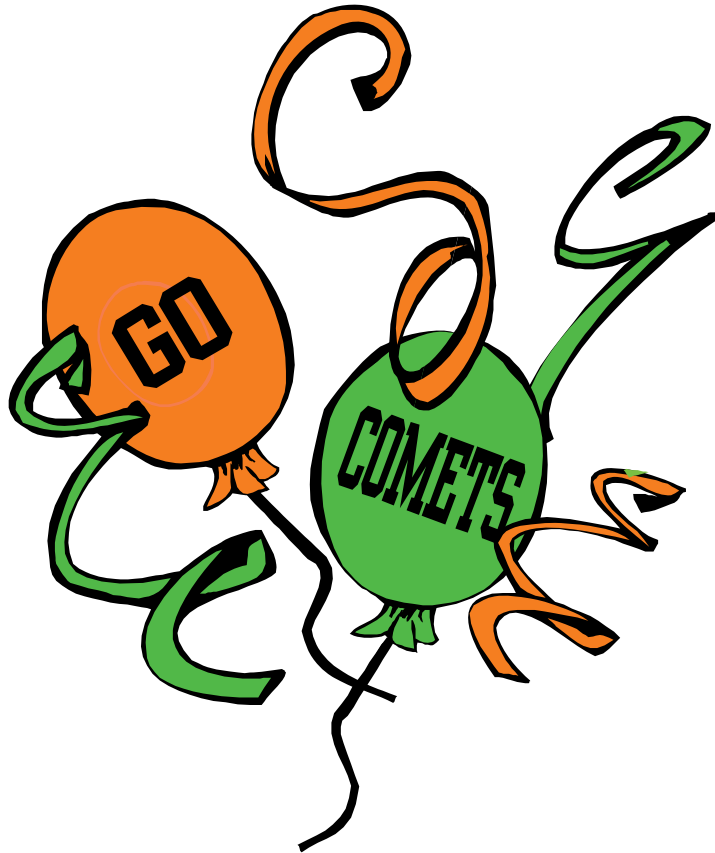
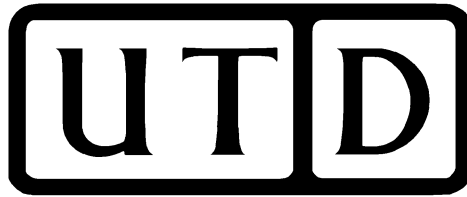


HEALTHY COMETS



PARTY SMART



CONGRATULATIONS!!

You are the proud owner of a *PARTY SMART* kit. The information contained in this kit is intended to assist you in throwing and attending parties in the safest manner possible and making choices that you can live happily with for a long time to come. The University of Texas at Dallas assumes no responsibility when it comes to the outcome of your partying experience, we do however want to see each and every *COMET* safe and healthy. Be responsible, take care of yourself and your friends and never hesitate to reach out for help if it is needed. Below you will find some contact information if the need ever arises. Be safe!!

Amanda Smith

Asst. Director of Health Education
SU1.606A
972-883-4275
amanda.smith2@utdallas.edu
www.utdallas.edu/healthed
www.utdallas.edu/thatguy

UTD Student Health Center
SU 1.606
972-883-2747
www.utdallas.edu/healthcenter

UTD Student Counseling Center
SU 1.608
972-883-2575
www.utdallas.edu/counseling

UTD Police
EMERGENCY DIAL 911
972-883-2331
www.utdallas.edu/police

File a Silent Witness Report
<http://utd.edu/police/silentwitness.html>

CHECKLIST FOR PARTY THROWERS



- Keep control of your guest list.** Only invite people you know to your party. Problems usually occur when people you don't know show up for your party. Fights break out, things get stolen, trouble happens when you don't know your guests. Keeping the size of your party small will help cut down on the number of random people who show up.
- Know the law and University policy.** Familiarize yourself with Texas alcohol laws and UTD policy regarding sanctions for alcohol/drug violations. Help keep yourself and your partygoers safe and out of trouble!
- DO NOT PROVIDE ALCOHOL TO MINORS.** Check the ID of anyone who appears to be under the age of 30 (no ID, no alcohol). **SEE SECTION TITLED 'PENALTIES FOR PROVIDING ALCOHOL TO A MINOR. If you live on campus your apartment must be DRY (no alcohol) when a minor is present. If you disregard this law you can be cited for providing alcohol to a minor – penalties are stiff!
- Designate a sober host.** If you and your friends are set on having a crazy night, the best thing you can do is have someone there with their wits about them. Let this person be the one who takes you for a 3am food run, controls the noise level, confiscates keys when someone tries to drive under the influence, calls the police if things get out of control and makes sure no one is getting dangerously drunk. Make it known ahead of time that this person has full authority to cut anyone off at anytime with no arguments.
- Keep strangers from entering your party.** Set a small limit on the number of guests your invitees are permitted to bring to your party. Nothing will get the police there faster than a party with too many people.
- Provide Options.** Limit alcohol and serve non-alcoholic beverages in addition to any alcohol. Additionally, provide food and use cans and plastic bottles as an alternative to glass.
- Provide Food.** High protein and carbohydrate foods like cheese and meats are especially good. They stay in the stomach much longer, which slows the rate at which the body absorbs alcohol.
- Avoid making alcohol the main focus of the party.** Entertain guests with music, dancing, games, food and good conversation.
- Respect neighbors, respect your landlord, and know your lease regulations.** There are many reasons for this one. First, you don't want to make enemies with your neighbor. That feud will make you both unhappy. Second, you will probably end up in trouble. Angry neighbors will be more likely to call the police. Third, you may well need your neighbor someday. Don't burn that bridge. If you live here on campus, lots of trouble can come from being an inconsiderate party thrower, or throwing a party period. You don't want to go there.
- Make the safety of your guests your top priority.** Your house your rules. Never allow anyone on the roof or a balcony. Don't light candles if there is going to be drinking.
- NEVER allow anyone to drive home intoxicated. EVER.**
- Make sure partygoers who have reached a dangerous level of intoxication are not just left to "sleep it off".** This is when accidents happen. This is when binge drinking becomes deadly. These individuals need to be kept awake and if there is ever any doubt call 911. **See Alcohol Poisoning information.
- HAND OUT ALCOHOL POISONING INFORMATION TO ALL PARTY GUESTS**

CHECKLIST

FOR PARTY GUESTS



These are suggestions to help reduce the chance that you will be hurt, arrested or wildly embarrassed while attending a college party.

- Know and obey Texas state laws and UT Dallas regulations.**
- If you are under 21 it is illegal for you to consume alcohol in the State of Texas period.**
- If you are over 21, keep your alcohol consumption moderate.** 0 drinks if you are driving, 1 per hour sets the pace, no more than 3 a day.
- If you are drinking, also eat food.** A full stomach slows the pace at which alcohol is absorbed.
- Avoid parties you haven't been invited to.** Even with the best of intentions by hosts and guests alike, an "open to all" kegger is a high risk situation – one that can easily become a danger to your health and safety. These parties also have the potential to get you in trouble with the law or University.
- Attend with a friend and take care of each other.** Never let a friend fall asleep at a high level of intoxication. It's as dangerous as drinking and driving. **See Binge Drinking Section
- Leave your valuables at home.** Carry only the ID and money you'll need that night.
- If you choose to be sexually active be safe.** Bring and use condoms and other latex barriers.
- Remember drugs and alcohol don't mix.** Even over the counter and prescription drugs can be very dangerous when combined with alcohol.
- Avoid behavior that may cause the party givers trouble.** Don't sneak in underage drinkers, don't sneak drinks if you are underage, don't trash the hosts house, don't cause noise disturbances, etc.
- Always keep your reputation in mind.** Remember how easy it is to wind up on the internet. You don't want to become the next scandal on Youtube. Inappropriate pictures can stay with you for a very long time.
- NEVER drink and drive. EVER.** Always have a designated driver with you or a planned way home that doesn't include someone driving who has had ANYTHING to drink. Allowing the "least drunk person" to drive can be a deadly idea.
- Just like having a designated driver, you should have a person designated to make sure no one in your group reaches a dangerous level of intoxication.** This is when accidents happen. This is when binge drinking becomes deadly. Never leave a drunk person alone to "sleep it off" and if there is ever any doubt call 911.
**See Alcohol Poisoning information.

UTD Sanctions for Alcohol and Drug Violations

*These are **MINIMUM** sanctions.*

The University of Texas at Dallas takes seriously its mission to educate students, and alcohol and other drug education is our preferred method by which to address AOD-related issues. One educational goal is to inform students about AOD-related policies and laws and the consequences of violating them. Beginning with the fall semester 2007, the University will administer the following sanctions, at a minimum, for violations of the Student Code of Conduct related to alcohol and drugs; however, based on the severity of the infraction, as determined by the hearing officer, the University reserves the right to impose any other penalty as deemed appropriate under the circumstances and in accordance with Title V of the UTD *Handbook of Operating Procedures*.

FIRST OFFENSE

Alcohol

- MIP/MIC: admonition (written reprimand)
- Other: warning probation*

Drugs

- Disciplinary probation and suspension of rights and privileges* or
- Suspension (must see Dean of Students before being readmitted) or
- Expulsion

SECOND OFFENSE

Alcohol

- Disciplinary probation
- Suspension of rights and privileges as appropriate

Drugs

- Suspension or
- Expulsion

THIRD OFFENSE

Alcohol

- Suspension or
- Expulsion

Drugs

- Expulsion

*Note

- Warning and disciplinary probation may include conditions related to the offense, such as counseling, AOD education, unpaid work assignments, etc.
- Suspension of rights and privileges is based upon severity of the infraction as determined by the hearing officer and may include, but is not limited to, prohibition from participation in extracurricular activities, living in campus housing, working on campus, etc.
- See Title V, Chapter 49, Sections 49.26 for complete nature of disciplinary penalties and Subchapter F for student standards of conduct @ www.utdallas.edu/judicialaffairs/UTDJudicialAffairs-HOPV.html.



TEXAS LAW

This list by **NO means contains all of the laws that you should concern yourself with regarding alcohol. These are **SOME** of the most common law violations and punishments.*

PENALTIES FOR PROVIDING ALCOHOL TO A MINOR.

Adults and minors who give alcohol to a minor face a stiff penalty. The punishment for making alcoholic beverages available to a minor is a Class A misdemeanor, punishable by a fine up to \$4000, confinement in jail for up to a year, or both. Additionally, as of September 1, 2005, the violator will have his or her driver's license automatically suspended for 180 days upon conviction.

Also, as of September 1, 2005, persons 21 or older (other than the parent or guardian) can be held liable for damages caused by intoxication of a minor under 18 if the adult knowingly provided alcoholic beverages to a minor or knowingly allowed the minor to be served or provided alcoholic beverages on the premises owned or leased by the adult.

DWI

The legal limit for intoxication in Texas is .08 blood alcohol concentration (BAC). However, drivers can be stopped and cited for impaired driving due to alcohol or other drugs regardless of BAC. Texas also has a zero tolerance law. For anyone under 21, it is illegal to drive with any detectable amount of alcohol.

What Happens If You're Stopped. If a law enforcement officer asks you to take a blood or breath test to measure how much alcohol is in your system, you should comply. If you refuse, you are subject to an automatic 180-day driver's license suspension. Punishment for DWI varies depending on the number of times you've been convicted.

First Offense:

- up to a \$2,000 fine
- 72 hours to 180 days in jail
- driver's license suspension: 90 days to 1 year

Second Offense:

- up to a \$4,000 fine
- 30 days to 1 year in jail
- driver's license suspension: 180 days to 2 years

Third Offense:

- up to a \$10,000 fine
- 2 to 10 years in penitentiary
- driver's license suspension: 180 days to 2 years

Texas Laws on Underage Drinking

Consumption While Driving It is illegal for a minor to drive while having any detectable amount of alcohol in the minor's system

First Offense:

Class C misdemeanor: \$0 - \$500
Alcohol awareness course
20-40 hours community service
60 days driver's license suspension
30 days ineligible for occupational license

Second Offense:

Class C misdemeanor: \$0 - \$500
Alcohol awareness course
40-60 hours community service
120 days driver's license suspension
90 days ineligible for occupational license

Third Offense (Under 17):

180 days driver's license suspension
Ineligible for occupational license
Juvenile court-delinquent conduct; or adult criminal court

Third Offense (17 or older):

Class B misdemeanor: \$500-\$2000 and/or
Confinement in jail up to 180 days
180 days driver's license suspension
Ineligible for occupational license

Purchase, Attempt to Purchase, Possession, Consumption, Misrepresentation of Age, Public Intoxication by Minor

First Offense:

Class C misdemeanor: \$0 - \$500
Alcohol awareness course
8-12 hours community service
30 days driver's license suspension or denial

Second Offense:

Class C misdemeanor: \$0 - \$500
Possible awareness course
20-40 hours community service
90 days driver's license suspension or denial

Third Offense (Under 17):

180 days driver's license suspension or denial
Juvenile court-child in need of supervision; or
Criminal court-adjudicated as an adult

Third Offense (17 or Older):

Class B misdemeanor: \$250 - \$2000 fine and/or
Confinement in jail up to 180 days
Possible alcohol awareness course
180 days driver's license suspension or denial

POSSESSION OF FAKE IDENTIFICATION (ID)

Section 521.453, Transportation Code

Under 21 Years of Age: Class C Misdemeanor (Up to \$500 Fine)

A person under the age of 21 years commits an offense if the person possesses, with the intent to represent that the person is 21 years of age or older, a document that is deceptively similar to a driver's license or personal identification certificate unless the document displays the statement "NOT A GOVERNMENT DOCUMENT" diagonally...on both the front and back of the document in solid red capital letters at least 1/4 inch in height.

The document is deceptively similar if a reasonable person would assume the document was issued by DPS, another agency of this state, another state, or the United States.

Section 521.456 Transportation Code:

Class C Misdemeanor (Up to \$500 Fine):

A person commits an offense if the person possesses with the intent to use, circulate or passes a forged or counterfeit instrument that is not made by the appropriate authority (DPS, another agency of this state, another state, or the United States).

DELIVERY OR MANUFACTURE OF COUNTERFEIT IDENTIFICATION

SECTION 521.456 Transportation Code:

Class A Misdemeanor (Up to \$4000 Fine, and/or 1 year in jail):

Possesses with the intent to sell, distribute, or deliver a forged or counterfeit instrument that is not made or distributed by an authority authorized to do so under a state, federal, or Canadian law.

Third Degree Felony (2-10 years in State Penitentiary):

Manufactures or produces with the intent to sell, distribute, or deliver a forged or counterfeit instrument that the person knows is not made by the appropriate authority.

TAMPERING WITH GOVERNMENTAL RECORD

Texas Penal Code, Section 37.10

Felony, Third Degree:

An offense under this section is a felony of the third degree if it is shown on the trial of the offense that the governmental record was a license, certificate, permit, seal, or similar document issued by government, by another state, or by the United States

ALCOHOL POISONING

If you are going to drink or be around drinkers, this may be the most important information you ever read.

So you're the designated driver.
You've been the responsible one all night. You've gotten your group home safely.
You are so glad your job for the night is done. Finally! Stop celebrating. It's not over.

So many college students who have had too much to drink have died after they have been dropped off safely. So many college students who have had too much to drink have fallen asleep only to never wake up again. If you love your friends, you've got to make sure they are sober enough to go to sleep.

Sound *crazy??* It could be the difference between life and death. A person's blood alcohol concentration (BAC) continues to rise even while he/she is "passed out". Alcohol that is in the stomach and intestines will continue to enter the blood stream and circulate throughout the body regardless if the person is awake or asleep. That makes it very dangerous for someone you think "might" be ok to just sleep it off.

The following information is meant to serve as a guide towards helping you identify and take care of someone who has had too much to drink. Always remember to err on the side of caution. It is **ALWAYS** better to be **SAFE** than sorry. If you have the slightest doubt about the health and safety of someone who has been drinking – **CALL 911**.

So your friend has been slamming them for hours. You know he/she is most likely in bad shape. There is only one thing that will change this condition – **alcohol FREE time**. Nothing will sober up a drunk person but time. Caffeine, cold shower, sleeping it off, walking it off, eating greasy food, drinking a bunch of water and taking Tylenol are only going to give you a hyper, wet, less tired, sore legged drunk with an upset stomach that may not have a headache and needs to pee.....**NOTHING** will work but time.
Alcohol free time.

So your buddy is drunk, you know nothing is going to reverse this situation but time – what is the worst that can happen?

Well, several things:

- Gag reflex function can stop which can result in asphyxiation (which can lead to brain damage or death) in a person who vomits while unconscious
- Breathing can slow, become irregular, or stop
- Heart can beat irregularly or stop
- Hypothermia or hypoglycemia can result in seizures and organ failure
- Untreated, severe dehydration from vomiting can lead to seizures, brain damage and even death

Even if a person lives through all of this, severe alcohol poisoning can easily lead to irreversible brain damage.

So the only solution that makes any sense at all is to call 911 if you are in the least bit of doubt.

When rapid binge drinking occurs, usually as a result of a drinking game or a bet/dare, it is particularly dangerous – as the person can ingest a fatal dose of alcohol *before* unconsciousness even occurs. It's particularly important to keep an eye on these folks.

The basic signs of Alcohol Poisoning include – but are not limited to:

- Irregular breathing or breathing that is slow/shallow. If you notice anything unusual about a persons breathing get help immediately.
- Person's skin may become pale or bluish in tent. They may feel cold or clammy. Eyes may appear to be sunken or have dark circles under them.
- The person may exhibit confusion or appear to be in a stupor.
- If vomiting starts – you can take that as a sign that the body has reached the point of overload and the brain has detected dangerous levels of alcohol. This can very well be a sign of serious danger.
- Be aware that if a person passes out they could die. The amount of alcohol it takes to pass out is dangerously close to the amount it takes to die.

If you discover ANY of the above symptoms, stay with the person and call 911 immediately.

So lets apply this practically. Your friend is hammered. What do you do?

The most important thing to do is stay calm.

It's best to have a *sober* person make the decisions. Often decision making while under the influence of alcohol can result in underestimating the situation.

If at anytime the person becomes unconscious or has respiratory problems *immediately call 911*.

Things to do:

Keep the person still and comfortable

Don't leave a person alone who is vomiting.

If the intoxicated person lies down, make sure they are on their side NOT on their back or stomach.

Monitor the persons breathing and heart beat.

If you have ANY doubts, **call 911**. It's WAY better to be *safe* than *sorry*!

Things you shouldn't do:

Don't try any "sober up" methods. TIME is the only thing that will sober a person up. ONLY TIME!!

Don't anger the person by making fun of them or trying to counsel them about their drinking. This could provoke extreme emotions and cause the person to either try and leave or injure themselves or others.

Never wait 'just a little longer' to call 911 if you think the person could be in serious danger. Chances are the persons condition will worsen over the next few hours - not improve. If you have the *slightest* doubt, CALL 911

This information may seem alarming. It may put a dark cloud over the possibility of a really fun time. Hopefully it won't become an issue - unfortunately it often does. Know that it's better to be prepared than to have your head in the sand or believe that this will never happen to you or someone you know. Don't ever EVER hesitate to call 911 if you are unsure of a person's condition. Alcohol overdose/poisoning is one of the leading causes of death among college students. Don't let yourself be a part of something tragic!

The Bacchus Maneuver

While waiting for 911 to arrive:

1. Raise the arm that is closest to you above their head. Prepare to roll them towards you.



2. Gently roll them toward you, guarding their head from hitting the floor. The head should rest in front of the arm, not on it.



3. Tilt the head up to maintain airway. Tuck their nearest hand under the cheek to help maintain head tilt and raise the face off the floor.



How Much Alcohol Is In Your Drink?



Two. The standard answer given when you've had too much to drink and the police officer asks you how much you've had. Only two. The truth is, that question is pretty difficult to answer unless you have had two twelve ounce cans of beer or two twelve ounce bottles of wine cooler. For those drinking wine, beer out of a keg, mixed drinks like rum and coke, margaritas, cosmopolitans or any other of the hundreds of cocktail concoctions you can come up with, it can be very difficult to honestly answer that question.

Keg Beer

I only had two drinks.

That's the truth. Your cup was filled up two times. The 32oz. Big Gulp cup from 7-11 that you had a Dr. Pepper in earlier was filled up at the keg two times. Two drinks. In reality if you have consumed 64 ounces of beer. That's almost five and a half 12 ounce cans. That's over five servings of alcohol. You had more than five drinks.

Wine

Two drinks. That's it. Two glasses of wine. Your best friend bought a \$10 box of wine and you filled your glass two times. A typical red wine glass holds around 21 ounces of liquid. Filled almost to the top two times, you have consumed 40 ounces of wine. That is 8 servings of alcohol. You had eight drinks.

Mixed Drinks

Yep! Only two. Solo cups – the big plastic colored one that most people have at parties, holds 18 ounces. And your poison of choice tonight was rum and coke. But it was Diet Coke because you are very health conscious! You filled it half full with rum and the rest of the way with your healthy Diet Coke. You just put about 8 oz. of alcohol in your one cup. That is over 5 servings of alcohol. You had two remember? TEN servings of alcohol. You had ten drinks. By the way you health nut, you just consumed 960 calories with your two drinks – glad your Coke was diet.

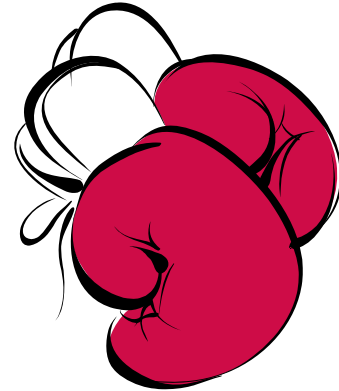
ONE SERVING OF ALCOHOL = 12 oz. BEER
5 oz. WINE
12 oz. WINE COOLER
1 ½ oz. (80 PROOF) LIQUOR

DRINKING AND DRIVING

One of the most common statements that you will hear from a student, who has been charged with a DUI or DWI, is *“I didn’t even feel like I was drunk”*.

Every person who consumes alcohol needs to understand:

BAC vs. TOLERANCE



BAC (Blood Alcohol Content) is the percentage of your blood volume that is alcohol. The more you drink, the more alcohol you have in your blood. As your BAC increases, alcohol’s effects become less pleasant and more dangerous.

Alcohol Tolerance refers to the body’s decreased response to the effects of ethanol in alcoholic beverages. This reduced sensitivity requires that higher quantities of alcohol be consumed in order to achieve the same effects (feeling) as before tolerance began to occur. It is also important to point out that often times the effects a person feels from alcohol are perceived and not necessarily what is actually happening. In other words, you may feel under control and as if you are “fine” but others see a completely different staggering and slurring person!

Let’s say for example that I drank my very first beer ever today. After that beer I will likely feel a little warm, relaxed, looser, “buzzed”. But I drink one beer every day for a month. At the end of that month I don’t get that same “buzzed” feeling. I now have to drink two beers to get there. My body has increased its tolerance to the alcohol.

Texas Law, which has established a maximum blood alcohol concentration (BAC) levels for legal operation of motor vehicles at .08, does not take into consideration alcohol tolerance.

SO – The more alcohol you drink over time, the higher your tolerance to the alcohol. It will take more and more alcohol to make you feel “buzzed”. Just because it takes more alcohol to make you feel this way doesn’t change the level of alcohol in your blood. A .08 is a .08 regardless of how you “feel”. **THEREFORE**, don’t determine your ability to drive or when you should cut yourself off for the night by how you “feel”. The amount of alcohol you are putting in your body should be all that counts. Regardless of how you feel, it **only takes a SMALL amount of alcohol to put you over the legal limit and impair your judgment and motor abilities enough to cause a serious if not fatal accident. Stay Safe.**

NEVER EVER DRINK AND DRIVE.

The *average* cost involved with a first time DWI conviction in Texas

Attorney's Fees	\$1,500-\$5,000
Cost to tow your car	\$140.00
Average Fine	\$500.00
Probation Fees	\$780.00 per year
License Reinstatement	\$125 + \$1000 a year for 3 years
Alcohol Education Class	\$135.00
Insurance increase	Could be 4 to 5 times as much as you pay now or you may just be dropped entirely

Total Average Cost Of A First Conviction DWI: \$13,500



Calorie Information

BEWARE: THE FRESHMAN 15 CAN COME AT ANY TIME FROM ANYWHERE

ALCOHOLIC BVERAGE	CALORIES
Regular Beer (12 oz.)	150
Light Beer (12 oz.)	110
Wine (5 oz.)	100
Kahlua Liqueur (1.5 oz.)	190
80 Proof Gin (1.5 oz.)	96
80 Proof Rum (1.5 oz.)	96
80 Proof Vodka (1.5 oz.)	96
80 Proof Whiskey (1.5 oz.)	96
Martini (4 oz.)	160
Daiquiri (6 oz.)	180
Whiskey Sour (4 oz.)	160
Long Island Iced Tea (6 oz.)	350
Margarita (6 oz.)	250

Having one alcoholic beverage a day can add 10 pounds to your weight in a year!

