Dear John,

**DON'T BE THAT GUY**

**YOU PLAY, YOU PAY**

Cost of a Minor in Possession:
- Fine of $200-$250
- Mandatory alcohol education program that YOU must pay for
- 6 months probation
- Possible suspension of your driver’s license

**IS IT WORTH IT?**

Symptoms of Alcohol Poisoning

**CALL 911 FAST IF YOU DISCOVER ANY OF THE FOLLOWING SYMPTOMS IN YOURSELF OR SOMEONE ELSE.**

- Unconsciousness – person can’t wake up
- Trouble standing or walking
- Exhibits confusion
- Slow, labored breathing (less than 10 breaths per minute)
- Fever or chills
- Skin, fingernails or gums are bluish
- Vomiting while semiconscious or unconscious
- Irregular pulse (above 100 or below 60 beats per minute)
- Mixed alcohol with ANY kind of drug (prescription, over the counter or illicit)

If you get busted on campus for alcohol or drug possession or use, you aren’t just in trouble with the law, you will also be referred to the Dean of Students office for a judicial hearing and sanctioned accordingly. Possible punishments may include suspension or expulsion from the university. You will also have a discipline file at the university in your name!

For more information: www.utdallas.edu/thateguy/penalties

**RESPONSIBLE CHOICES CAN SAVE YOUR LIFE**

- Keep your eye on your drink and don’t accept drinks from others.
- Plan ahead. Set limits, designate a driver.
- Eat before and while you drink.
- BAC is not the same as tolerance. Go by how much you’ve had – not how you feel.
- Never gulp your drink or do shots.
- Travel and stay with a group. NEVER leave a friend behind, no matter what.
- One drink per hour. No more than 2 in a day for women or 3 for men.
- Never mix alcohol and prescription, over the counter or illicit drugs.
- Avoid ‘group drinks’ (like trash-can punch) and drinking games.

**DON'T BE THAT GIRL**

**STUDENT WELLNESS CENTER**

utdallas.edu/studentwellness
972-883-4275
Moving to SSB 4.500
September 23rd!

**CALORIE INFORMATION**

<table>
<thead>
<tr>
<th>Beverage</th>
<th>Calories</th>
</tr>
</thead>
<tbody>
<tr>
<td>Regular Beer (12 oz.)</td>
<td>150</td>
</tr>
<tr>
<td>Light Beer (12 oz.)</td>
<td>110</td>
</tr>
<tr>
<td>Wine (5 oz.)</td>
<td>100</td>
</tr>
<tr>
<td>Kahlua Liqueur (1.5 oz.)</td>
<td>190</td>
</tr>
<tr>
<td>80 Proof Gin (1.5 oz.)</td>
<td>96</td>
</tr>
<tr>
<td>80 Proof Rum (1.5 oz.)</td>
<td>96</td>
</tr>
<tr>
<td>80 Proof Vodka (1.5 oz.)</td>
<td>96</td>
</tr>
<tr>
<td>80 Proof Whiskey (1.5 oz.)</td>
<td>96</td>
</tr>
<tr>
<td>Martini (4 oz.)</td>
<td>160</td>
</tr>
<tr>
<td>Daiquiri (6 oz.)</td>
<td>180</td>
</tr>
<tr>
<td>Whiskey Sour (4 oz.)</td>
<td>160</td>
</tr>
<tr>
<td>Long Island Iced Tea (6 oz.)</td>
<td>350</td>
</tr>
<tr>
<td>Margarita (6 oz.)</td>
<td>250</td>
</tr>
</tbody>
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