

**Alcohol Awareness** (we adamantly do not support underage drinking as it is illegal and dangerous; however if you or one of your friends makes the curious mistake to drink then you need awareness):

Alcohol is a “SNEAKY DRUG.” Do you really understand how alcohol affects your body? These are some of the factors that affect how alcohol affects you: Gender, Ethnicity, rest level, hydration and food in system, other substances in your system such as other drugs, vaccinations, and caffeine.

Q: How long does it take to feel the effects of just one drink?

A: 30 minutes

Q: How long does it take to process just one drink?

A: 60 minutes



Problem: When you have 1 drink and wait a short time and then have another one, and another.....Your liver doesn't have a chance to process the alcohol and it spills over into other organs causing long term or short term damage—even serious permanent injury or death.

What is 1 Drink? It depends on the type of alcohol. Beer is typically 5% (12oz serving); Wine is typically 12% (5oz serving); Hard Alcohol is typically 40% or more (1 ½ oz serving)\*\*Read label to know % alcohol.

Tools for knowing your BAC and being safe: Read labels, 1 drink an hour rule, ENDUI free App.

Stats: Approximately 5,000 teens die in the US each year from drinking alcohol—32% of those are from traffic accident, 30% homicides, 14% suicides, 9% alcohol poisoning (simply drinking too much, too fast), 15% other causes (ie. falls, drownings, hypothermia). Six people die every day in the US from alcohol poisoning. Every 44 hours a college age person dies in our country from alcohol poisoning.

**The Indiana Lifeline Law—SB 227**—The Lifeline Law gives amnesty from prosecution for underage drinking and many related drinking offenses to a person who calls (or for persons assisting the caller) to report a medical emergency, crime or sexual assault. The purpose of the law is not to encourage underage drinking, but to protect Hoosiers in emergency situations and hopefully save lives. The majority of states now have such a law, but no matter what Make The Call....Save A Life.

**It's simple, just 1) CALL, 2) STAY, and 3) Cooperate.**

**When do I Make THE CALL?** If you see any one of these signs of alcohol or drug poisoning or any combination of these:

--Acting Unusually Confused

--Repetitively Throwing Up

--Skin Looks Pale or Bluish

--Loss of Bodily Functions

--Snoring Unusually or Loudly

--Passed Out (meaning you can't wake the person up to an alert state)

**Don't** try and play doctor and avoid calling—even doctor's say that they need medical equipment to diagnose and treat.

**Don't** think the person will sleep it off because BAC continues to rise as sleeping and they may be silently dying. Many have died as "friends" watched the intoxicated person "sleep it off."

Sometimes you only get 1 chance to do the right thing and Make the 911 Call.

**"No Friend Left Behind"**—stay together. Before you go out talk about a designated non-drinking friend and that you will stay together. Don't let your friend leave you if they are under the influence of alcohol or drugs. Take their hand or put your arm around their shoulder, lead them with you, and simply say **those 4 words.**

**Pre-Commitment**—Now is the time to commit. Not when you've been drinking and don't have the best judgment. Take this simple 3-part pledge.

**This is the Make Good Decisions Pledge:**

I will do my best to Make Good Decisions,

If someone needs help I will Make the Call,

If I need help, I give You permission to Make the Call for me.

Life is a marathon and not a sprint---Enjoy and make it to the finish line!!



FB – Indiana Youth Services Association

Make Good Decisions

Twitter

@MKGDDDECISIONS

@IYSAYSB

[dfinbloom@aol.com](mailto:dfinbloom@aol.com)

[mwhelchel@indysb.org](mailto:mwhelchel@indysb.org)

[www.indysb.org](http://www.indysb.org)

[www.makegooddecisions.info](http://www.makegooddecisions.info)