

Know the Facts.

- As students' average number of drinks per week goes up, grades in class go down.
- Alcohol plays a significant role in 25 percent of college drop outs.
- There are more than 100 calories in just one beer. Most "light" beers have over 60.
- Drinking and driving is still the #1 killer of those under 21 in Ohio.
- Alcohol is a factor in 90 percent of all reported campus rapes.
- Alcohol is a factor in at least half of all campus assaults.
- Approximately 360,000 undergraduates in the U.S. will die from alcohol-related causes while in school, which is more than the number who will receive their master's or Ph.Ds COMBINED.

Know your limits. Drink responsibly.

Sources:
U.S. Department of Health and Human Services
Erenberg and Hacker, *Last Call*, 1997
The Core Institute at Southern Illinois University
National Highway Traffic Safety Administration

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You'll be okay in the morning... *or will you?*

Check out the Blood Alcohol Concentration (BAC) percentage in relation to the hours spent drinking.

BAC%	TIME	
.01	10 p.m.	
.03	Midnight	
.05	2 a.m.	
.10	4 a.m.	
.175	6 a.m.	
.150	9 a.m.	
.10	11 a.m.	

The night is young. You have a beer. Eating something before you get started may slow the absorption of alcohol, but it won't eliminate it.

You've had three beers. Your decision process is slowing down. Alcohol is a depressant that acts on the nervous system to lower the activity of the brain. **(If you're under 21, you are now LEGALLY intoxicated and can be arrested for drunk driving.)**

You've had six beers. Now your coordination is also impaired. Coffee won't sober you up quickly. Splashing water on your face or fresh air won't help either.

You are on your tenth beer in six hours. You are now **LEGALLY** intoxicated.

You call it a night after fourteen beers. It's 6 a.m.

Alcohol leaves your body at .015% per hour. At 9 a.m. **YOU ARE STILL LEGALLY INTOXICATED.**

YOU CAN STILL BE PICKED UP FOR DRUNK DRIVING. YOU ARE STILL LEGALLY INTOXICATED.

**Number of drinks in relation to BAC is the average for a 150 pound male.*

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George V. Voinovich, Governor • Nancy P. Mollister, Lt. Governor
• Mitchell J. Brown, Director • Ohio Department of Public Safety • P.O. Box 7167, Columbus, Ohio 43205-0167
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