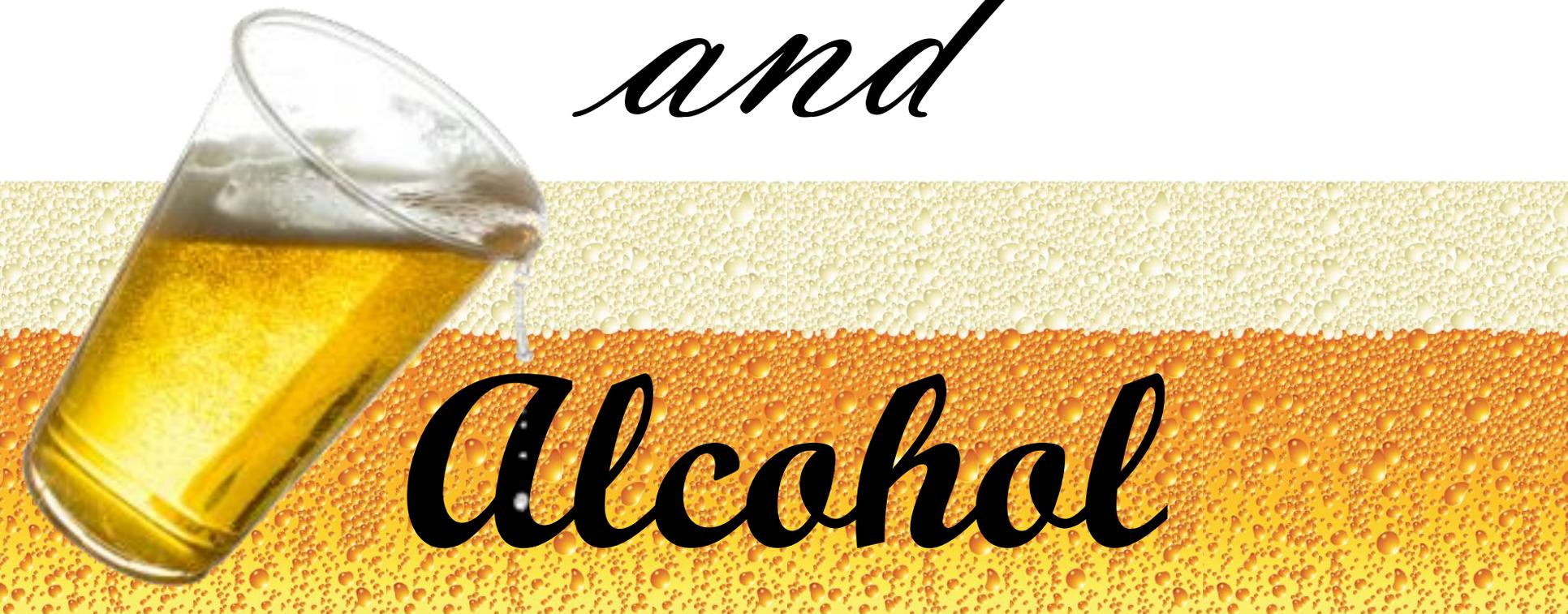




*Marijuana*

*and*



*Alcohol*

# *Alcohol Overdose*

In a worst-case scenario, drinking too much can be fatal, so it's important to know the signs of an overdose and what you can do to help someone

Signs and Symptoms:

- Loss of consciousness
- Mental confusion/disorientation
- Irregular or shallow breathing
- Blue-tinged or pale and clammy skin
- Uncontrollable vomiting

How to help someone who may have drank too much:

- **Wake** them up –If someone appears to be sleeping, it is best to wake – if you're unable to rouse them, they may be unconscious, in which case, get help immediately!
- **Turn** – Turn them on their side in case they vomit. They could choke on their vomit while lying on their back
- **Call** – Call for help if you find someone experiencing the signs and symptoms of alcohol overdose. Contact Campus Safety's emergency number (719) 389-6707 or 911.
- **Stay** – You should stay with the person to keep them awake while help comes.



The College does have a policy in place that encourages you to call for help called the Reprieve from or Reduction of Sanctions. Our priority is safety first:

### E. Reprieve from or Reduction of Sanctions

The College encourages bystander intervention and proactive action such as seeking medical assistance when a student's health and safety may be in jeopardy, including when the danger arises due to the abuse of alcohol or drugs. The College acknowledges behaviors that demonstrate care and concern for the members of our community. Accordingly, the College reserves the right to provide a reprieve from, or reduction of, discipline to a student or group of students who exhibit responsible, proactive behavior in an effort to ensure their own or another student's health and safety during an incident or situation that involves a violation of the College's policies relating to consumption of alcohol or drugs. Students involved in such circumstances should still expect to meet with College professionals to discuss the situation and any concerning behaviors. A reprieve from, or reduction of, sanctions will only be granted by the College when the circumstances so warrant. Generally, the College will not grant a reprieve or reduction if the conduct and behavior in question include acts of violence, vandalism, or result in harm to others.

This policy can be found in the Student Code of Conduct, section E. under Part IV of Student Honor and Community Standards, Community Standards Procedure.

# The Standard Drink

**What is a standard drink and why does it matter?**

1 standard drink contains 0.5 ounces of pure alcohol (ethanol). This amount is deemed a 'standard' drink in the United States because it's roughly the amount of alcohol the body can process in 1 hour.

**What does a standard drink look like?**

It's important to take note of the alcohol percentage (ABV) on the label of an alcoholic beverage as it will vary across products and brands. Most liquors (or 'spirits') will have a 'proof' which is a number that's twice its ABV.



**Though not intentionally designed for measuring purposes, the lines on some solo cups can help you gauge standard drink amounts!**



## **Beer**

4.2%

12 oz (the amount in a standard soda can)

## **Wine**

12%

5 oz

## **Liquor**

30% / 60 proof\*

1.5 oz (the amount in a standard shot glass)

\* It is more common to find liquor at 40%/80 proof so keep in mind, a shot of that is slightly more than 1 standard drink

# *Blood Alcohol Content (BAC)*

Blood alcohol content is the percentage of alcohol in a person's bloodstream. A BAC of 0.10% means that an individual's blood contains 10 parts alcohol for every 1000 parts blood. Here are some of the effects that can be experienced at increasing BAC levels:

**0.02-0.03 BAC:** No loss of coordination, slight euphoria and loss of shyness. Mildly relaxed and maybe lightheaded.

**0.04-0.06 BAC:** Feeling of well-being, relaxation, lower inhibitions, sensation of warmth. Euphoria. Some minor impairment of reasoning and memory, lowering of caution. Exaggerated behavior and emotions.

**0.07-0.09 BAC:** Slight impairment of balance, speech, vision, reaction time, and hearing. Euphoria. Reduced judgment and self-control. Impaired reasoning and memory. (0.08 is the legal limit for driving)

**0.10-0.125 BAC:** Significant impairment of motor coordination and loss of good judgment. Speech may be slurred, balance, vision, reaction time and hearing impaired. Euphoria.

**0.13-0.15 BAC:** Gross motor impairment and lack of physical control. Blurred vision and major loss of balance. Judgment and perception severely impaired. Euphoria reduced, anxiety, depression and unease.

**0.16-0.19 BAC:** Dysphoria (anxiety, depression and unease) predominates. Nausea may appear. Look like a "sloppy drunk."

**0.20 BAC:** Dazed/confused or otherwise disoriented. May need help to stand/walk. May not feel pain. Nausea/vomiting. Gag reflex impaired and you could choke on your vomit. Blackouts likely.

**0.25 BAC:** All mental, physical and sensory functions severely impaired. Increased risk of asphyxiation from choking on vomit and of serious injury from falls or other accidents.

**0.30 BAC:** STUPOR. Little comprehension of where you are. May pass out and be difficult to awaken.

**0.35 BAC:** Coma possible. This is the level of surgical anesthesia.

**0.40 BAC and above:** Onset of coma, possible death due to respiratory arrest.

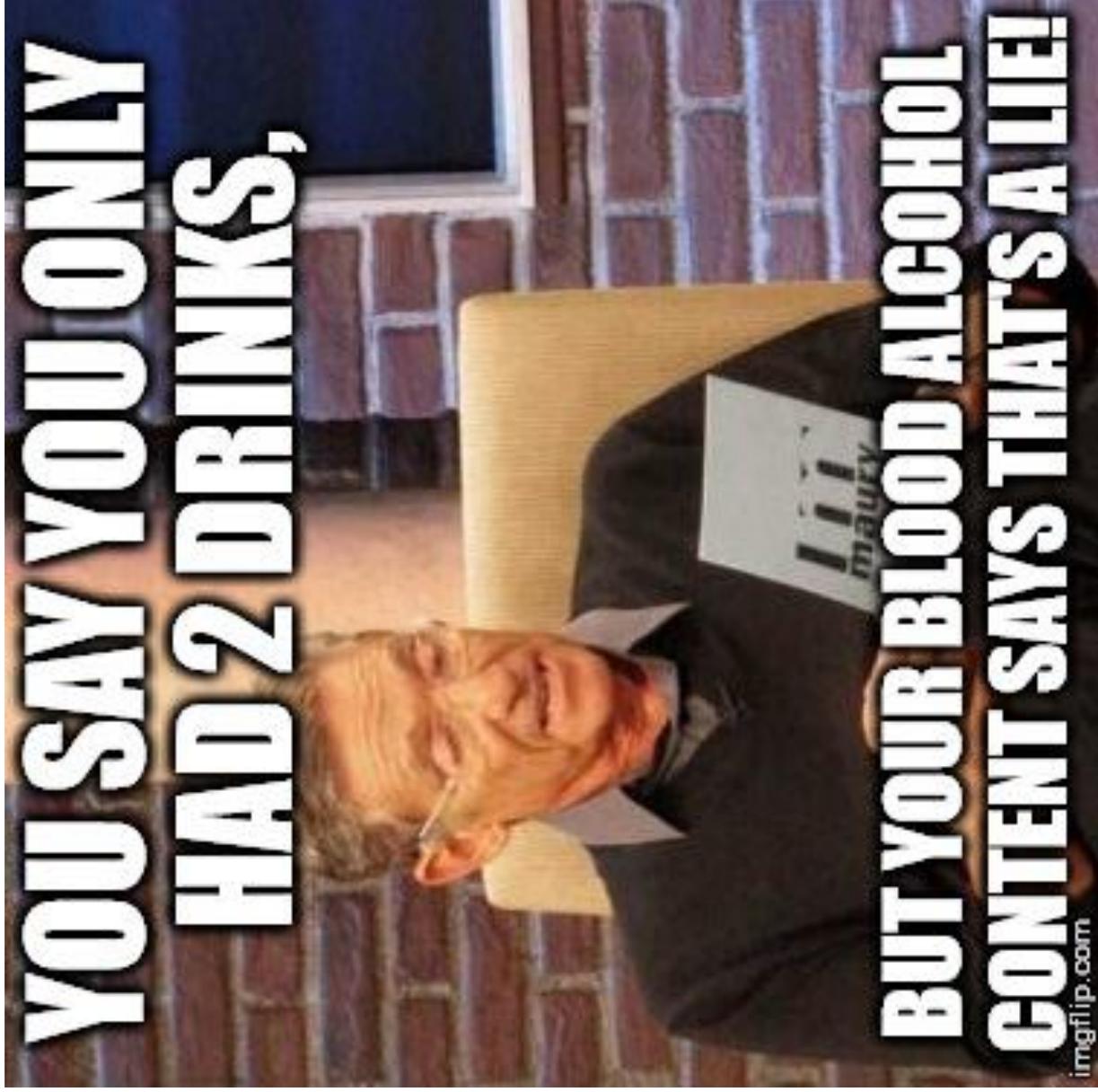
The only thing that can lower your BAC is time! It is a myth that coffee or caffeine sobers you up, it merely creates the *perception* that you're less drunk than you really are – which comes with its own set of risks.

Tolerance doesn't necessarily change your BAC either. If you have a higher tolerance, you will feel the effects less intensely, but will still have a normal BAC.

.00-.06      .07-.12      .13-.19      .20+



If you choose to drink, try and stay in the green or yellow! And keep in mind, no amount of alcohol is a safe amount to drive.



These BAC charts can give you a good estimate of how alcohol may affect your BAC:

# *Tips for Responsible Use*

A majority of CC students who drink said they do the following to keep themselves and each other safe:

1 USE A DESIGNATED DRIVER



2 EAT BEFORE AND/OR DURING DRINKING



3 STAY WITH THE SAME GROUP OF FRIENDS



4 KEEP TRACK OF HOW MANY DRINKS THEY CONSUMED



# Not everyone drinks and many do so in moderation!

Join members of the campus in going alcohol-free the first week of April. Of course, you can try and become alcohol free any time of the year, for longer than a week even! For more information be sure to check our Facebook page

[www.facebook.com/ColoradoCollegeWellnessResourceCenter/](https://www.facebook.com/ColoradoCollegeWellnessResourceCenter/)

Benefits of abstaining from alcohol use:

- No hangovers – can be more productive in the morning
- You will likely sleep better – alcohol disrupts regular sleep patterns
- You may notice improvements in your focus, critical thinking, problem solving, and memory – especially if you were regularly binge-drinking
- Regular users have reported more stabilized mood, anxiety and/or depression relief shortly after abstaining
- More money in your bank account!



**COLORADO COLLEGE**

**The Wellness  
Resource Center**

We recognize that for some, abstaining is not as easy as just stopping use. If you find quitting difficult, there are a few resources on campus that can support you:

Chris Walters (WRC) – (719) 389-6214  
Counseling Center – (719) 389-6093

# *Signs of Alcohol Abuse*

What may start out as a fun experiment can, for some people, unintentionally turn into an addiction or dependence. Here are some signs that you or someone you know may be developing a dependence to alcohol:

- Choosing drinking over other responsibilities and obligations; or frequently not fulfilling these responsibilities because of alcohol use
- Repeatedly blacking out or experiencing memory loss
- Not being able to control how much one drinks
- Spending a lot of time recovering from drinking
- Experiencing withdrawal symptoms when not drinking (feeling sick, sweat, shaky, or anxious)
- Spending a lot of time thinking about drinking when sober
- Rarely being sober
- Drinking early in the day or drinking alone



Very often in the case of addiction, it is not solely the substance fueling the habit. There can be underlying factors to dependence – personal needs that are not being met – that are fueling the need to use. Feeling like you can't interact socially without alcohol, or using alcohol to cope with trauma or depression are just a few examples that may consciously or subconsciously inform a person's decision to use. The good news is that there are resources on campus that can help students build skills to cope or fulfill those needs in a different, healthier way. For more information visit or contact the WRC for information on programming or the Counseling Center for one-on-one services.

Wellness Resource Center – (719) 389-6214  
Counseling Center – (719) 389-6093



# Know the Health Effects of MARIJUANA

It's a good idea to be aware of some of the effects marijuana can have on your health. If you have any questions about it, your doctor can be a great resource.



## **Respiratory/Lung Issues**

Marijuana smoke irritates the lungs. People who smoke marijuana daily or near-daily may have a daily cough, bronchitis, mucus and wheezing. Marijuana smoke contains many of the same cancer-causing chemicals as tobacco smoke. Heavy marijuana smoking is strongly associated with tissue damage in the airways of your lungs. We need more research to determine if this tissue damage increases the likelihood of developing lung cancer.



## **Mental Health**

Daily or near-daily use of marijuana can damage your memory. Marijuana, especially in high doses, can cause temporary psychosis (not knowing what is real, hallucinations and paranoia) while you are high.



## **Secondhand Smoke**

Secondhand smoke from marijuana has many of the same cancer-causing chemicals as secondhand smoke from tobacco. That means you shouldn't smoke around children, pregnant women, or anyone who doesn't want to be exposed to secondhand smoke.



# MARIJUANA 101

Marijuana's culture is constantly evolving. We'll help keep you up-to-date.



## Methods of Consumption

There are many ways of using marijuana, and each one affects users differently. No matter which method you're using, take it slow and don't take too much at once.

### Smoking

Usually via a joint, pipe or bong. This is the most common method of use.

### Vaping

Vaporizers heat marijuana to release its active THC and the vapor is inhaled.

### Dabbing/Hash Oil

THC extract from marijuana, also called hash oil, can contain up to 60-80% THC and may take effect very quickly. When dabbing, the oil is heated and the vapor is inhaled. At this time, the safety of dabbing has not been studied.

### Edibles

The effects of edibles, teas and sodas can take longer to peak, and last longer than smoking, causing users to sometimes consume too much. It can take up to four hours to feel the full effects, which can last up to ten hours. A serving size is 10 mg, so don't start with more than that. Remember to start low and go slow.

### Topicals

Infused lotions, salves and balms are sold for localized pain and inflammation related to skin problems or pain, but do not make the user feel high.



## Universal Symbol

All marijuana products use the universal symbol in red on retail and medical marijuana labels and packages. Edible products themselves must also be marked with the symbol on at least one side.

Educate yourself and your out of town guests about what this symbol means. Be sure to teach kids not to eat or drink anything with this symbol. For the best security, always keep marijuana of any form locked up, out of sight and out of reach. Learn more about safe storage [here](#).



# *Responsible Marijuana Use*

If you choose to use Marijuana, here's what you should know.

## **Rule #1**

### **You must be 21**

You must be 21 or older to purchase, possess, or use retail marijuana, and it's illegal to give it to minors or sell it to anyone.

## **Don't Drive High**

### **Just walk or catch a ride**

Driving high can result in a DUI. So if you're smoking, wait 6+ hours before driving. If you're ingesting, wait at least 8 hours. It's also illegal to open any marijuana packaging or use it (even passengers) while in a vehicle.

## **Public Space**

### **Is not the place**

It's illegal to use marijuana in public – including bars, parks, campsites, ski slopes, sporting and music venues, sidewalks, and on the CC campus. And because marijuana is illegal federally, it's illegal to possess or use it on federal land, such as national parks.

## **What you get here can't go Out There.**

It's illegal to leave Colorado with any marijuana products and Denver International Airport has banned any marijuana on its property.

## **With edibles, be smart.**

### **Go slow from the start.**

Edibles can be potent and their effects can take up to 4 hours to peak. Start with a low dose (a single serving of 10mg THC or less), and wait a few hours before consuming more.