

## DID YOU KNOW?

There are lots of reasons to celebrate, like holidays and the beginning of the year, accomplishments of all kinds, rites of passages, becoming part of a new group, and athletic competition.

When celebrating with alcohol, people often drink differently from normal. More people may drink on celebration days, and people may drink more alcohol, drink for longer, have a higher BAC, and use protective behaviors less than normal.

Alcohol tolerance is based largely on environmental cues that cause the body to respond in anticipation of alcohol. When a person drinks in the same setting, drinks with the same friends, and drinks the same drinks on a regular basis, the body begins to associate these cues with the sedative effects of alcohol and compensates by speeding up. Drinking under different circumstances, without the usual environmental cues, means the body won't automatically speed up to counter alcohol's effects. Increased risk of negative consequences, including regretted decisions, injury, legal charges, and even overdose, can occur even when drinking a usual amount. Different circumstances could include new places, different times, a new group, costumes or unfamiliar drinks. Think about all the new cues a person experiences when they travel on spring break, study abroad, or celebrate an occasion like Halloween. In these different situations, drinking more slowly or drinking less alcohol can help avoid overdose. Remember to keep using the safer drinking guidelines that are always a good idea, whether drinking under typical circumstances or in a new environment.

## HOOS KNEW?

93% of UVa students use two or more protective behaviors if they drink.\*

# HOOS CELEBRATE SAFETY

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## HOOS KNEW?

91% of UVa students made sure friends who were drinking on Halloween last year were not left alone with strangers.\*\*



\*From the Spring 2013 Health Survey, with responses from 654 UVa students.

\*\*From the 2013 Halloween Survey, with responses from 235 UVa students.

## SMART STRATEGIES HELP KEEP YOU SAFE ON HALLOWEEN AND AT OTHER TIMES BY REDUCING THE DOWNSIDES OF DRINKING:

- Carry a photo ID.
- Set a drink limit and stick to it.
- Pour your own drink and keep your eye on it.
- Stay and monitor a friend who is intoxicated or passed out, but know your limits and get help if needed.
- Eat before and while drinking.
- Pace your drinks to one of fewer per hour.
- Alternate alcoholic with non-alcoholic drinks.
- Ask a friend to let you know when you've had enough.
- Use a designated driver or make other plans to get home safely.

Up for something different? Here are some ideas for an unforgettable Halloween, whether you are going out or staying in.

- Host a costume contest with cool but cheap prizes
- Carve or paint pumpkins
- Project a scary movie on a wall
- Pick apples at Carter Mountain Orchard
- See cute kids in costumes at Trick or Treating on the Lawn
- Get spooked at Brown College's Hauntings on the Hill: Willy Wahoo and the Brownie Factory, October 24th and 25th, 8 pm - midnight - \$5 admission
- Cheer on the Hoos in football, volleyball, soccer, or field hockey games this month

## CELEBRATE YOUR WAY