

ENJOYING AUTUMN

People spend their free time and celebrate special occasions in many ways. If celebrating with alcohol, being informed can help you and your friends stay safe.

HOO KNEW?

81.6% of UVA students who drink avoid mixing alcohol with other drugs.*

HOO KNEW?

8 out of 10 UVA students do NOT use marijuana.*

* From the February 2017 Health Survey with responses from 1,010 UVA students

UNDERSTANDING TOLERANCE

Alcohol tolerance is based largely on environmental cues that cause the body to prepare in anticipation of processing alcohol. These include same drinks, same place, and same friends.



same drinks



same place



same friends

When drinking without the usual environmental cues, tolerance is lower because the body won't automatically begin to counter alcohol's effects. Different situations can include celebrations and holidays, unfamiliar drinks, new places, and a different group. A person can be more impaired than anticipated, even if drinking a usual amount.



unfamiliar drinks



new place



different group

Drinking less and more slowly in new situations can help counter the increased risk of negative outcomes.

CELEBRATING A FESTIVE FALL

A few highlights:

- Play with furry friends at **Puppies and Pumpkins** on date, time at place.
- Watch **Wonder Woman** on Oct. 28 at 7PM in the Amphitheater
- Get spooked at **Brown College's Hauntings on the Hill** on Oct. 28-29 at 8PM-midnight. \$5 per person and \$9 for two.
- Check out **Trick-or-Treating on the Lawn** on Oct. 31 at 4PM-6PM

If choosing to celebrate with alcohol, protective behaviors help reduce risk.

- Eat food, especially protein, before and while drinking.
- Avoid mixing alcohol with other drugs. Over-the-counter, prescription, and illicit drugs can increase alcohol's effects.
- Avoid mixing alcohol with caffeine, which can mask intoxication and increase risk of negative outcomes.

RECOVERY

"I AM IN RECOVERY. SO I DON'T DRINK OR USE OTHER DRUGS ANYMORE."

Everyone has a role to play in making UVA a non-judgmental environment that respects and encourages people who are in recovery or trying to change their substance use.

Sometimes a person's alcohol or drug use isn't working for them, so they choose recovery. Considering, beginning, and maintaining recovery can be challenging. Fortunately, there are fun communities to join to support living sober!

Hoos in Recovery (HiR) is a supportive, confidential community of UVA people in recovery or considering recovery.
virginia.edu/hoosinrecovery

Learn more about recovery at recoveryanswers.org.

Want this poster for your room?

Feel free to take me home November 6-10.

4Y5K

Celebrate the last home football game with the Fourth Year 5K on Saturday, November 4.

HOO KNEW?

9 out of 10 UVA students do NOT use tobacco.*

1

Remember PUBS, and call 911 if someone is showing signs of alcohol poisoning. Stay and monitor a person who has passed out.

2

Stay with a buddy, plan a safe way home, and never leave a friend alone.

3

Donning a costume? Avoid costumes that limit vision or mobility. Choosing attire that is respectful of diverse backgrounds is one way to strengthen our UVA community.

RESOURCES AT STUDENT HEALTH

If concerned about alcohol or other drug use, check out the FREE and confidential BASICS program.

If interested in quitting tobacco, the Office of Health Promotion can provide support.

If looking for a support group for making changes around alcohol or other substances, consider the CHOICES group at CAPS.

Talk to us at [StallSeatJournal@virginia.edu!](mailto:StallSeatJournal@virginia.edu)