



HOOS CELEBRATE SAFELY

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Designed by Yasmine McBride, Class of 2016

understanding TOLERANCE

There are lots of reasons to celebrate throughout the year. When celebrating with alcohol, people may choose to drink differently from usual. Differences can include drinking larger quantities, drinking for longer, and using fewer protective behaviors.

Alcohol tolerance is based largely on ENVIRONMENTAL CUES that cause the body to respond in anticipation of alcohol. When a person regularly chooses the same drinks in the same setting with the same friends, the body begins to associate those cues with the sedative effects of alcohol. It compensates by speeding up the nervous system and preparing to process alcohol.

When drinking without the usual environmental cues, tolerance is lower because the body won't automatically begin to counter alcohol's effects. Even if drinking a usual amount in new situations, A PERSON CAN BE IMPAIRED MORE THAN ANTICIPATED and there is increased risk of negative consequences, like regretted decisions, injury, legal charges, and overdose.

Different environmental cues can include new places, different times, a new group, costumes, or unfamiliar drinks. Think about all the new cues a person experiences when they visit a different campus, travel on spring break, study abroad, or celebrate an occasion like Halloween or a big athletics event.



STAY SAFE ON HALLOWEEN

AND REDUCE RISK IF CHOOSING TO DRINK:

- ★ Be part of a **dynamic duo**: stay with a buddy and never leave a friend alone.
- ★ **Stay savvy**: be aware of surroundings and avoid costumes that limit vision or movement.
- ★ Don't hide your **secret identity**: carry a photo ID.
- ★ **Fuel your superpowers**: eat before and while drinking.
- ★ **Strengthen your superpowers**: pour your own drink and keep your eye on it. Avoid punch bowls.
- ★ Don't let that extra drink be your **kryptonite**: set a drink limit and stick to it.
Whoa there! Pace your drinks to one or fewer per hour.
Alternate alcoholic with non-alcoholic drinks.
- ★ Rely on your **trusty sidekick**: ask a friend to let you know when you've had enough.
- ★ Make a **getaway plan**: use a designated driver or make other plans to get home safely.
- ★ Be a **Halloween superhero**: stay and monitor a friend who is intoxicated or passed out, but know the limits of your own powers and call 911 if they show any sign of alcohol poisoning (remember PUBS).

- ★ Drinking more slowly or drinking less in different environments can help counter the increased risk of negative
- ★ Using more than one protective behavior helps reduce the risk of problems.

HOO KNEW?

6 out of 10 UVa students limit drinking when in a new environment.*

HOO KNEW?

83.6% of UVa students who drink avoid mixing alcohol with other drugs.*

Save the date!
Celebrate the last home football game safely with the 4th year 5K on Saturday, November 21.

Always avoid mixing alcohol with other drugs. Prescription, illicit, and even over-the-counter drugs can increase alcohol's effects.

Celebrate an Unforgettable Halloween!

Get spooked at Brown College's Hauntings on the Hill: Scary Tales, October 23 and 24, 8 pm – midnight (\$5 admission charge supports charity)

Cheer on the Hoos at volleyball, soccer, field hockey, or football games this month

See cute kids in costumes at Trick or Treating on the Lawn, October 30, 4 – 6 pm

Join UPC for a free screening of Shaun of the Dead, October 31, 10 pm

Carve or paint pumpkins



*From the Spring 2015 Health Survey with responses from 931 UVa students