

**DID YOU KNOW** that law enforcement increases during the **first 10** weeks of the semester? CSUF and Fullerton authorities take alcohol violations seriously.

Look out for:

**PARTY PATROLS  
DUI ENFORCEMENT**

&

**MERCHANT COMPLIANCE  
CHECKS**

Most CSUF students practice responsible drinking and many choose not to drink.

You can have a great time AND reduce your risk of unintended consequences by

**STAYING INFORMED,  
PLANNING AHEAD &  
MAKING RESPONSIBLE  
DECISIONS.**

For more information regarding alcohol and drug prevention, please contact:

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CAL STATE FULLERTON

**STUDENT AFFAIRS**



**TITAN**  
**UP THE PARTY**

*PRACTICE LEGAL AND RESPONSIBLE DRINKING.*

**A  
GUIDE  
TO SAFE  
PARTYING**

A project of the Student Health and Counseling Center and the Dean of Students Office in collaboration with the Safer California Universities Project.

# ALCOHOL 101

Alcohol is a drug that increases stress on the body.

## WHAT IS ONE DRINK?



5 oz. glass  
of wine



12 oz.  
beer



1.5 oz.  
liquor  
(80 proof)

## MODERATE DRINKING

1-2 drinks per occasion/sitting

## BINGE DRINKING

for women 3+ drinks per occasion/sitting  
for men 4+ drinks per occasion/sitting

## HEAVY DRINKING

for women 1+ drink per day on average  
for men 2+ drinks per day on average

## BEWARE OF...

## ...THE RED PARTY CUP!

Red party cups can trick you into thinking all alcohol is the same. Most party cups are 16oz, this may cause you to consume more alcohol per drink.

One mixed drink in a party cup may contain as many as 5 shots!

# TIPS FOR PARTY GO-ER

**Avoid drinking games.** People tend to consume more alcohol quicker through such games.

**Space & pace yourself.** ONE drink per hour is about all the body can absorb regardless of size or body weight.

**Avoid carbonated mixers** such as sodas and tonic because carbonation speeds alcohol absorption. Use fruit juices instead.

**Plan ahead** by designating a SOBER driver.

# TIPS FOR PARTY HOST

**Have a theme.** Have games and activities available for those under 21 who cannot legally drink.

**Stay sober.** Nothing is more tacky and irresponsible than having a drunk host.

**Do not let guests drink on an empty stomach.** Certain snack foods (low in salt, low calorie, high proteins) will act as a "buffer" for alcohol intake.

**Stop serving alcohol at least one hour before the end of the party.** Serve nonalcoholic beverages and snacks to allow time to pass so the alcohol can begin processing through your guests' systems.

**Make sure guests get home safely** either by a designated sober driver or a taxi. If none of these options are available, have guest stay the night.

*Adapted from CSP Project PATH's "It's Time to Party"*

# UNDERAGE DRINKING

Alcohol consumption for persons under 21 is **ILLEGAL**

- Each year in the U.S., approximately 5,000 young people under the age of 21 die as a result of underage drinking.
- Under California's "Zero Tolerance Law", anyone driving under 21 years of age with a Blood Alcohol Content (BAC) of 0.01% or greater will be charged with a DUI.

*Adapted from [www.californiadui.com](http://www.californiadui.com)*

# ALCOHOL POISONING

*Know the signs.*

**C**old, clammy skin

**U**nconscious or unable to be awakened

**P**uking while passed out

**S**lowed or irregular breathing

*Make the call.*

**If someone is exhibiting any of the above signs, call 911 and get help immediately.**

*Save a life.*