

BLOOD ALCOHOL CONTENT

A person's blood alcohol level (or content, BAC) depends on several factors, including rate of drinking, body mass, stomach contents, and the substance mixed with the alcohol. When a person's BAC reaches high levels, there are numerous dangers, including blacking out, passing out, alcohol poisoning, and losing respiratory functions.

REMEMBER: THE LEGAL LIMIT FOR BAC IS .08.

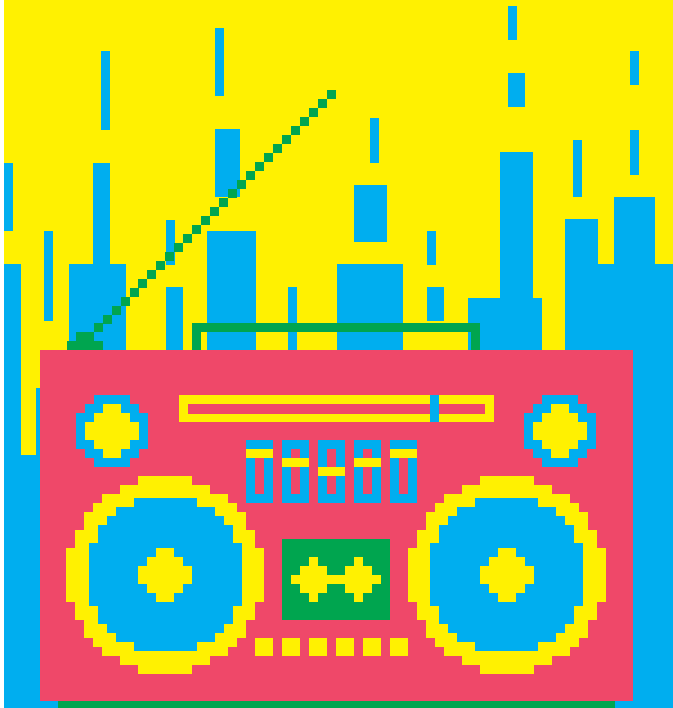
In Missouri, if you are under 21, you can be cited for a BAC as low as .02. Calculate your BAC level ahead of time and stick to a plan for keeping it at a safe level. The charts below will give you an idea of what your BAC is like after three hours. Remember, these are for educational purposes and should not be interpreted as exact representations of actual BAC levels.

		NUMBER OF DRINKS (3 HOURS)						
		100 LBS	120 LBS	140 LBS	160 LBS	180 LBS	200 LBS	
WOMEN	1	.00	.00	.00	.00	.00	.00	
	2	.04	.03	.02	.01	.00	.00	
	3	.09	.06	.05	.04	.03	.02	
	4	.13	.10	.08	.06	.05	.04	
	5	.18	.14	.11	.09	.08	.06	
	6	.22	.18	.14	.12	.10	.09	
	7	.27	.21	.16	.15	.13	.11	
	8	.31	.25	.21	.19	.16	.13	
	9	.36	.29	.24	.20	.18	.15	
	10	.40	.33	.27	.23	.20	.18	
	11	.52	.43	.36	.31	.27	.24	
	12	.57	.47	.40	.35	.30	.27	
MEN	120 LBS 140 LBS 160 LBS 180 LBS 200 LBS 220 LBS 240 LBS							
	1	.00	.00	.00	.00	.00	.00	.00
	2	.01	.01	.00	.00	.00	.00	.00
	3	.05	.03	.02	.01	.01	.00	.00
	4	.09	.06	.05	.04	.03	.02	.01
	5	.11	.09	.07	.06	.05	.04	.03
	6	.14	.11	.09	.08	.06	.05	.05
	7	.17	.14	.12	.10	.08	.07	.06
	8	.20	.17	.14	.12	.10	.09	.08
	9	.23	.19	.16	.14	.12	.11	.09
	10	.26	.22	.19	.16	.14	.12	.11
	11	.36	.30	.26	.23	.20	.18	.14
12	.39	.33	.29	.25	.22	.20	.16	

To find resources on your campus, visit mopip.org/resources

HOW TO PARTY

THE TOP 10 TIPS FOR STAYING SAFE



This publication is brought to you by Partners in Prevention, a coalition of universities in Missouri.

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TOP TEN TIPS FOR STAYING SAFE AT PARTIES

1. IT'S YOUR CHOICE TO DRINK.

Not everyone drinks; it's a personal decision. Consider the legal, health, and social aspects of drinking. If others around you choose not to drink, respect their decisions too.

2. DECIDE AHEAD OF TIME.

Determine who will be the sober driver for the evening. Ensure that this person remains sober. The "least drunk person" is not the same as a safe driver.

3. KNOW YOUR BODY.

Everyone processes alcohol differently. Check the BAC charts to see what makes the most sense for you if you choose to drink.

4. HOW ARE YOU MEASURING?

Having a "drink" is pretty vague in terms of knowing how much alcohol you have consumed. Mixed drinks vary in their potency. Make sure you know exactly how much alcohol is in there!

5. PACE YOURSELF.

The body can only process about one drink in an hour. Try slowing down and alternate between a drink and a glass of water. Whenever possible, eat a meal high in protein before going out.

6. NEVER MIX ALCOHOL WITH OTHER SUBSTANCES.

If you are taking medication for a condition - even a cold - skip the alcohol.

7. KEEP YOUR BODY AND MIND SHARP.

Alcohol hinders vitamin absorption in the body. This can even lead to problems with academics. Remember: alcohol is just a lot of extra, empty calories.

8. SEX AND ALCOHOL.

Alcohol impairs judgment - not something you want associated with having sex. Remember that consent cannot be legally given when the person is intoxicated.

9. RE-FOCUS THE EVENT.

Figure out creative things to do with your friends at parties that aren't centered around drinking!

10. CONSIDER YOUR FUTURE.

Excessive drinking can cause major disruptions in your most important job right now: school. It's not uncommon for drinking to lead to sliding grades, academic probation, even suspension or expulsion. Most employers now perform a background check where they will be able to see alcohol or drug-related convictions on your record. Watch what gets posted on the Internet. Pages, photos, and texts are stored for years to come. How would you explain some of those "crazy nights" to an employer or grad school board?

SOME STUDENTS DO CHOOSE TO DRINK! HERE'S WHY:

IT HELPS THEM RELAX

IT HELPS THEM HAVE
FUN WITH FRIENDS

THEY LIKE HOW IT
MAKES THEM FEEL

WHAT'S ONE DRINK?



12 OZ. OF BEER
5 OZ. OF WINE
1.5 OZ. OF LIQUOR