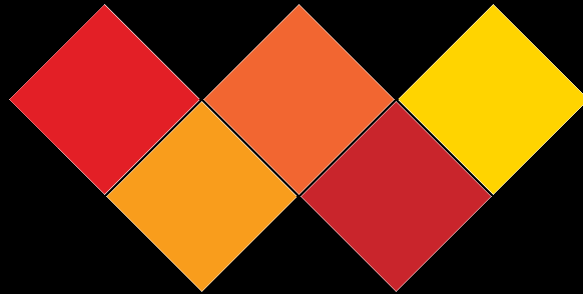


Wentworth Institute of Technology

Responsible User of Alcohol in
Residential Living



Why do students have to register in order to consume alcohol?

- Wentworth has policies in place governing alcohol use. Know these so that you can avoid the disciplinary process.
- We want you to enjoy alcohol in a healthy and responsible way.
- Most adults do not drink to get drunk.
- Avoid negative pitfalls due to excessive alcohol use.

People drink all the time, what's the big deal?

Alcohol . . .

- is a depressant especially in large quantities
- affects everyone differently
- lowers response time, reduces inhibitions, affects judgment
- can cause physical harm and even death



Take a moment to reflect...

- What has your relationship with alcohol been in the past?
 - How does this inform your behavior as a drinker?
- What risky behaviors have you seen others engaging in with alcohol?
 - Now that you're 21, how can you be a positive role model for younger students?

Standard Drink

How much did you really drink?



12 oz. beer



5oz. wine



1.5 oz hard
liquor



This is a 12 oz. serving

Do you know what's in your drink?



Long Island Iced Tea:
About 4 standard drinks

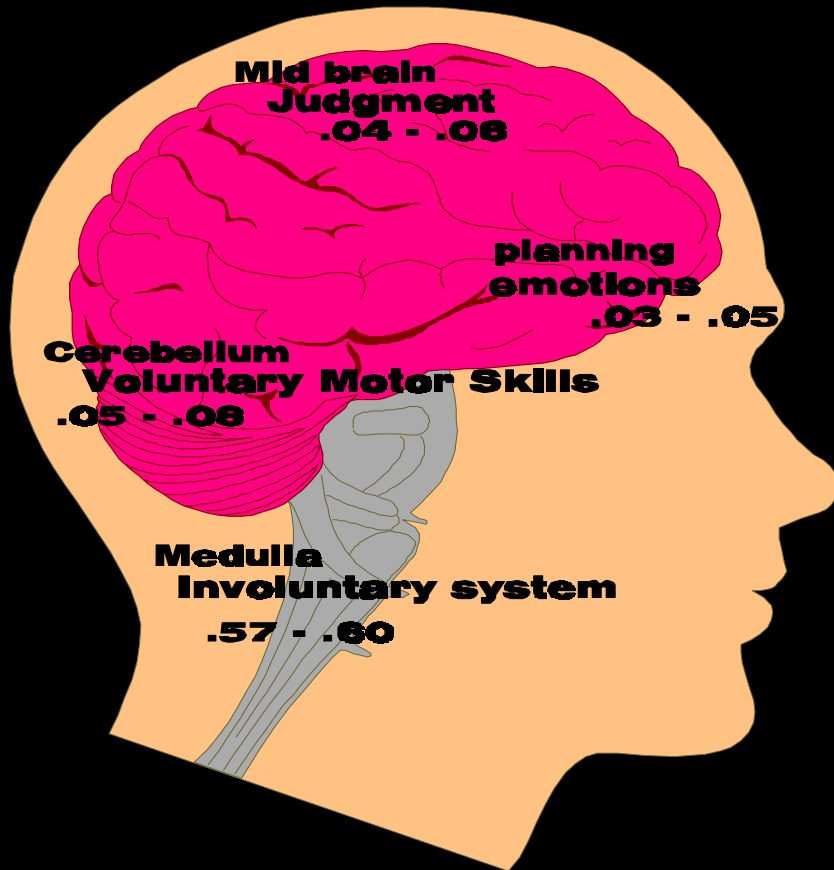


Martini:
About 2 standard drinks



Margarita
About 1.5 standard drinks

Alcohol and the Brain



Know the difference between... Passing Out & Blacking Out

Passing Out

- Body realized you had entirely too much to drink and shuts down.
- You can't drink anymore.

Black Out

- Alcohol induced amnesia
- Warning symptom of an alcohol problem
- Cause by alcohol abuse

How does alcohol affect sleep?

- Alcohol consumed up to 6 hours before bed can effect sleep.
- Even as little as 1-2 drinks can disrupts normal sleep patterns.
- Less time in REM sleep.
- Sleep deprivation increases cognitive impairment during the day.

How does alcohol affect behavior and judgement? (watch one)

<https://www.youtube.com/watch?v=jG6gx25Wnv4>

<https://www.youtube.com/watch?v=VAIE-UESTOA>

How is alcohol absorbed?

- Absorbed in the stomach and intestines
 - Men have more digestive enzyme
- Processed in the liver
 - About 1 drink per hour
 - Women process alcohol directly in the liver.
- Interactions with other drugs

Mixing alcohol with energy drinks

Energy drinks mask the effects of alcohol, and make you 'wide awake drunk', so you may underestimate how you're feeling and end up drinking more alcohol than you normally would.

Mixing alcohol and energy drinks can mean you consume more sugar, calories and caffeine than drinking alcohol by itself.

The sugar and caffeine in energy drinks and alcohol combined leads to dehydration, which means is hazardous to both short-term and long-term health.

What is in the drink?

Consider the number of calories a typical college student consumes in one night of drinking:

5 regular 12-ounce beers : 700-800 calories

5 shots of liquor: 500-1000 calories

5 8-ounce Long Island iced teas: 1000-1200 calories

5 10-ounce rum and Cokes: 1600-1800 calories

5 8-ounce margaritas: 2000-2500 calories

5 Mike's Hard Lemonade: 1000-1200 calories

Alcohol and the affect on your bones!

In young people, heavy episodic drinking:

1. Stops the skeleton from reaching full potential
2. Ages bones
3. Slows healing and repairing
4. Speeds loss of bone density



How alcohol affects sexual function

Alcohol “provokes the desire, but it takes away the performance” *Shakespeare*

Men

Small amounts (2 drinks)

- Release of inhibitions
- Increase desire
- Increased aggression

Moderate (2-3 drinks)

- Increased time to erection
- Difficulty maintaining erection

Heavy

- Impotence both erectile and ejaculatory

Women

Small amounts (1 drink)

- Release of inhibitions
- Feeling of warmth
- Increased aggression

Moderate (2-3 drinks)

- Less or no orgasm
- Decreased lubrication

Heavy

- No orgasm
- No lubrication

The Long Term Health Effects Of Alcohol

Central Nervous System (brain and spinal cord)

- impaired senses
 - vision, hearing, dulled smell and taste, decreased pain perception
- altered sense of time and space
- impaired motor skills, slow reaction
- impaired judgment, confusion
- hallucinations
- fits, blackouts
- tingling and loss of sensation in hands and feet
- early onset dementia (alcohol related brain damage)
- Wernicke's Syndrome and psychosis (delirium)
- mood and personality changes
- feeling anxious or worried

Circulatory System

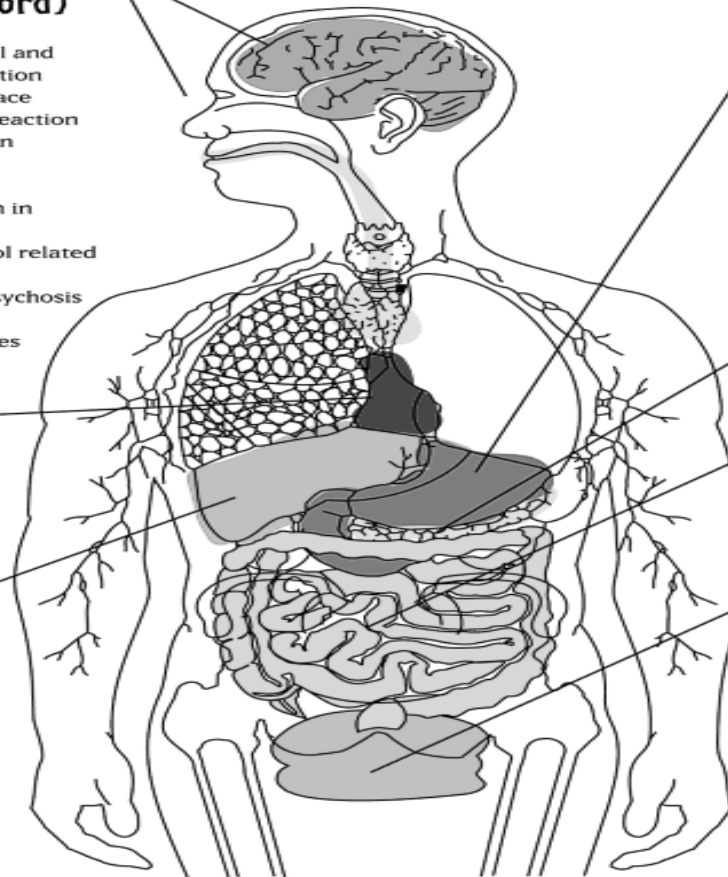
- high blood pressure
- irregular heart beat
- damage to the heart muscle
- increased risk of heart attack and stroke

Liver

- swollen, painful
- inflamed
- cirrhosis
- cancer
- fluid build up (oedema)
- increased risk of haemorrhage
- liver failure, coma and death

Pregnancy and Babies

- fetal alcohol syndrome/fetal alcohol effects
 - small head, possible brain damage, retarded growth and development



General Body

- weight gain
- headaches
- muscle weakness

Gastrointestinal System

- stomach lining inflamed and irritated
- ulcers of the stomach or duodenum
- inflammation or varicose veins of the oesophagus
- loss of appetite, nausea, diarrhoea and vomiting
- cancer

Pancreas

- painful, inflamed, bleeding.

Intestines

- irritation of the lining
- inflammation and ulcers
- cancer of intestines and colon

Reproductive System

Male and Female

- reduced fertility
- impaired sexual performance
- impotence
- decreased sperm count and movement
- increased risk of breast cancer in females
- early onset of menopause
- irregular menstrual cycle

Tips for drinking safely

- Decide how many drinks you'll have at the beginning of the night.
- Alternate alcoholic beverages with beverages that do not contain alcohol (water, juice, or soda).
- Eat food while drinking.
- Sip - don't chug.
- Cultivate taste. Choose quality over quantity.
- Beware of unfamiliar mixed drinks.
- Know signs of intoxication or alcohol overdose

Signs of alcohol overdose



- Unresponsive
- Slow or irregular breathing
- Cold, clammy, pale or bluish skin
- Vomiting
- Strong odor of alcohol

Providing to minors

- Under Massachusetts State Law (Chapter 138, Section 34), you can be charged criminally if you knowingly or intentionally supply, give, or provide to or allow a person under 21 years of age to possess alcoholic beverages on your premises or property.
 - Conviction for this offense carries up to **one year in jail and a \$2000 fine.**
- In the Wentworth Student Code of Conduct, providing alcohol to minors is considered a Level 3 Alcohol Violation.
 - Standard sanctions for a Level 3 alcohol violation are: **Institute Probation; \$300 fine; Parental Notification; 12 hours of community service.**

Responsible User Policies

- Alcohol is only permitted in 525, 610, 555, Edwards and the Louis Prang/Vancouver Apartments
- Limited Quantities of Alcohol is Permitted:
 - One 6 pack of beer or pre-measured and prepackaged beverage such as Mike's Hard Lemonade per resident
 - One 1.5L bottle of wine per resident
 - Hard alcohol is never permitted on campus
 - Kegs, beer balls, and other common source alcohol is prohibited.

Responsible User Policies

- 66% of the apartment/suite must be 21 or older to qualify.
- All Alcohol must be stored in the bedroom.
 - In order for alcohol to be stored in a bedroom under the Responsible User policy, all residents of the bedroom must be 21 years or older.
- Students under the age of 21 may not consume alcohol in a Responsible User suite, even if they live there.

Important Alcohol Policies

- Drinking games of any kind are prohibited
- Drinking paraphernalia is prohibited
 - Shot glasses * Drinking funnels * Beer pong tables
- All alcohol containers must be discarded within 48 hours of use. Alcohol containers cannot be used as decorations.
- Parties (Double Occupancy + 1) are not permitted.
- **IMPORTANT: Students who are found responsible for providing alcohol to minors may be placed on Institute Probation.**

Guest Policies

- Guests are your responsibility
 - No external guest may bring alcohol into the residence halls. Any external guest found bringing alcohol into the building will be asked to leave campus immediately.
 - No internal guest may bring alcohol into a residence hall room/suite/apartment in which they do not reside.
 - The hosting student must accompany the guest at all times.

Sexual Assault Facts

- According to research, 30 percent of all sexual assaults occur when the perpetrator is under the influence of alcohol. In some cases, the victim is also intoxicated.
- Drinking makes it easy for the perpetrator to ignore sexual boundaries, while the victim's intoxication makes it more difficult to guard themselves against an attack.

Sexual Assault Facts

- In 9 out of 10 cases reported in the Cleary survey, the victims knew the perpetrators.
- Nearly 60 percent of on-campus rapes took place in the victim's residence
- As a reminder, an individual cannot give consent when they are under the influence of alcohol.

Resources

- Wellness Center
 - Watson Hall, Room 003
- Health Center
- Student Affairs Office
- Community Standards
 - Beatty 028
- Housing and Residential Life staff

So What Now?

1. Take the Responsible User quiz, found at
2. All eligible Responsible Users in the suite 21 years or older need to pass the quiz with a 80% score or better.
3. Once it has been confirmed all the Responsible Users in the suite have passed the quiz, they will receive a certificate for the back of their front door certifying that they're suite is a registered responsible user suite. This certificate must remain on the door for the year

So What Now? Part 2

1. Though you are 21 it is still possible for you to violate the alcohol policy. Review the Student Code of Conduct to ensure that you and your suitemates are drinking responsibly.
2. Suites who have the Responsible User Certificate who violate the Alcohol Policy will have their Responsible User status removed for a certain period of time.