

effect on driving. A driver with a blood alcohol level of 0.07 percent may be legally safe, but not physically safe. AND IF YOU ARE A PASSENGER IN THAT CAR, YOU ARE IN DANGER TOO.

How much can someone drink and then drive safely?

Simply put, NONE at all. Any drinking interferes with judgment, muscle control, vision and reaction time—all very important for driving. And because no teenager has had much experience with either drinking or driving, even small amounts of alcohol—say one beer an hour—can interfere enough with driving ability to create a highly dangerous situation.

What are the penalties for drunk driving?

Convictions for driving under the influence can lead to serious penalties. In Florida, first-time offenders can be punished by the following:

- A minimum fine of \$250
- At least six-months revocation of the driver's license
- At least 50 hours of community service
- Mandatory attendance at a substance abuse education course.

Persons with two or more DUI convictions face:

- Mandatory imprisonment
- Increased fines and revocation periods

Additional penalties may be imposed for offenders with a blood alcohol level of 0.20 percent or higher.

What do I do when I'm with a friend who drinks and tries to drive? . . .

DON'T GET IN THE CAR!

Your friend will probably feel that he or she can drive with no problem. Alcohol sometimes causes a dangerous feeling of having more power or control than usual.

So, don't be fooled by what your friend says about being able to drive. It may seem easier to go along, but both your safety and your friend's safety are at stake.

TAKE THE WHEEL YOURSELF. Or wait out the hours it takes until the alcohol leaves your friend's body.

TAKE THE CAR KEYS if you have to.

If nothing works and your friend insists on driving, don't go along for the ride.

GET A RIDE with someone else.

CALL ANOTHER FRIEND WHO IS SOBER or call someone in your family.

TAKE A CAB. There's always another way to get where you're going.

Riding with a drinking driver isn't loyal or daring; it's just plain dangerous.

How can I tell if someone has a drinking problem?

A problem drinker is a person whose DRINKING IS INTERFERING WITH ONE OR MORE IMPORTANT AREAS OF LIFE—school, family, work, health, the law. More than 14 million Americans have problems with alcohol, and up to 20 percent of all 17- to 21-year-olds have serious alcohol problems. That's one out of five.

If you think someone you know has an alcohol problem, talk it over first with a person you trust. There are many sources for help, including clergy, school counselors, teachers, doctors, hospitals, mental health centers, alcohol information centers, Alcoholics Anonymous and Al-Anon Family Groups.

Al-Anon includes a group called "Alateen" for teenagers who are children of alcoholics or who have other family members or friends with drinking problems. You'll find their numbers in the yellow pages of the telephone directory under "Alcohol."

Additionally, if you or someone you know has an alcohol problem, he or she can also get direct help from:

**Florida Tech's Counseling
and Psychological Services
(321) 674-8050**

**For additional wellness topics,
visit the CAPS Web site at
www.fit.edu/caps**

Counseling and Psychological Services

CAPS is a counseling facility available to students and their immediate families. Its goal is to promote the best possible academic, vocational and emotional health.

Center Hours

Monday–Thursday

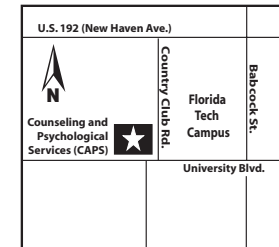
9 a.m.–5 p.m.

Friday

9 a.m.–4 p.m.

Location

CAPS is located at the intersection of Country Club Road and University Boulevard, west of Babcock Street.



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Center for Substance Abuse Prevention
U.S. Department of Health and Human Services
Public Health Service
Alcohol, Drug Abuse and Mental Health Administration

*Florida Institute
of Technology*

Counseling and Psychological Services
150 W. University Blvd.
Melbourne, FL 32901-6975
(321) 674-8050

PY-614-1105

Think!



You don't have to drink ...

Florida Institute of Technology
Counseling and Psychological Services

THINK! You don't have to drink ...

Should I drink?

In most states, if you are under 21 the law says "NO."

Although some people over 21 choose to drink, one-third of all American adults have decided not to. Some of the reasons they give for not drinking are:

- It's better for their health and fitness.
- They don't want the empty calories in alcohol.
- They don't like the taste.
- They want to feel totally in control of themselves.
- Their personal philosophies or religious beliefs don't include the use of alcohol, tobacco or other drugs.

The bottom line is that nobody—youth or adult—ever has to drink. Smart people are learning that it's perfectly OK to say "NO."

How do I say "NO" if someone offers me alcohol?

Odds are that long before you're 21, someone will urge you to drink. It may not be easy to say "NO," but if you're feeling good about yourself and firmly believe that it's the mature decision, saying "NO" won't be as hard. You can just say "NO," give reasons for your choice or say you have better things to do. Even though you may feel awkward in this situation, remember that you have lots of support for saying "yes" to your health and well-being.

If I don't drink, what else do I need to know?

PLENTY. You may have friends or family members who drink. Or a date. And, especially if the drinking gets mixed with driving, you need to know what alcohol is and what it does to people.

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How does alcohol work?

ALCOHOL IS A DRUG, like heroin or tranquilizers. It can alter moods, causes changes in the body and become habit-forming.

Why is "liquor quicker"?

ALCOHOL ACTS FAST. That's because it isn't digested like food. It moves directly into the bloodstream from the stomach and small intestines. Right away, alcohol is on its way to the brain and other parts of the body. And it keeps circulating until the liver burns it up.

It's no wonder people begin to feel the effect of alcohol quickly. But also remember that IT TAKES A LONG TIME FOR THE EFFECT TO WEAR OFF. It takes approximately two hours for the liver to burn up the alcohol of one drink if the drinker weighs 150 pounds; three hours if the drinker weighs 100 pounds.

And if the drinker keeps pouring in drinks while the first one is still at work, it's easy to get into trouble.

Is alcohol an "upper" or a "downer"?

ALCOHOL IS A "DOWNER." It actually depresses the central nervous system. That's why drinking too much causes slow reactions, slurred speech and sometimes even unconsciousness ("passing out").

Why do drinkers act so crazy at times?

Alcohol works first on the part of the brain that controls inhibitions. And when people lose their inhibitions, they may talk more, get rowdy and do foolish things. After several drinks, they may feel "high," but really, their nervous systems are slowing down.

Which packs more "punch"—liquor or beer?

NEITHER. There is about the same amount of alcohol in a 12-ounce can of beer as there is in a mixed drink that contains 1-1/2 ounces of liquor—or for that matter, in a 5-ounce glass of wine. So don't let anyone tell you that "a few beers can't hurt." Just remember that each BEER IS AS POTENT AS A SCOTCH AND WATER!

In what ways can alcohol mean trouble?

If you are under age, DRINKING IS A LEGAL PROBLEM anytime, anywhere. But it can mean trouble in other ways too:

- People who are into sports know that drinking messes up timing and coordination. And in most cases, ATHLETES WHO DRINK ARE NOT ATHLETES WHO WIN.
- NO ONE SHOULD EVER DRINK WHILE PREGNANT OR WHILE BREAST-FEEDING. It can harm the developing baby.
- It's common knowledge that DRINKING TOO MUCH MAKES MANY PEOPLE SICK. And needless to say, throwing up in public does not lead to popularity.
- Drinking even small amounts can affect driving ability. DRINKING AND DRIVING CAN LEAD TO INJURY, OR EVEN DEATH, for the driver, passengers, pedestrians or others. It doesn't do the car any good either.
- "Why did I do (or say) that?" is the common cry of inexperienced drinkers. They find out pretty quickly that LOSING CONTROL OF ONESELF IS NOT FUN. IT'S EMBARRASSING.

Will black coffee sober up a drunk person?

NO. The only thing that can sober up someone who drinks too much is time—time for the alcohol to burn out of the system. Hot coffee and cold showers may wake the person up, but HE OR SHE WILL STILL BE DRUNK.



How dangerous is drinking and driving, really? . . . VERY

DRINKING AND DRIVING ACCIDENTS ARE THE NUMBER ONE KILLER of teenagers in the United States. Thousands died last year; thousands will die this year. It can happen to your friends. IT COULD EVEN HAPPEN TO YOU.

While it's true that nobody can ever be totally safe from drinking drivers, smart teenagers do three things:

1. They always say "NO" to alcohol.
2. They refuse to ride in a car with a drinking driver.
3. They drive defensively—always alert for other drivers on the road who may be drunk or impaired by alcohol.

What's the legal limit for "driving under the influence"?

In most states, drivers are presumed to be under the influence when their blood alcohol level reaches 0.08 percent. That's actually a very high level, and their chances of having an accident increase long before they reach that rating.

The plain truth is that DRINKING AND DRIVING JUST DON'T MIX. Many people don't know that even small amounts of alcohol can have a bad