90% of all the good things people say about drinking are mental placebo effects.

Click to watch 12 students get "drunk" without drinking alcohol.

Beliefs about drinking are conditioned by ads.

Alcohol does not make you more outgoing, social or fun. Your beliefs about drinking do. Your mind is powerful. Check out how placebos work by clicking on this brain.

Try it for yourself:
1. One night, cut your drinking in half.
2. Tell yourself you're going to have a blast. Your attitude is important for making this work.
3. The next morning you'll know the truth - you had just as much fun with only half the alcohol. It was your thinking, not the drinking that caused you to have a good time.

Do this with your friends as a group for even more mind-blowing results.

Your buzz peaks at .05 BAC.

Above .05 Blood Alcohol Content, you start losing your buzz and begin to feel worse.

Women
90-100 lbs • 1 drink
180-200 lbs • 2 drinks

The number of drinks needed per night to reach .05 BAC depends on your sex & weight.

Men
140-160 lbs • 2 drinks
200-240 lbs • 3 drinks

Unm students average less than 2 drinks a week.

Smart Unm Students balance their academic and party lives:
A) GPA average: students had 1.4 drinks per week
B) GPA average: students had 1.7 drinks per week
C) GPA average: students had 1.9 drinks per week
D) GPA average: students had 2 drinks per week

Data from spring 2019 survey of 484 Unm undergraduates.

A BC's for alcohol safety:

Letting a passed out person "sleep it off" is the worst thing you can do -
A) Try to AWAKEN the person
B) See if their BREATHING is shallow
C) Check their CIRCULATION.
Is their skin cold, clammy or turning blue?
If any of these are present, turn the person on their side and call 911.

And with Uber & Lyft, there's never an excuse for driving drunk!

Need help? Visit COSAP - Mesa Vista Hall, 3rd Floor, Room 3057 or call 505-277-2795.