

Alcohol Awareness and Drug Awareness (we adamantly do not support underage drinking or using drugs as it is illegal and dangerous; however, if you or one of your friends makes the curious mistake to drink then you need awareness):

Alcohol is a “SNEAKY DRUG.” Do you really understand how alcohol affects your body? These are some of the factors that affect how alcohol affects you: Gender, Ethnicity, Rest Level, Hydration and Food in System, Other Substances in your system such as other Drugs, Vaccinations, and Caffeine.

Q: How long does it take to feel the effects of just one drink?

A: 30 minutes

Q: How long does it take to process just one drink?

A: 60 minutes

Problem: When you have 1 drink and wait a short time and then have another one, and another.....Your liver doesn't have a chance to process the alcohol and it spills over into other organs causing long term or short term damage—even serious permanent injury or death.

What is 1 Drink? It depends on the type of alcohol. Beer is typically 5% (12oz serving); Wine is typically 12% (5oz serving); Hard Alcohol is typically 40% or more (1 ½ oz serving)**Read label to know % alcohol.

BAC SAFETY TOOLS: Read labels, 1 drink an hour rule, BAC WATCH APP and other free APPS.

Stats: Approximately 5,000 teens die in the US each year from drinking alcohol—32% of those are from traffic accident, 30% homicides, 14% suicides, 9% alcohol poisoning (simply drinking too much, too fast), 15% other causes (i.e. falls, drownings, hypothermia). Six people die every day in the US from alcohol poisoning. Every 44 hours a college age person dies in our country from alcohol poisoning.

Drugs: 90% of Americans with a substance abuse problem started smoking, drinking or using other drugs before age 18.

- Drugs are dangerous and deadly alone but combined with alcohol is a deadly combination
- Recreational Drugs vs. Prescription Drugs
 - Recreational drugs:
cocaine, ecstasy, heroin, marijuana, mushrooms
 - Prescription drugs include: (It is illegal to take a prescription drug that is not prescribed to you)
Methadone, oxycontin, Vicodin, valium, Adderall
 - Other drugs:
K2 Spice- synthetic marijuana, N bomb- similar to LSD or acid, Bath salts
- These drugs can be laced with a multitude of chemicals that harm the body.
- You have no idea what you are truly ingesting into your body

The Indiana Lifeline Law—SB 227—State Senator Jim Merritt authored

The Lifeline Law which gives amnesty from prosecution for underage drinking and many related drinking offenses to a person who calls (or for persons assisting the caller) to report a medical emergency, crime or sexual assault. The purpose of the law is not to encourage underage drinking, but to protect Hoosiers in emergency situations and hopefully save lives. Most states now have such a law, but no matter what Make the Call....Save A Life.

MAKE GOOD

DECISIONS

It's simple steps: 1) CALL or TXT 911; 2) STAY; 3) Cooperate.

When do I Make THE CALL? If you see any one of these signs of alcohol or drug poisoning or any combination of these:

- Acting Unusually Confused
- Repetitively Throwing Up
- Skin Looks Pale or Bluish
- Loss of Bodily Functions
- Snoring Unusually or Loudly
- Passed Out (meaning you can't wake the person up to an alert state)

Don't try and play doctor and avoid calling—even doctors say that they need medical equipment to diagnose and treat.

Don't think the person will sleep it off because BAC continues to rise as sleeping and they may be silently dying. Many have died as “friends” watched the intoxicated person “sleep it off.”

Sometimes you only get 1 chance to do the right thing and Make the 911 Call.

“No Friend Left Behind”—Stay together. Before you go out talk about a designated non-drinking friend and that you will stay together. Don't let your friend leave you if they are under the influence of alcohol or drugs. Take their hand or put your arm around their shoulder, lead them with you, and simply say **those 4 words**: “No Friend Left Behind.”

Pre-Commitment—Now is the time to commit. Not when you've been drinking and don't have the best judgment. Take this simple 3-part pledge.

#TXT911lifeline – You can now text 911!

This is the Make Good Decisions Pledge:

I will do my best to Make Good Decisions,
If someone needs help, I will Make the Call,

If I need help, I give You permission to Make the Call for me.

Life is a marathon and not a sprint—Enjoy and make it to the
finish line!!



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www.makegooddecisions.info and www.indysb.org