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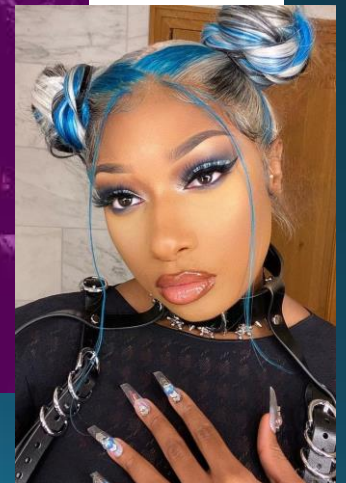
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***BOOZE CLUES***

# Booze Clues Pre-amble

# The Past

- DARE (Drug Abuse Resistance Education)
- Just Say No
- Tell all the ways alcohol will hurt you by the time you're 40. (When you're 13, who cares?)



- We have all experienced that telling a youth not to do something results in...
- The effectiveness of Just Say No and DARE style tactics are...



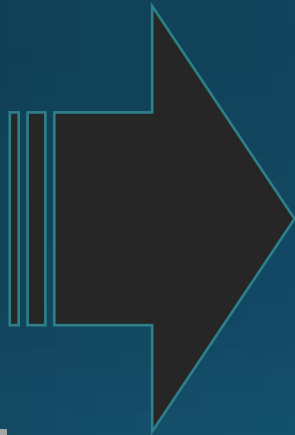
Instead of '*drug proofing*' kids, we give youth the tools they need to keep themselves and their friends as safe as possible.

- **NORMALIZE safety planning**
- Taking care of ourselves.
- Taking care of others.

# HOW is more important than WHAT

## From

- Colonialism
- Bystander
- Blame
- Disease Model



## To

- Support where desired/needed
- Ownership/Active Participant
- Empowerment
- Health Promotion Engagement

# Booze Clues



Clue Into Alcohol and Party Planning

By Karen Janzen – Prevention & Health Promotion Specialist

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Your buddy, Kash, is throwing a huge party this weekend.

You know people are probably gonna get wasted.

What are you worried is going to happen?



“Booze Clues!  
Booze Clues!”





# Planning to take care of yourself is normal



CAMPING



TRANSIT



TRAVELLING



POST SURGERY  
(WISDOM TEETH)

Same with partying.

.05% BAC/BAL Legal Intoxication

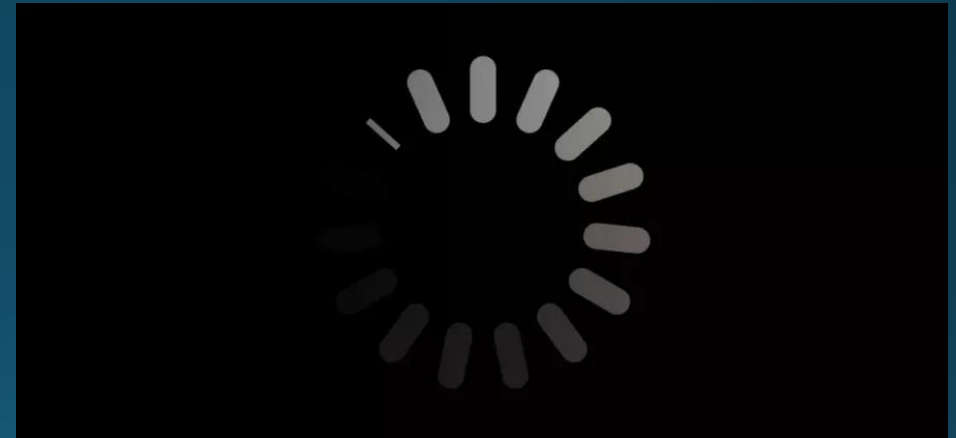
.10% Decision Making

.20% Vomiting/Blackout/Stumbling

.30% + Critical Risk

How can  
you take  
care of your  
friends and  
yourself  
while  
drinking?

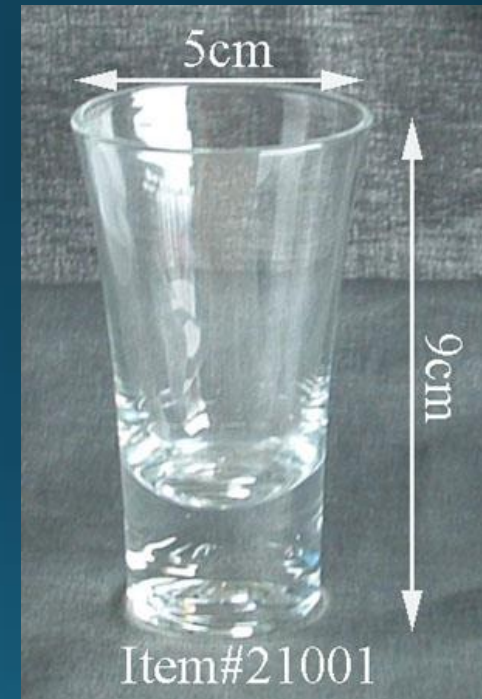
# Alcohol is a “depressant”



Depresses, or slows down  
your nervous system

# How much is a 'drink'?

- 1.5 ounces, or 1 shot glass is considered 1 serving of hard liquor or "spirits"
- 5 ounces of WINE (just over half cup)
- 12 ounces of BEER (cup and a half)





In British Columbia .05 is the legal driving limit IF you have your full license  
Anything over .05 is considered legally impaired.

# .10% Loss of Decision Making

The part of your brain that tells you whether you're okay or not, is the first part of your body that alcohol affects (or slows down).

- All drinks after .10% decrease the chances that you'll be able to keep yourself and your friends safe.





.20% BAC you may be vomiting,  
blacking out and staggering



<https://www.youtube.com/watch?v=fGoWLWS4-kU>

“Consent Tea”



# .30% BAC++ = CRITICAL!

- Alcohol Poisoning can happen anywhere between .30% and .60% BAC
- Alcohol Poisoning means the alcohol is slowing your nervous system down to the point where your brain can't keep your vital organs going.



## Blood Alcohol Content Levels (% of your blood that is alcohol)

# drinks	Weight in Pounds							
	100	120	140	160	180	200	220	240
1	.05	.04	.03	.03	.02	.02	.02	.02
2	.08	.06	.06	.05	.05	.05	.04	.03
3	.12	.10	.09	.08	.07	.06	.06	.05
4	.16	.13	.12	.10	.09	.09	.08	.07
5	.21	.18	.15	.13	.12	.10	.09	.09
6	.25	.21	.18	.15	.14	.12	.11	.10
7	.28	.25	.21	.18	.17	.14	.13	.11
8	.33	.27	.23	.21	.19	.16	.15	.13
9	.37	.31	.27	.24	.21	.18	.17	.15
10	.40	.36	.32	.29	.25	.22	.20	.18

# “I’ve had that much alcohol before, and it didn’t affect me that way”

- Hydration, food intake, sleep, environment, poly-drug-use and pre-existing states all play a role
- The alcohol may have numbed the body’s sensory intake, so you didn’t FEEL it, or you don’t remember it.
- Inexperienced drinkers appear intoxicated faster than experienced drinkers. Experienced drinkers body’s may appear to compensate for excessive alcohol intake better, but the stressors on the body and slowed response times are comparable in a lab.





# 100% SURE – Alcohol only

- Slurred speech, sleepy, out of it, intoxicated.

Lie them on their side in the recovery position

Check on them every 15 minutes

If you can't wake them up, call  
911 IMMEDIATELY



# SIGNS OF AN OPIOID OVERDOSE

Learn how to spot an overdose and what to do.



## CALL 911 IMMEDIATELY!

Your address: \_\_\_\_\_

**THEN:**



**Give breaths**  
1 breath every



**Use naloxone**  
if you have it

# Possibility of other substances:

## Know the Signs

- Anxiety
- Paranoia
- Confusion
- Panicking
- Hallucinations
- Extremely agitated



### Psychological Distress

- Chest pain
- Stroke
- Racing pulse
- Short of breath
- Overheated

### Physical Distress



- Sweating
- Shaking
- Seizing
- Vomiting
- Paralyzed
- In and out of consciousness

# Pre-party questions

- 1) Who are you going with that will plan with you & have your back?
- 2) How will you know that what you're drinking is safe? (not spiked or drugged).
- 3) What will you do with your drink if you have to leave it behind while doing something else?
- 4) How will you get home safely?
- 5) What kinds of things would let you know that the party has become unsafe and its time to use your 'get home safe' plan.
- 6) Brainstorm other pre-party questions.

# Brainstorming: how to take care of each other

- Plan that everyone in your group agrees to
- Be at an address where 911 can find you
- Designated person/people who do not get intoxicated
- Naloxone kit
- Never leave your friend. If you haven't seen them for 15 minutes, go find them!
- Bring your own drinks or a safe supply
- Don't let your friend drink something they didn't bring, or that wasn't sealed.