

Safety Week Fall 2023 - Alcohol/Drug Safety

Drug Statistics:

- Moderate use (2-3 drinks) can result in a loss of motor coordination for up to 12 to 18 hours after drinking.
- Alcohol consumption by college students is linked to at least
- Alcohol does not relieve depression; it makes it worse.
- One-third of suicides are associated with alcohol misuse.

9 Signs of Alcohol Abuse:

1. Temporary memory loss and blackouts
2. Drink to cheer up
3. You've tried to quit drinking but can't
4. You drink to be "Normal" or "Fit in"
5. Flushed skin/broken capillaries in the face
6. Problems with family members as a result of drinking
7. Drinking in secret or lying about your alcohol intake
8. Anxiety, insomnia, nausea when you stop drinking
9. Drinking in the morning

Drugs Statistics:

- According to the U.S. Department of Education, 35% of the new freshmen population will comprise the bulk of *new drug users and potential drug abusers* on college campuses.
- 43% of the overall college student body has either tried or is currently addicted to at least one of the **top ten drugs found on college campuses**.
- Although most college students use prescription drugs properly, about one in four people aged 18 to 20 report using these medications non-medically at least once in their lives.
- Non-medical use of pain relievers is on the rise among college-age youth.

Signs and Effects of Drug Abuse

Body Signs

- Red Eyes
- Dry mouth
- Smells like marijuana

Behavioral Signs

- Use of eye drops
- Difficulty thinking
- Drowsiness

- Easily distracted
- Awkward movement

Emotional Signs

- Elevated mood
- Giggling or being silly
- Lack of anxiety or stress

Verbal Signs

- Slowed and/or slurred responses
- Difficulties expressing themselves coherently
- Make comments that their sense of taste, touch, smell, sound, or vision is heightened
- Making comments that time seems to have slowed