

## Beyond the Highway

Alcohol can be deadly anytime, any place. The dangers of drinking and driving are clear, but some other facts and situations to keep in mind . . .

- As many as 40% of fatal accidents (falls, drownings, etc.) involve alcohol. Alcohol use on or near the water is especially hazardous.
- Alcohol and depression are a deadly duo. One third of all suicides occur while the person is under the influence of alcohol or other drugs.
- About 10,000 people die each year from alcohol-related overdoses. Large amounts of alcohol are toxic—as lethal as any other poisonous substance.
- Drinking before or during heavy exercise (a tennis or softball game, volleyball or football scrimmages) can be particularly dangerous. Exertion coupled with alcohol can put a nasty strain on even the best trained athlete.
- Alcohol consumption plays a role in violence. About 10,000 murders occur each year in situations involving alcohol.
- Anyone who is intoxicated is more vulnerable to crime, from muggings to rape.

## DON'T GET BOMBED— GET INVOLVED!

- Start a campus group to raise awareness about alcohol issues. For example, many colleges have chapters of BACCHUS (Boost Alcohol Consciousness Concerning the Health of University Students). For information contact BACCHUS of the U.S., Inc., P.O. Box 10430, Denver, CO 80210 (303/871-3068).
- Team up with your highway patrol or AAA to present Safe Driving Seminars.
- Volunteer to assist high school Drivers' Ed. classes to heighten the awareness of teens to the dangers of drinking and driving.

- Kick off a special event, such as homecoming or graduation, with a mammoth line-up of smashed cars from alcohol-related crashes. The cops and the junkyard will be happy to help!
- Start a "Tipsy Taxi" program to provide free rides to anyone who needs a safe ride home. Contact campus shuttle service or a local cab company.



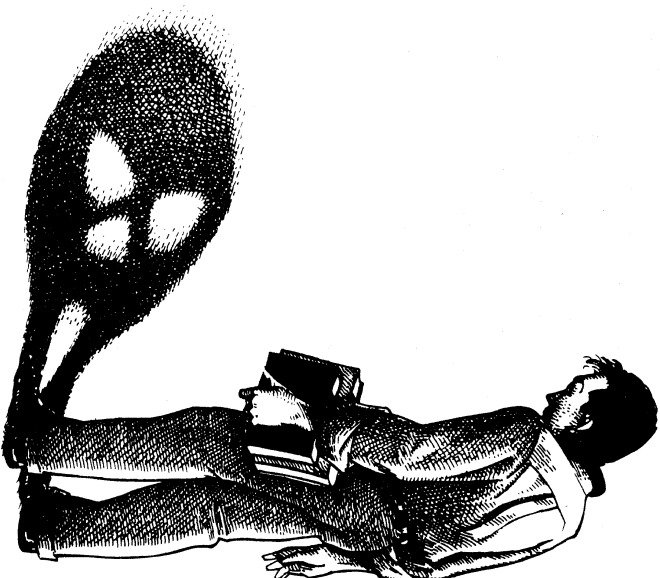
TAKE A BITE OUT OF  
**CRIME**



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the National Crime Prevention Council  
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TOGETHER FOR A  
**SAFE**  
CAMPUS

**DYING TO DRINK?**  
The Hard Facts



## POP QUIZ: True or False?

1. A can of beer is less intoxicating than an average mixed drink.
2. Combining liquor with carbonated mixers will slow the effects of the alcohol.
3. Many over-the-counter and prescription drugs compound the effects of alcohol.
4. Individuals of the same body weight will be affected by alcohol at the same rate.
5. Black coffee will quickly sober a person who's had a few too many.
6. You can always tell when someone's had too much to drink by how he/or she talks and walks.
7. It's legal to drink beer and wine if you are 18.

## Check your Answers

1. False: 12 ounces of beer has the same alcohol content as a standard figger (1½ oz.) of liquor.
2. False: While a mixer dilutes the alcohol, carbonation actually speeds its absorption.
3. True, true, true.
4. False: Many other factors (like gender and metabolism) play a part.
5. False: Only time (about 1 hour per drink on the average) will overcome the effects of alcohol.
6. False: Judgment, not speech or motor skills, is the first thing to go. A person may be dangerously reckless long before he starts to slur or weave.
7. False: In all states buying or drinking any alcoholic beverage is against the law if you are under 21.

## NASTY NUMBERS!

### Who Gets Arrested?

#### People like you . . .

- Between 1970 and 1986 Driving While Intoxicated (DWI) arrests were highest for 21-year-olds.
- In the same period, persons 18 to 24 accounted for 28.8% of DWI arrests.

### Who Gets Hurt?

#### People like you . . .

- About 560,000 people are injured each year in alcohol-related crashes—more than one per minute.
- People between the ages of 16 and 24 are involved in more than one-third of all alcohol-related traffic accidents.

### Who Gets Killed?

#### People like you . . .

- In 1986 3,450 people ages 15-19 died in alcohol-related traffic fatalities.
- In the same year 5,400 people aged 20-24 were killed.

### Why are drinking and driving a lethal combination?

- Judgment is the first capacity affected by alcohol. People who've been drinking frequently believe that they're less affected than they are.
- Coordination, vision, and motor skills are drastically impaired by alcohol consumption.
- Being fatigued, stressed, under the weather, or using any medicine can dramatically increase alcohol's effects, making "one harmless little drink" lethally intoxicating to someone behind the wheel.

### How much is too much?

The only completely safe alcohol consumption level before driving is ZERO.

- If you or anyone else is concerned about your sobriety, don't drive. Get a ride, or stay where you are (spend the night if necessary) until you are sure you're able to drive safely.
- Plan ahead. Designate a driver who agrees to "down" only nonalcoholic drinks.

## WATCHING OUT FOR THE OTHER GUY!

On an average weekend evening, approximately 1 out of 10 drivers is legally impaired or drunk. Any time of day or night, use seat belts, and be alert to signs of a drunk driver, such as:

- Unusually wide turns
- Weaving, swerving
- Hugging the center line, or driving left of center
- Excessively fast or slow speeds
- Stopping suddenly without apparent cause
- Inconsistent turn signals
- Driving with headlights off in the dark
- Driving with windows rolled down in cold weather, or driver with head out of window (laugh now . . . it won't be funny if he hits you!)

If a driver ahead of you seems impaired, don't try to pass. Maintain extra distance, and be prepared to stop suddenly.

If the driver is behind you, turn right at the next intersection to let him get ahead of you. If the driver is coming toward you, slow down, move to the right, and stop.

