

Wellness InSTALLments

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Mind Your Mind Week

6th—Cash Cab

10am-12pm, All over campus

CAPS Mental Health Table

11am-2pm, Outside P&W

7th—CAPS Biofeedback

11am-1pm, Outside P&W

Yoga on the Lawn

4pm-5pm, Library Lawn

Stressed @ Hogwarts!

7pm-8pm, Biscayne 4th Floor

9th—Yoga on the Lawn

11am-12pm, Library Lawn

Alcohol Responsibility Week

20th—Cash Cab

10am-12pm, All over campus

Mark Sterner, Alcohol Speaker

6:30pm Greeks. 8pm all-campus.

Cohen Center Ballroom.

21st—Healthy Hump Day

Party Smart

11am-2pm, Outside P&W

Look out for the Prize Team and Cash Cab golf carts to win prizes!

Please see our online calendar for a full, updated schedule



WELLNESS TIP

What's fun to do off campus in October? Visit Germain Arena and watch FGCU's Division 2 & 3 Hockey teams play... for FREE with your student ID!

Question of the Month

True or False:
Alcohol is a stimulant?

Email us at pws@fgcu.edu with the correct answer to enter into a drawing for \$10 of Eagle Dollars!

Alcohol Awareness!



When it comes to alcohol, knowing how to be a safe and still have fun as a college student is the key to success. So we want you to know the facts! Participating in alcohol consumption can be a normal weekend activity for many students, so it is important that those students (and all students) know their limits and how to avoid accidents. Each year hundreds of thousands of students are involved in injuries and assaults related to events with alcohol present. What are the facts about knowing your limit? It includes factors like gender, weight, number of drinks, and time spent drinking. What are ways to drink responsibly? Make sure you have a sober driver, eat before and while drinking, and alternate alcoholic and non-alcoholic drinks. Knowledge is the key to keeping you and your friends safe if choosing to drink. **Knowing your limits, going out prepared, and knowing easy tips are all good ways to make your social activities safe and fun.**

ALCOHOL QUIZ: True or False?

Keeping a friend on their back is helpful when they've consumed too many drinks.

⇒ FALSE!! Be sure to lay a friend on their side to prevent them from choking on their vomit.

Drinking water and eating bread can help you sober up.

⇒ FALSE!! The only thing that sobers you up is TIME! It takes the body 1 hour to oxidize 1oz. of alcohol!

Death can occur from drinking too much alcohol.

⇒ TRUE!! In fact, a blood alcohol content (BAC) of 0.45 will stop your breathing. This is about 8-12 drinks depending on the person's gender, size, and time in between drinks.

It is not possible to commit sexual assault if both individuals are intoxicated.

⇒ FALSE!! If a person is mentally or physical incapacitated or impaired so that they cannot understand the fact, nature, or extent of the sexual situation, there is no consent. When a person is intoxicated they are unable to give consent. Non-consensual sex is sexual assault and it is against the law. It doesn't matter if both parties were intoxicated or not, sexual assault is still against the law.

ALCOHOL KNOW YOUR LIMITS

Tips For a Safe Night Out:

- ◆ Download the **FREE** iDrinkSmarter app to help you keep track of your drinks and your specific BAC. Just register using your FGCU email address!
- ◆ If you are going out to a bar, club, or even a friends place, plan ahead and have a sober driver.
- ◆ If you choose to drink and drive, think about who this may affect. It could be yourself, your passengers or other cars on the road.
- ◆ Stay prepared by keeping extra money tucked away with a taxi's phone number in your wallet. *24/7 taxi service in Lee County: (239)-687-3555*



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