

Wellness InSTALLments

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Don't BOOS and Drive

With Halloween, Oktoberfest, and other fall parties destined to bring forth waterfalls of alcohol, some bad decisions may arise. Whether or not to drive while under the influence may be a choice you (*or a friend*) have to make. It's best to feel confident in choosing the right decision — such as your fellow peers do — as per FGCU's 2015 CORE Survey results showing that 86% of the student body prefers alternate methods for getting around while going out.



Upcoming Events

10/4—Sex Ed Boot Camp
7-9pm; Cohen Center Ballroom
10/10—Tips Tuesday: Give a Dam!
11- 1pm; CC Breezeway
**10/25—Healthy Hump Day:
Marijuana: Trick or Treat?**
12- 3pm; P&W

10/18—FRESH CHECK DAY
Library Lawn, 11am-2pm

**10/20—Prevention & Wellness
OPEN HOUSE! 11am-3pm**

National Hazing Prevention Week

10/16—GOAT Screening
6:30-9:30pm, CC Ballroom
10/17—Catch the Cash Cab!
2- 4pm; Main Campus
**10/18—Healthy Hump Day: Hazing
on a Scale from 1-10**
12- 3pm; Outside P&W
**10/18—Haze Free Jamboree
(Free Food) 8-10pm, CC 247**
10/19—NHPW Prize Team
11-1pm; Main Campus

Please see our online calendar
for a full, updated schedule

WELLNESS TIP

Eagles Rise for Sober Rides is a program P&W partnered up with local venues to provide **FREE non-alcoholic drinks** to designated drivers!

See the list and restrictions on our website or in our office.

Question of the Month

Could being under the effects of marijuana while driving be considered a DUI?

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



PEERS CARE
Educate. Engage. Empower.



Staying Safe Throughout the Night

October can be a month full of many treats, but if there are any tricks involved it'd be best to ensure that they're safe ones! With Halloween parties coming up, these tips may help you survive being tricked!

- ☞ Know your limits and plan your night ahead
- ☞ Substitute every other drink with water
- ☞ Be aware of *spooky*, unfamiliar drinks
- ☞ Pay attention to your surroundings at all times
- ☞ Don't be afraid to say **no**, or to pay for a ride home



Quick Check: True or False?

BAC stands for Blood Alcohol Content.

⇒ **TRUE.** It is the official measure for legal and medical purposes.

It's okay to smoke pot and go for a drive.

⇒ **FALSE.** You can get a DUI for driving under the influence of any amount of marijuana.

A female will have a higher BAC level than a male consuming the same amount of alcohol.

⇒ **TRUE.** Women have less of the gastric enzyme that helps break down alcohol before entering the blood stream.

There are many different ways to sober up.

⇒ **FALSE.** Time is the only true way to sober up.

