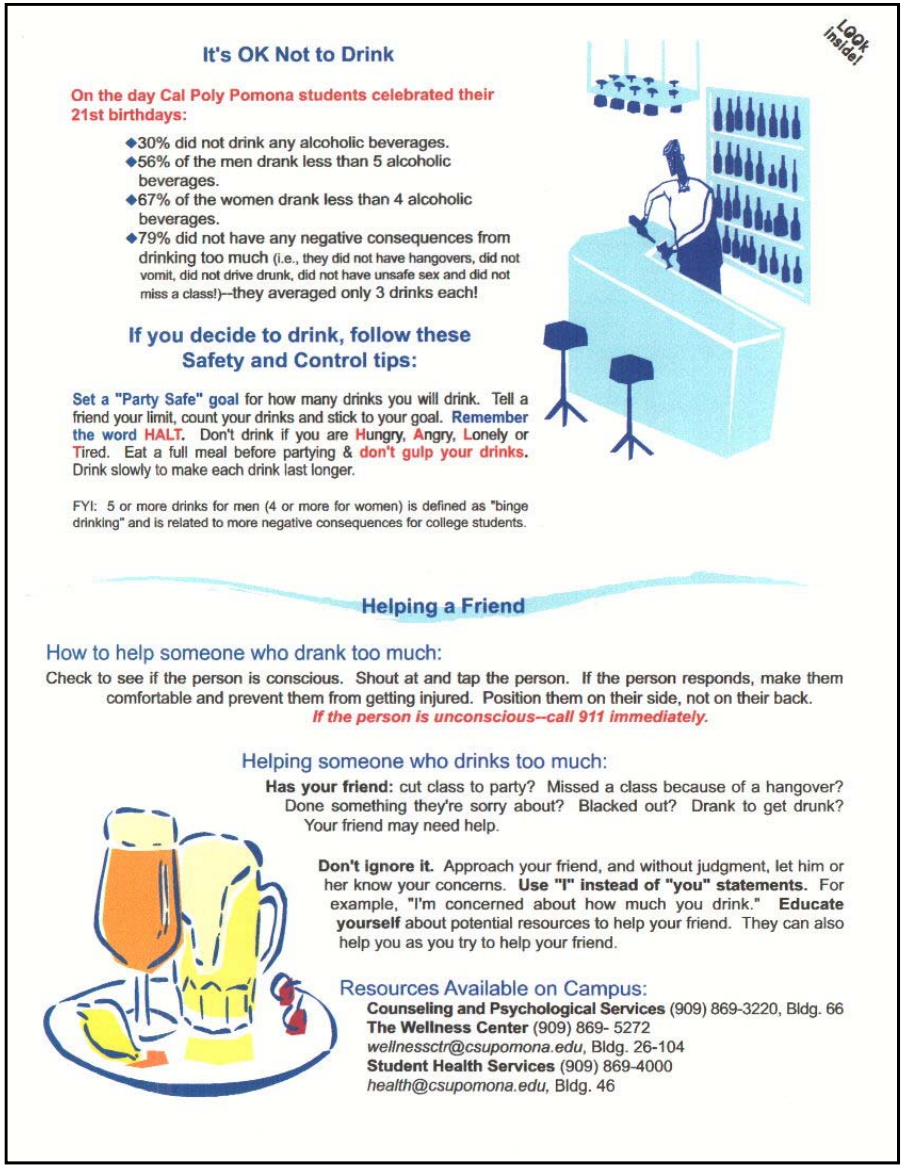
# 21st Birthday Drinking Social Norms Birthday Card Program Results



LOOK inside!

## It's OK Not to Drink

**On the day Cal Poly Pomona students celebrated their 21st birthdays:**

- 30% did not drink any alcoholic beverages.
- 56% of the men drank less than 5 alcoholic beverages.
- 67% of the women drank less than 4 alcoholic beverages.
- 79% did not have any negative consequences from drinking too much (i.e., they did not have hangovers, did not vomit, did not drive drunk, did not have unsafe sex and did not miss a class!)--they averaged only 3 drinks each!

### If you decide to drink, follow these Safety and Control tips:

**Set a "Party Safe" goal** for how many drinks you will drink. Tell a friend your limit, count your drinks and stick to your goal. **Remember the word HALT.** Don't drink if you are **H**ungry, **A**ngry, **L**onely or **T**ired. Eat a full meal before partying & **don't gulp your drinks.** Drink slowly to make each drink last longer.

FYI: 5 or more drinks for men (4 or more for women) is defined as "binge drinking" and is related to more negative consequences for college students.

## Helping a Friend

### How to help someone who drank too much:

Check to see if the person is conscious. Shout at and tap the person. If the person responds, make them comfortable and prevent them from getting injured. Position them on their side, not on their back.
***If the person is unconscious--call 911 immediately.***

### Helping someone who drinks too much:

**Has your friend:** cut class to party? Missed a class because of a hangover? Done something they're sorry about? Blacked out? Drank to get drunk? Your friend may need help.

**Don't ignore it.** Approach your friend, and without judgment, let him or her know your concerns. **Use "I" instead of "you" statements.** For example, "I'm concerned about how much you drink." **Educate yourself** about potential resources to help your friend. They can also help you as you try to help your friend.

### Resources Available on Campus:

**Counseling and Psychological Services** (909) 869-3220, Bldg. 66
**The Wellness Center** (909) 869- 5272
*wellnessctr@csupomona.edu*, Bldg. 26-104
**Student Health Services** (909) 869-4000
*health@csupomona.edu*, Bldg. 46

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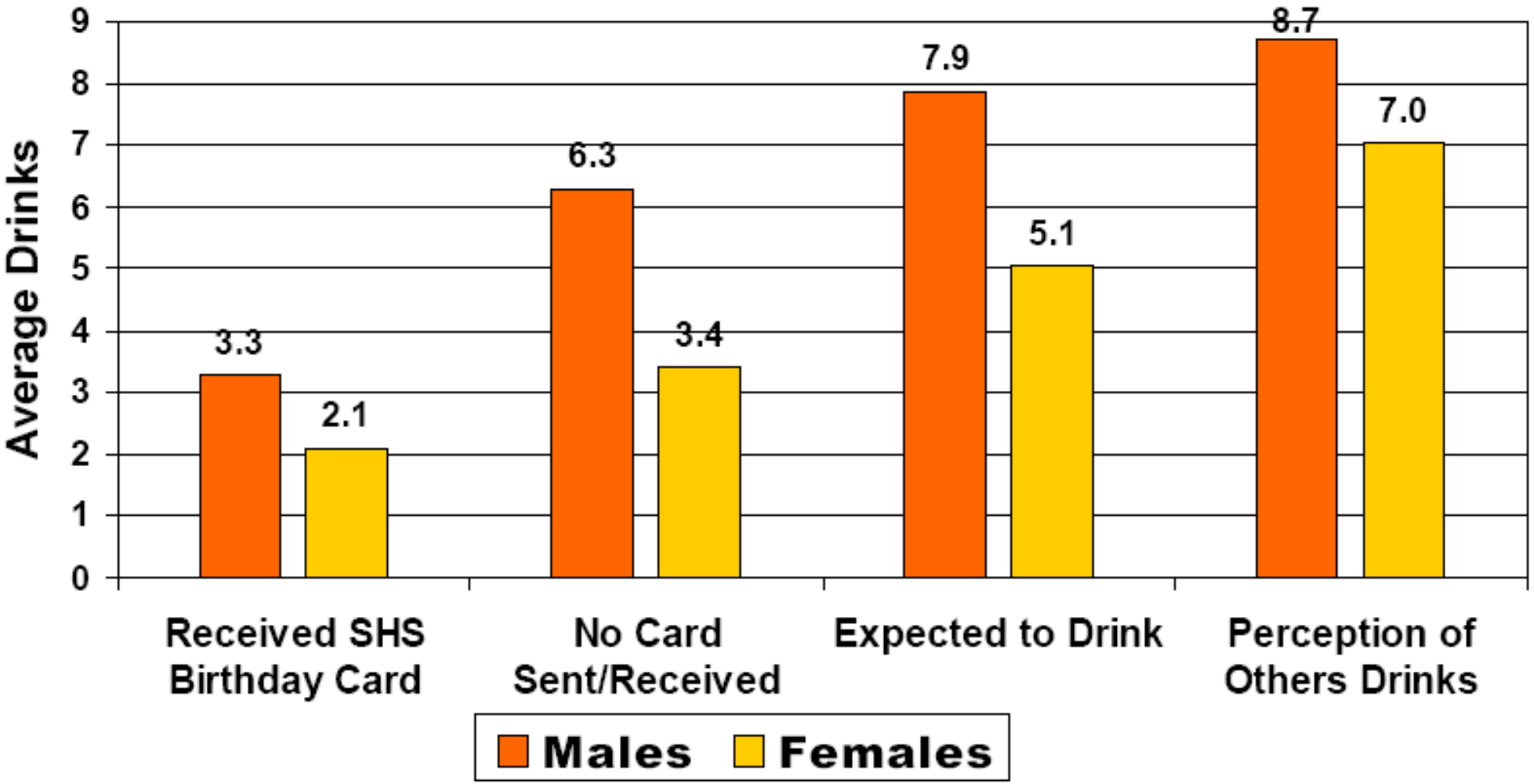


Outcomes report at:
www.csupomona.edu/~jvgrizzell/eval/outcomes.htm and www.csupomona.edu/~jvgrizzell/21/card.htm