Safe & Informed

Student Wellness Resource Center
& Title IX Student Services
Harm Reduction

Risk

Safety
Traditions & Celebrations

- Winning a game
- Losing a game
- Breaks with the team
- Initiation
- Recruitment
- Birthdays
- Graduation
Biphasic Curve

Euphoria

Feeling

Dysphoria

Time
Standard Drink

Beer - 5%
12 oz

Wine - 12%
4-5 oz

Liquor - 40%
1.5 oz

Ethanol - ½ oz
Path of Alcohol

- Mouth, Throat, Stomach, Small Intestine
  - 10 minutes
- Processed out of the Blood
  - 1 hour
4 Factors for BAL

1. Amount
2. Time
3. Weight
4. Sex