Discussion Points

1. How can alcohol interfere with your potential?

Believe it or not but drinking does interfere with academics. It is negatively related to a person's GPA, meaning the more you drink, the lower your GPA may be.

2. What did you think of Raheem's story/Have you ever heard of aspiration pneumonia?

Raheem developed pneumonia after an episode of binge drinking. It is very possible that the drinking is what triggered the pneumonia. What happened to Raheem is that after being admitted to the hospital he passed out, lost his gag reflex and when contents came up from his stomach and/or throat, it went into his lungs. After 5 days of assisted breathing, his lungs gave out. Aspiration pneumonia is an inflammation of the lungs and bronchial tubes caused by inhaling foreign material, usually food, drink, vomit, or secretions from the mouth into the lungs. This may progress to form a collection of pus in the lungs (lung abscess). Aspiration pneumonia is a form of pneumonia that can develop when foreign material, such as food, liquid, vomit, or mucus, is accidentally inhaled into the lungs. This can happen when a person is unconscious or has a seizure or when a stroke has affected the person's ability to swallow or cough.

3. Why do you think people drink? Followed by what can people do at a party if they choose not to drink but don't want to be questioned or bothered about their choice?

People, especially young adults, drink to meet people, feel more relaxed in a social setting, fit in, and look cool. If you chose not to drink, try bringing a water bottle to the party, having just a glass of soda, or telling people you don't want the effects of a hangover the next morning if asked why you are not drinking.

4. What are some ways to keep safe if drinking or going out?

Know your limits- know how much your body can handle. EAT before going out- drinking on an empty stomach will speed up intoxication and can lead to unpredictable results. Make sure to drink water in between alcoholic drinks. Be careful not to binge drink, especially if playing drinking games (it is a lot

easier to binge drink during a game if you do not know how much you are drinking exactly)

5. ABCD'S of Alcohol Poisoning

A- Arouse: Check to see if the person is awake and coherent
B- Breathing: Check the person to see if they are breathing. Make sure to check their nose, mouth, and ribcage
C- Color: Look at their color, is it grayish, discolored, clammy?
D- Discuss: After getting help for your friend, the next day make sure to talk about what happened and how it can be avoided.

6. Statute that someone cannot give consent to anything sexual if they are under the influence of alcohol.

Now, what if the perpetrator is using alcohol as well? To put the situation into perspective: If I were to walk over and punch a police office in the face, just because I was drinking, does that justify my actions? Nope. Can be a sticky situation but using the situation in a different context helps to understand.

7. How is alcohol considered a date-rape drug?

Yes it is. The reason alcohol is considered a date-rape drug is because it is a drug that affects judgment and behavior. Alcohol can put a person at risk for unwanted or risky sexual activity. When a person is drinking alcohol, it is harder to think clearly, harder to resist sexual and/or physical assault, and can cause blackouts and memory loss.

7. What amount of alcohol do I need to drink to have a blood alcohol content of .08 or higher?

Each person's blood alcohol content from drinking certain amounts of alcohol will vary, depending upon a number of factors. The main factor is your weight. To calculate your blood alcohol content based upon having normal drinks such as a 12 oz. beer, a 4 ounce glass of wine, or a single mixed drink containing a one ounce shot of 100 proof liquor, the following rule of thumb is an illustration:

120 lbs: one drink in one hour -- .032 two drinks in one hour -- .064 three drinks in one hour -- .096

180 lbs: one drink in one hour -- .021 two drinks in one hour -- .042 three drinks in one hour -- .063 four drinks in one hour -- .084

8. Why is it not safe to diet when drinking alcohol? It is common for some people who are dieting to replace a meal with the alcohol they are drinking that night. This is very dangerous because it can speed up intoxication and lead to unpredictable results.