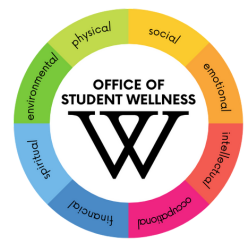


# Harm Reduction Resource Sheet

Wellesley College Office of Student Wellness



## Responsible Action Clause

- You should call for help when alcohol or other drug use requires prompt medical attention
  - Campus Safety **781-283-5555** (on-campus) or 911 (off-campus)
  - Alcohol or drug policy violations will generally be waived if you are seeking help for yourself or others, health and safety are priority!

## Harm Reduction Strategies

- Opt for **lower alcohol content** drinks
  - **Tip:** choose light beer/seltzer vs. shots or mixed drinks
- **Alternate** drinks with water
  - **Tip:** carry a water bottle with you to stay hydrated
- **Sip**, don't take shots
  - **Tip:** go slow, it can catch up with you!
- Set your own **pace & stop** when your body tells you
  - **Tip:** set reminders on your phone to check-in with yourself
- **Make a plan** for yourself before you begin drinking or using
  - **Tip:** find a trusted friend (an accountabili-buddy!) and keep an eye out for each other, especially if going off-campus!



Measure



Pace



Know your limit

## Measure



**12 ounces, 5% alcohol**  
standard can of beer or hard seltzer  
*\*note: IPAs and certain beers have a higher alcohol content!*



**5 ounces, 12% alcohol**  
standard glass of table wine  
*\*note: red wine has a higher alcohol content because of the grapes!*



**1.5 ounces, 40% alcohol**  
standard shot of distilled spirits/hard liquor  
*(vodka, tequila, whiskey, gin, rum, etc.)*



# Harm Reduction Resource Sheet

Wellesley College Office of Student Wellness



## Pace

- **Blood alcohol content (BAC)** is the amount of alcohol in the bloodstream, on average we **metabolize 1 drink/hour**.
- Knowing your estimated BAC can help you **make lower-risk choices**.
- **Note:** the legal drinking age is 21 years of age and the legal limit is a 0.08 BAC

# of drinks	Body Weight in Pounds								
		100	120	140	160	180	200	220	240
0	Male	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
	Female	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
1	Male	0.06	0.05	0.04	0.04	0.03	0.03	0.03	0.02
	Female	0.07	0.06	0.05	0.04	0.04	0.04	0.03	0.03
2	Male	0.12	0.10	0.09	0.07	0.07	0.06	0.05	0.05
	Female	0.13	0.11	0.09	0.08	0.07	0.07	0.06	0.06
3	Male	0.18	0.15	0.13	0.11	0.10	0.09	0.08	0.07
	Female	0.20	0.17	0.14	0.12	0.11	0.10	0.09	0.08
4	Male	0.24	0.20	0.17	0.15	0.13	0.12	0.11	0.10
	Female	0.26	0.22	0.19	0.17	0.15	0.13	0.12	0.11
5	Male	0.30	0.25	0.21	0.19	0.17	0.15	0.14	0.12
	Female	0.33	0.28	0.24	0.21	0.18	0.17	0.15	0.14

We want to aim for the green zone, you really only need 1-2 drinks to do so, going higher puts you at increased risk.

BAC	PREDICTABLE EFFECTS
.00	Sober, no effects
.01 to .04	Lightheaded, relaxed, warm sensation, minor impairment of judgment
.05 to .07	Buzzed, lower inhibitions, minor impairment of reasoning and memory
.08 to .10	Impaired balance, speech, vision, reaction time, judgment, self control
.11 to .15	Depression, anxiety, gross motor impairment, judgment severely impaired
.16 to .19	Nausea, disoriented, dizzy, motor, vision, and judgment further impaired
.20 to .24	Disoriented to time and place, blackout likely, vomiting, difficulty walking
.25+	All functions impaired, onset of coma, possibility of alcohol poisoning & death

## Factors That Affect BAC

Raises BAC



### Sex assigned at birth

- Differences in hormones, enzymes, and percent body fat generally make individuals assigned female at birth more sensitive to the effects of alcohol



### Strength of drink

- Alcohol content can vary by drink; given the same amount in, hard liquor is stronger than wine or beer



### Mixing substances

- Mixing alcohol with medications or other drugs can be very dangerous, always consult with your prescriber about medications and alcohol use

Lowers BAC



### Rate of drinking

- How much you drink in a given time period affects how quickly your body can metabolize alcohol; pacing yourself gives your body time to metabolize



### Food and hydration

- Eating and drinking water before and while consuming alcohol slows the absorption of alcohol into the bloodstream



### Weight

- Weight affects the rate that the body metabolizes alcohol; given the same amount of alcohol, people with higher weight will have lower levels of alcohol in their blood

# Harm Reduction Resource Sheet

Wellesley College Office of Student Wellness



1 in 5 Wellesley students don't drink,  
if you choose not to use, you are not alone!

For students who do decide to use substances,  
here are some tips for a safer time:



**1 Eat before** going out

**2 Alternate water** with drinks

**3 Know your pours and pace yourself** (about 1 drink/hour)

**4 Know your limits** and respect other people's, as well

**5 Avoid mixing substances** (cannabis, alcohol, medications)

**6 Partner up with an accountability-buddy**

- Make a plan for the night
- Watch out for each other
- Hold each other accountable
- ...and stick together!

**7 Help a friend in need!**

- Remember the responsible action clause: alcohol or drug violations will generally be waived if you are seeking help for yourself or others

if you need  
immediate help,  
call Campus Police  
781-283-5555