

# Texans – Stay Safe this Spring Break!

It is Spring Break, and we want to make sure that all of you return back to campus safely after a much needed week of fun. The Student Counseling Center Office of Substance Abuse & Violence Prevention has provided some tips to ensure that all students have a fun and safe Spring Break.

## Safe Drinking Strategies

Students – before you decide to drink, remember these tips and make sure to drink responsibly.

- Select a designated driver before you go out
- Eat before and while you are drinking
- Keep track of how much you drink by counting “standard drinks”
- Never leave your drink unattended
- Have an exit plan in mind before attending an event that might involve drinking
- Don’t let others mix your drinks or get your drinks for you
- Let a non-drinker know where you are

## Know how much you drink.

One standard drink equals:

- 12oz of Beer
- 8oz of Malt Liquor
- 5oz of Wine
- 1.5oz (one shot) 80-proof spirits

## Medical Amnesty

Tarleton State University encourages all students to be active bystanders when an emergency arises. This means taking responsible action by noticing the situation, providing assistance, and activating appropriate help. Tarleton’s Medical Amnesty Policy provides amnesty for minor conduct offenses in order to encourage students to seek help during alcohol related emergencies. The Medical Amnesty provides protection against formal disciplinary action by the University, whereas, the state law provides protection against legal action.

## Signs of Alcohol Poisoning

- Mental confusion
- Unresponsive
- Snoring/gasping for air
- Throwing up
- Hypothermia
- Erratic breathing
- Loss of consciousness
- Paleness/blueness of skin

### Amnesty applies to the following conduct charges

- Possession of alcohol by a minor
- Unauthorized possession or use of alcohol by a minor
- Consumption of alcohol by a minor
- Intoxication as a result of drinking alcohol

Amnesty does not apply to more serious offenses such as hazing, physical or sexual assaults, harassment, vandalism, providing alcohol to minors, or using fake IDs. Amnesty may not be provided in the case of repeated incidents.