EDWARDS AIR FORCE BASE
AIRMEN SUBSTANCE ABUSE AWARENESS COURSE
(ASAAC)

Created by: Edwards Drug Demand Reduction Program

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SUBSTANCE ABUSE QUIZ

CIRCLE THE CORRECT ANSWER

1. Drinking black coffee and taking a cold shower will help an intoxicated person sober up.
   T / F

2. Is it OK to drive after having just one drink?
   T / F

3. Becoming intoxicated after drinking a small amount of alcohol is a warning sign of addiction.
   T / F

4. A blackout is:
   a. Passing out from too much drinking
   b. Getting dizzy from too much drinking
   c. Slurred speech from too much drinking
   d. Not remembering all or part of "the night before"

5. Children of alcoholic parents are at greater risk of addiction than children of non-alcoholic parents.
   T / F

6. About how many drinks would it take for a 160-pound man to reach .10 BAC in three hours (the length of a football game)?
   a. 1-3 Drinks
   b. 3-4 Drinks
   c. 5-6 Drinks
   d. 7+ Drinks

7. A can of beer, a 5-ounce glass of wine, a wine cooler, and 1.5 ounces of liquor all contain about the same amount of alcohol?
   T / F

8. Which best describes a hangover?
   a. Just a headache
   b. Upset stomach from too much drinking
   c. Withdrawal from the drug alcohol
   d. Lack of sleep from too much drinking

9. Alcohol abuse may lead to HIV/AIDS.
   T / F

10. For health reasons, the safe or moderate level of drinking recommended by the Department of Health and Human Services is:
    a. 1 drink a day for women, 2 drinks a day for men
    b. 2 drinks a day for women, 3 drinks a day for men
    c. No drinking at all
    d. 3 drinks a day for both men and women

11. Alcohol is a stimulant that helps you act livelier and become a better conversationalist.
    T / F

12. Alcoholism is:
    a. Curable
    b. Secondary to mental problems
    c. A chronic disease
    d. Found only in men over 40

13. Alcohol is involved in better than 60% of drowning deaths.
    T / F

14. The Air Forces' Zero Tolerance Policy means, "No drinking/ No drug use."
    T / F

15. The two drugs most commonly used by young people are alcohol and marijuana.
    T / F

16. Young people have a greater risk of becoming addicted than adults
    T / F

17. When taken in combination, the effects of alcohol and marijuana are increased.
    T / F

18. If you are processed out of the Air Force for illicit drug use, can you still get Federal student loans.
    Yes / No

19. "Ice"
    a. is available only in Hawaii
    b. cannot be detected through urinalysis
    c. is a powerful, crystallized form of methamphetamine
    d. is generally only about 23%

20. Edwards Air Force base conducts urinalysis testing on weekends and holidays.
    T / F

RESPONSIBLE DRINKING

1. Write a paragraph (or more) giving your personal definition of “responsible drinking”.

THE IMPACT OF SUBSTANCE ABUSE IN AMERICA

A study prepared by The Lewin Group for the National Institute on Drug Abuse and the National Institute on Alcohol Abuse and Alcoholism estimated the total economic cost of alcohol and drug abuse to be $245.7 billion for 1992. Of this cost, $97.7 billion* was due to drug abuse. This estimate includes substance abuse treatment and prevention costs as well as other healthcare costs, costs associated with reduced job productivity or lost earnings, and other costs to society such as crime and social welfare. The study also determined that these costs are borne primarily by governments (46 percent), followed by those who abuse drugs and members of their households (44 percent).

The 1992 cost estimate has increased 50 percent over the cost estimate from 1985 data. The four primary contributors to this increase were (1) the epidemic of heavy cocaine use (2) the HIV epidemic (3) an eightfold increase in state and Federal incarcerations for drug offenses, and (4) a threefold increase in crimes attributed to drugs.

More than half of the estimated costs of drug abuse were associated with drug-related crime. These costs included lost productivity of victims and incarcerated perpetrators of drug- related crime (20.4 percent); lost legitimate production due to drug-related crime careers (19.7 percent); and other costs of drug-related crime, including Federal drug traffic control, property damage, and police, legal, and corrections services (18.4 percent). Most of the remaining costs resulted from premature deaths (14.9 percent), lost productivity due to drug-related illness (14.5 percent), and healthcare expenditures (10.2 percent).

The White House Office of National Drug Control Policy (ONDCP)** conducted a study to determine how much money is spent on illegal drugs that otherwise would support legitimate spending or savings by the user in the overall economy. ONDCP found that, between 1988 and 1995, Americans spent $57.3 billion on drugs, broken down as follows: $38 billion on cocaine, $9.6 billion on heroin, $7 billion on marijuana, and $2.7 billion on other illegal drugs and on the misuse of legal drugs

* This estimate includes illicit drugs and other drugs taken for non-medical purposes. It does not include nicotine.

*** 1995 Drug Control Strategy, The White House Office of National Drug Control Policy*.

What are your thoughts?_____

_____

_____

_____

REGULATIONS AND ALCOHOL

Alcohol and other drugs are mentioned in over 100 Department of Defense and Air Force regulations. The reason is obvious. Alcohol affects behavior and the military demands honorable and faithful service.

The Air Force policy has changed over the years and often reflected society's views of drinking. However, illicit drug use has never been tolerated. The main point to think about is this: IF YOU DRINK RESPONSIBLY, YOU DON'T HAVE TO WORRY ABOUT THESE REGULATIONS!

DoD Directive 1010.4, Alcohol and Drug Abuse by DoD Personnel:

Alcohol and drug abuse are defined as "the use of alcohol and/or other drugs to an extent that it has an adverse effect on the user's health or behavior, family, community, or the Department of Defense, and/or the illegal use of such substances."

It is the policy of DoD to "deter and detect alcohol and drug abusers within the Armed Forces and defense community….", to "treat or counsel alcohol and drug abusers and rehabilitate the maximum feasible number….", and to "discipline and/or discharge drug traffickers and those alcohol abusers who cannot or will not be rehabilitated"

Discussion:

AFI 44-121

The Air Force defines alcohol abuse as follows:

"Alcohol abuse negatively affects public behavior, duty performance, and/or physical and mental health."

The Air Force defines alcoholism as:

"A primary, chronic, disease with genetic, psychosocial, and environmental factors influencing its development and manifestations. The disease is often progressive and fatal. It is characterized by:

- Impaired control over drinking
- Preoccupation with the drug alcohol
- Use of alcohol despite adverse consequences
- Distortions in thinking, mostly denial

Each of these symptoms may be continuous or periodic and includes the diagnoses of alcohol abuse and alcohol dependence."

SPECTRUM OF DRINKING

NON-ADDICTION

CONTACT- First exposure, the very first time you use alcohol. Do you think the younger a persons contact rate increases their chances for alcohol abuse and alcoholism? Thoughts-Comments

EXPERIMENTATION- Just what the name says experimentation- What do you think that is?

INTEGRATION- Basically starting to become a part of your daily/weekly life routine. Do you know anybody like that?

ABUSE- When alcohol starts to cause problems is when alcohol is a problem. Do you believe that?

ADDICTION STAGES

EARLY	MIDDLE	LATE
Blackouts	Affects other people:	Affects you:
Tolerance	Family	Loss of self-esteem
Sneaking	Friends	Loss of your own personal values
Hiding	Work	Loss of commitment to yourself
Gulping	Legal	Major medical problems

Circle what you have experienced -just because you circled something does not make you an alcoholic.

DENIAL AND ENABLING

Define the following:

Denial:

_____
_____
_____
_____
_____

Give an example of denial:

_____
_____
_____
_____
_____

Enabling:

_____
_____
_____
_____
_____

Give an example of enabling:

_____
_____
_____
_____
_____

DRIVING UNDER THE INFLUENCE

According to the National Center for Health Statistics and the Department of Transportation, alcohol kills over 30,000 Americans every year. This is the combination of motor vehicle fatalities and various alcohol-related illness deaths. Illnesses range from acute fatal alcohol overdose to chronic liver problems. Alcohol also causes 72,000 serious incapacitating injuries per year from motor vehicle accidents alone. This does not count the thousands of alcohol-related injuries each year which do not involve motor vehicle accidents.

Think about this: What kind of response would our nation give if a terrorist organization killed over 30,000 Americans a year? Your thoughts?

The 1998 Department of Defense Worldwide Survey reported that 10% of E-1 to E-3s in the Air Force face serious consequences dealing with alcohol. These problems include disciplinary, work productivity, DUIs, fights, and injuries. Not the best way to start your career!

Even moderate use of alcohol can have a serious impact on our ability to drive safely. Our judgment is impaired after only small quantities of alcohol have been consumed. Alcohol affects our vision in several ways, i.e. peripheral vision; color perception; ability to judge distances; and perhaps most importantly, our ability to see things clearly. It has been shown in numerous studies that reflexes are slowed and reaction times increased after drinking only a small amount of alcohol. Drowsiness can occur after drinking only a little bit of alcohol. It should be clear, then, that driving after even moderate drinking will increase the chances of your being involved in an automobile accident and/or being arrested for a DUI. For the past two fiscal years, Edwards has had 20 DUIs on base. This is entirely too much. How do you think we can reduce that number?

COST ASSOCIATED WITH A DUI IN CALIFORNIA

If you drink and drive, these are the costs you could pay for a DUI:

Vehicle towing and storage	$187
Booking, fingerprinting, and photo fee	$156
Driver license reinstatement fee	$125
Car insurance increase	$2,700
DUI fine	$480
Assessment for the court system	$816
Community service fee	$44
DUI victims fund	$100
Alcohol abuse education fund	$50
DUI classes	$550
DUI Victims' Impact sessions	$20
Time payment charge	$35
Total fees, fines, and assessments	**$5,263***

* If you use an attorney, add $2,000

There is no safe way to drive while under the influence.
Even one drink can make you an unsafe driver.

Source: California Office of Traffic Safety, National Highway Traffic Safety Administration, The Century Council

DRUNK GOGGLES

Your reaction to the drunk goggles demonstrates:

How impaired do you feel?

_____
_____
_____
_____

Do you think it is safe to drive like that?

_____
_____
_____
_____

Why do people drive like that?

_____
_____
_____
_____

EARLY WARNING SIGNS

Early Warning signs	**Yes**	**No**
Is the desire for a drink a frequent occurrence?		
Is there a need for a drink at a certain time of the day?		
Is there anticipation of drinking in the evening as the day wears on?		
Is alcohol used to induce sleep?		
Does drinking frequently go beyond just “socializing”?		
Is there a desire to get high and to maintain that feeling?		
Does the absence of drinks at a party or restaurant produce disappointment?		
Is your drinking criticized by friends or family?		
Do you resort to drinking to relieve tension?		
Do you keep a good supply of alcohol on hand, “just in case”?		
Is there a tendency to prefer the companionship of heavy drinkers and to not hang around with non-drinkers?		
Do you get upset when someone comments on your drinking?		
Do you have a drink while you have a hangover?		

Take a look at these questions, what are your thoughts?

THE JOHARI WINDOW

The Johari Window is used as an awareness vehicle – it illustrates the degree of self-awareness and openness and also as a model for understanding and giving and receiving feedback.

JOHARI WINDOW	**YOU KNOW**	**YOU DON'T KNOW**
OTHERS KNOW	**OPEN SELF** Things we both know about me.	**BLIND SELF** Things I didn't recognize about myself but others do
OTHERS DON'T KNOW	**HIDDEN SELF** Things I only know about me. Things I don't want to or can't share about myself	**UNKNOWN SELF** Things neither of us know about me.

You can use the Johari Window to learn about yourself. If you are willing to share things from your "hidden self," it may help you learn. If you are willing to receive and give feedback about behavior, you can learn more about yourself or help someone else learn. Even the "unknown self" can become known through education that will unlock ideas about yourself you never thought about before.

BASIC ALCOHOL INFORMATION

What is a "standard" drink?

A definition of the "standard drink" has been developed for use in comparing one drink to another in alcohol research. The following list shows drinks that are equivalent in terms of the amount of alcohol in each drink. So if you have a regular glass of wine (4 ounces), this would be equal to having a 12-ounce can of beer, or 1.25 ounces of 80-proof liquor (like vodka, tequila, or rum). Keep in mind that a "shot" of liquor is usually about 1.25 ounces, since most bartenders fill the glass above the 1-ounce line. This is important to remember if you drink stronger proof liquors.

As you can see, if you have a drink out of a container (a can or bottle), it is fairly easy to figure out how much alcohol was consumed. However, you might have to do a bit of estimating to convert the amount of alcohol they have consumed into "standard" drinks. For example, if you drink three 16-ounce cans of beer at a party, you would actually have consumed four "standard" drinks.

It can be difficult when someone reports, "splitting a fifth of vodka" to calculate drinks. As a guide:

- pint = 16 ounces; equals 12 drinks if 80-proof or 16 drinks if 100-proof
- fifth = 25.6 ounces; equals 20.5 drinks if 80-proof or 25.6 drinks if 100-proof
- quart = 32 ounces; equals 25.6 drinks if 80-proof or 32 drinks if 100-proof
- gallon = 128 ounces; equals 102.4 drinks if 80-proof or 128 drinks if 100-proof
- usual bottle of wine equals 6 standard drinks

How does alcohol get into your system?

When you drink, the alcohol first travels to the stomach. There, some of the alcohol (approximately 20%) begins going through the stomach wall and into your bloodstream through a process called **absorption.**

The rest of the alcohol then travels to the small intestine, where it enters the bloodstream rapidly and completely, regardless of the food content in it. Therefore, once the alcohol reaches the intestine, the rate of absorption is fairly standard.

What influences the rate of absorption?

How fast alcohol is absorbed into your bloodstream will determine how quickly you feel intoxicated. This rate of absorption is determined by a number of things that you may already know about:

1) The higher the concentration of alcohol in your beverage, the faster it will be absorbed into your bloodstream. For example, shots of liquor are absorbed faster than beer.
2) When you have eaten recently and there is still food in your stomach, the movement of alcohol from the stomach to the small intestine will be delayed and thus absorption of alcohol will be slower than if you are drinking on an empty stomach.
3) And of course, the faster you drink, the faster the alcohol will get into your bloodstream.

How does alcohol leave the system?

Approximately 90% of alcohol is broken down, or metabolized, by the liver. The remaining 10% of alcohol gets out of the body through sweat, breath, and directly through urine. And in those cases when the blood alcohol level rises to a toxic level, alcohol can leave via the mouth -- commonly known as vomiting.

The rate of metabolism

Compared to how quickly your body can absorb alcohol, the rate of metabolism is very slow**;** the liver can only metabolize about one drink per hour. The rate of metabolism can be thought of as the speed of "sobering up." Even more importantly, this process **cannot** be sped up. Contrary to popular beliefs, neither several cups of strong coffee, nor a cold shower, nor exercise will sober up an intoxicated person. For example, if someone had 12 drinks in one to two hours, it would take approximately 12 hours for the body to completely metabolize all the alcohol. Consider

how often there will still be alcohol in the bloodstream the next morning. Also, because the liver primarily metabolizes alcohol, excessive drinking damages the liver.

Blood Alcohol Levels

Definition of Blood Alcohol Concentration (BAC)

Your Blood Alcohol Concentration (BAC) is defined as the ratio of alcohol to blood in the bloodstream. It is usually calculated as a percentage. For example, the legal limit in many states is .10% BAC. (Discussion: Why this level may have been selected, and why there is a move in most states to lower it to .08%.)

Factors that influence BAC

For example, caffeine (drinking coffee to be less drunk) and physical activity (walking it off) might be two examples of factors that do **not** affect BAC, whereas weight, gender, rate of consumption, food consumed, etc. would be factors that do affect BAC. The following factors influence BAC:

Quantity: The more alcohol you drink, the higher your BAC will be.

Rate: The faster you consume alcohol, the higher your BAC will be.

Weight: The more you weigh, the lower your BAC will be. Your weight reflects the volume of fluid in your body. Since BAC represents the ratio of alcohol to overall fluid volume, a person who weighs 200 pounds and drinks one beer will have a lower concentration of alcohol in the bloodstream than a person who weighs 100 pounds and also drinks one beer.

Time: Over the course of a drinking occasion, the amount of alcohol you can consume per hour to maintain a constant BAC will decrease. Your liver metabolizes approximately one beer per hour, but it slowly falls behind. Thus, some of the effects of each drink accumulate.

Alcohol effects at various levels of BAC

Effects of Alcohol Chart

.02-.03%	No loss of coordination. May experience slight "buzz" and loss of shyness.
.04-.06%	May experience a "buzz," feeling of well being, relaxation, lowered inhibitions, sensation of warmth, minor impairment of reasoning and memory, lowering of caution.
.07-.09%	Legally intoxicated in **most** states. May experience a "buzz," slight impairment of balance, speech, vision, reaction time, and hearing. Also experience reduced judgment and self-control. Definite impairment of muscle coordination and driving skills. Increased risk of nausea and slurred speech.
.10%	**Clear deterioration of reaction time and control. Legal Intoxication.***
.10-.12%	May experience a buzz, significant impairment of motor coordination, loss of good judgment, difficulty getting an erection, and slurred speech. May also experience impaired balance, vision, reaction time and hearing.
.13-.15%	The buzz is reduced. Replaced with anxiety and restlessness. Gross motor impairment, lack of physical control, blurred vision, major loss of balance. Risk of blackouts and accidents.
.16-.24%	Anxiety and restlessness predominates. Nausea may appear. "Sloppy drunk."
.25-.29%	May experience anxiety and restlessness, total mental confusion. Need assistance in walking. Nausea and vomiting.
.30-.39%	May experience loss of consciousness
.4 and up	May experience onset of coma. Death due to respiratory arrest.

*.10% is at or beyond the legal limit in all 50 states.

Advantages and disadvantages of tolerance

Tolerance may seem like a good thing because it allows heavy drinkers to function when they have high levels of alcohol in their bodies. It is sometimes thought of as strength or skill. Tolerance is not really an advantage though. When people with low to average level of tolerance

have one too many drinks, their bodies let them know (by getting dizzy or nauseous). In essence, ***they have a built-in warning system*** that prevents them from doing serious damage to their bodies. Since people who have developed tolerance don't experience these negative reactions, they continue drinking. However, the alcohol that the tolerant person ingests does just as much damage to their body as it does to other people.

Tolerance short-circuits people's warning system, so tolerant individuals are able to keep high levels of toxins in their bodies for longer periods of time. This puts lots of stress on their organs and increases the chances that they will develop long-term health problems.

Tolerance offers a false sense of security. People with tolerance may be unaware of how impaired they really are and drink to a near-lethal or lethal limit. Additionally, it is important to convey that **reaction time** is relatively immune to the effects of tolerance so even though someone with tolerance feels "OK" to drive, he or she is just as impaired as someone at the same BAC without tolerance.

Think about these statements:

- Costs more money if you have to drink more to feel the effects.
- Leaves more toxins in the body the next day (affects physical and mental capacity).
- Decreases the positive effects of alcohol and increases the negative effects.
- Disrupts sleep to a greater extent (which increases grogginess for 2 days following a drinking episode).

What can you do about having a high tolerance?

The good news is that you can decrease your tolerance (and all the health risks that are associated with it). Tolerance can be gradually reversed through either moderating the quantity and frequency of your drinking, or taking a break from alcohol for a few weeks.

Blood Alcohol Level (BAL) Charts

APPROXIMATE BAL FOR A 120-POUND MALE

NUMBER OF DRINKS	NUMBER OF HOURS							
	1	2	3	4	5	6	7	8
1	.015	0	0	0	0	0	0	0
2	.046	.030	.014	0	0	0	0	0
3	.077	.061	.045	.029	.013	0	0	0
4	.109	.093	.077	.061	.045	.029	.013	0
5	.140	.124	.108	.092	.076	.060	.044	.028
6	.171	.155	.139	.123	.107	.091	.075	.059
7	.202	.186	.170	.154	.138	.122	.106	.090
8	.234	.218	.202	.186	.170	.154	.138	.122
9	.265	.249	.233	.217	.201	.185	.169	.153
10	.296	.280	.264	.248	.232	.216	.200	.184
11	.327	.311	.295	.279	.263	.247	.231	.215
12	.359	.343	.327	.311	.295	.279	.263	.247

APPROXIMATE BAL FOR A 140-POUND MALE

NUMBER OF DRINKS	NUMBER OF HOURS							
	1	2	3	4	5	6	7	8
1	.010	0	0	0	0	0	0	0
2	.037	.021	.005	0	0	0	0	0
3	.064	.048	.032	.016	0	0	0	0
4	.091	.075	.059	.043	.027	.011	0	0
5	.117	.101	.085	.069	.053	.037	.021	.005
6	.144	.128	.112	.096	.080	.064	.048	.032
7	.171	.155	.139	.123	.107	.091	.075	.059
8	.198	.182	.166	.150	.134	.118	.102	.086
9	.225	.209	.193	.177	.161	.145	.129	.113
10	.251	.235	.219	.203	.187	.171	.155	.139
11	.278	.262	.246	.230	.214	.198	.182	.166
12	.305	.289	.273	.257	.241	.225	.209	.193

APPROXIMATE BAL FOR A 160-POUND MALE

NUMBER OF DRINKS	NUMBER OF HOURS							
	1	2	3	4	5	6	7	8
1	.007	0	0	0	0	0	0	0
2	.030	.014	0	0	0	0	0	0
3	.054	.038	.022	.006	0	0	0	0
4	.077	.061	.045	.029	.013	0	0	0
5	.101	.085	.069	.053	.037	.021	.005	0
6	.124	.108	.092	.076	.060	.044	.028	.012
7	.148	.132	.116	.100	.084	.068	.052	.036
8	.171	.155	.139	.123	.107	.091	.075	.059
9	.194	.178	.162	.146	.130	.114	.098	.082
10	.218	.202	.186	.170	.154	.138	.122	.106
11	.241	.225	.209	.193	.177	.161	.145	.129
12	.265	.249	.233	.217	.201	.185	.169	.153

APPROXIMATE BAL FOR A 180-POUND MALE

NUMBER OF DRINKS	NUMBER OF HOURS							
	1	2	3	4	5	6	7	8
1	.004	0	0	0	0	0	0	0
2	.025	.009	0	0	0	0	0	0
3	.046	.030	.014	0	0	0	0	0
4	.067	.051	.035	.019	.003	0	0	0
5	.088	.072	.056	.040	.024	.008	0	0
6	.109	.093	.077	.061	.045	.029	.013	0
7	.129	.113	.097	.081	.065	.049	.033	.017
8	.150	.134	.118	.102	.086	.070	.054	.038
9	.171	.151	.139	.123	.107	.091	.075	.059
10	.192	.176	.160	.144	.128	.112	.096	.080
11	.213	.197	.181	.165	.149	.133	.117	.101
12	.234	.218	.202	.186	.170	.154	.138	.122

APPROXIMATE BAL FOR A 200-POUND MALE

NUMBER OF DRINKS	NUMBER OF HOURS							
	1	2	3	4	5	6	7	8
1	.002	0	0	0	0	0	0	0
2	.021	.005	0	0	0	0	0	0
3	.040	.024	.008	0	0	0	0	0
4	.059	.043	.027	.011	0	0	0	0
5	.077	.061	.045	.029	.013	0	0	0
6	.096	.080	.064	.048	.032	.016	0	0
7	.115	.099	.083	.067	.051	.035	.019	.003
8	.134	.118	.102	.086	.070	.054	.038	.022
9	.152	.136	.120	.104	.088	.072	.056	.040
10	.171	.155	.139	.123	.107	.091	.075	.059
11	.190	.174	.158	.142	.126	.110	.094	.078
12	.209	.193	.177	.161	.145	.129	.113	.097

APPROXIMATE BAL FOR A 220-POUND MALE

NUMBER OF DRINKS	NUMBER OF HOURS							
	1	2	3	4	5	6	7	8
1	.001	0	0	0	0	0	0	0
2	.018	.002	0	0	0	0	0	0
3	.035	.019	.003	0	0	0	0	0
4	.052	.036	.020	.004	0	0	0	0
5	.069	.053	.037	.021	.005	0	0	0
6	.086	.070	.054	.038	.022	.006	0	0
7	.103	.087	.071	.055	.039	.023	.007	0
8	.120	.104	.088	.072	.056	.040	.0224	.008
9	.137	.121	.105	.089	.073	.057	.041	.025
10	.154	.138	.122	.106	.090	.074	.058	.042
11	.171	.155	.139	.123	.107	.091	.075	.059
12	.188	.172	.156	.140	.124	.108	.092	.076

APPROXIMATE BAL FOR A 100-POUND FEMALE

NUMBER OF DRINKS	NUMBER OF HOURS							
	1	2	3	4	5	6	7	8
1	.029	.013	0	0	0	0	0	0
2	.074	.058	.042	.026	.010	0	0	0
3	.119	.103	.087	.071	.055	.039	.023	.007
4	.164	.148	.132	.116	.100	.084	.068	.052
5	.209	.193	.177	.161	.145	.129	.113	.097
6	.254	.238	.222	.206	.190	.174	.158	.142
7	.299	.283	.267	.251	.235	.219	.203	.187
8	.344	.328	.312	.296	.280	.264	.248	.232
9	.389	.373	.357	.341	.325	.309	.293	.277
10	.434	.418	.402	.386	.370	.354	.338	.322
11	.479	.463	.447	.431	.415	.399	.383	.367
12	.524	.508	.492	.476	.460	.444	.428	.412

APPROXIMATE BAL FOR A 120-POUND FEMALE

NUMBER OF DRINKS	NUMBER OF HOURS							
	1	2	3	4	5	6	7	8
1	.021	.005	0	0	0	0	0	0
2	.059	.042	.027	.011	0	0	0	0
3	.096	.080	.064	.048	.032	.016	0	0
4	.134	.118	.102	.086	.070	.054	.038	.022
5	.171	.155	.139	.123	.107	.091	.075	.059
6	.209	.193	.177	.161	.145	.129	.113	.097
7	.246	.230	.214	.198	.182	.166	.150	.134
8	.284	.268	.252	.236	.220	.204	.188	.172
9	.321	.305	.289	.273	.257	.241	.225	.209
10	.359	.343	.327	.311	.295	.279	.263	.247
11	.396	.380	.364	.348	.332	.316	.300	.284
12	.434	.418	.402	.386	.370	.354	.338	.322

APPROXIMATE BAL FOR A 140-POUND FEMALE

NUMBER OF DRINKS	NUMBER OF HOURS							
	1	2	3	4	5	6	7	8
1	.016	0	0	0	0	0	0	0
2	.048	.032	.016	0	0	0	0	0
3	.080	.064	.048	.032	.016	0	0	0
4	.112	.096	.080	.064	.048	.032	.016	0
5	.144	.128	.112	.096	.080	.064	.048	.032
6	.176	.160	.144	.128	.112	.096	.080	.064
7	.209	.193	.177	.161	.145	.129	.113	.097
8	.241	.225	.209	.193	.177	.161	.145	.129
9	.273	.257	.241	.225	.209	.193	.177	.161
10	.305	.289	.273	.257	.241	.225	.209	.193
11	.337	.321	.305	.289	.273	.257	.241	.225
12	.369	.353	.337	.321	.305	.289	.273	.257

APPROXIMATE BAL FOR A 160-POUND FEMALE

NUMBER OF DRINKS	NUMBER OF HOURS							
	1	2	3	4	5	6	7	8
1	.012	0	0	0	0	0	0	0
2	.040	.024	.008	0	0	0	0	0
3	.068	.052	.036	.020	.004	0	0	0
4	.096	.080	.064	.048	.032	.016	0	0
5	.124	.108	.092	.076	.060	.044	.028	.012
6	.152	.136	.120	.104	.088	.072	.056	.040
7	.180	.164	.148	.132	.116	.100	.084	.068
8	.209	.193	.177	.161	.145	.129	.113	.097
9	.237	.221	.205	.189	.173	.157	.141	.125
10	.265	.249	.233	.217	.201	.185	.169	.153
11	.293	.277	.261	.245	.229	.213	.197	.181
12	.321	.305	.289	.273	.257	.241	.225	.209

APPROXIMATE BAL FOR A 180-POUND FEMALE

NUMBER OF DRINKS	NUMBER OF HOURS							
	1	2	3	4	5	6	7	8
1	.096	0	0	0	0	0	0	0
2	.034	.018	.002	0	0	0	0	0
3	.059	.043	.027	.011	0	0	0	0
4	.084	.068	.052	.036	.020	.004	0	0
5	.109	.093	.077	.061	.045	.029	.013	0
6	.134	.118	.102	.086	.070	.054	.038	.022
7	.159	.143	.127	.111	.095	.079	.063	.047
8	.184	.168	.152	.136	.120	.104	.088	.072
9	.209	.193	.177	.161	.145	.129	.113	.097
10	.234	.218	.202	.186	.170	.154	.138	.122
11	.259	.243	.227	.211	.195	.179	.163	.147
12	.284	.268	.252	.236	.220	.204	.188	.172

APPROXIMATE BAL FOR A 200-POUND FEMALE

NUMBER OF DRINKS	NUMBER OF HOURS							
	1	2	3	4	5	6	7	8
1	.006	0	0	0	0	0	0	0
2	.029	.013	0	0	0	0	0	0
3	.051	.035	.019	.003	0	0	0	0
4	.074	.058	.042	.026	.010	0	0	0
5	.096	.080	.064	.048	.032	.016	0	0
6	.119	.103	.087	.071	.055	.039	.023	.007
7	.141	.125	.109	.093	.077	.061	.045	.029
8	.164	.148	.132	.116	.100	.084	.068	.052
9	.186	.170	.154	.138	.122	.106	.090	.074
10	.209	.193	.177	.161	.145	.129	.113	.097
11	.231	.215	.199	.183	.167	.151	.135	.119
12	.254	.238	.222	.206	.190	.174	.158	.142

Tips for Reducing Risks Associated With Drinking

***Set your drinking limit* before *a social drinking occasion*.** It is more difficult to set a limit when under the influence of alcohol or social pressures. Plus, it is easier to forget why you set the limit when under the influence.

***Set aside half your paycheck*.** Make it a habit to deposit half of your paycheck in the bank or credit union after taking care of any outstanding debts. Then, whatever is left over, use for a variety of recreational activities, including (but not exclusively) drinking.

***Keep track of how much you drink*.** You can keep the bottle caps in your pocket or come up with some other creative way to keep count. This is particularly important if you have set a limit that you want to stick to, but find it difficult to remember how much you drank. If you do this, be sure to take count throughout the night so you don't find out the next day you drank more than your limit.

***Space your drinks*.** By spacing your drinks your BAL will not get high quickly, and you will have more control over the situation. Try setting a time limit for each drink. For example, if you plan to drink 4 drinks over 2 hours, allow yourself a new drink every 30 minutes. Keep track of the time and do not allow yourself to get a new drink until the 30 minutes have passed.

***Alternate alcoholic drinks with non-alcoholic beverages*.** This is a great way to keep your BAL at a steady and comfortable level AND to decrease the chances of having a hangover the next day!

Drink for quality - not quantity. Consider giving up the cheaper and less tasty beers and wines, etc., and replacing them with some that are more appealing to your palate. Even though they cost a little more, you can drink less and enjoy the taste more for the same cost.

Be the designated non-drinker. Take your turn at being the Airman who "takes the point" during forays into the clubs or bars as the non-drinker. Have an agreement with the Airmen you are with that your word is final in terms of when to slow down or leave.

***Avoid drinking games*.** Drinking games are a sure way to lose track of how much you are drinking and a sure way to increase the risk of a BAL that rises too quickly without warning. This can lead to nausea and vomiting, blacking out, passing out, etc.

***Learn drink refusal skills*.** This can be harder than it sounds. For example, some people don't accept "no thanks" and will continue to pressure you to drink. Also, some people will not feel comfortable just saying "no thanks." So there are some other ways to say no: I have a commitment early tomorrow morning; I am on medication that requires that I not drink; I am coming down with a cold; I just finished one, maybe in a little while; I haven't decided yet. Or, you can always accept it and just put it down somewhere without actually drinking it.

Have a signal when out with friends. Before you go out drinking, work out a signal between yourself and your friends that you all agree marks the end of drinking for the evening. Be sure to make the signal easy to remember and give, and that all of you will return to base or home once the signal is given.

***If you choose to drink, drink slowly and in a safe environment*.**

Tips for Reducing Risks Associated with Alcohol and Sex

- Unwanted or unprotected sex often occurs under the influence of alcohol
- Remember that alcohol doesn't improve your sexual performance or enjoyment - it actually makes it harder to stay sexually stimulated (forgive the pun)
- Watch out for your friends - a friend who has been drinking may have impaired judgment and may need your help to avoid making poor decisions about sex
- Alcohol effects last longer in females at lower concentrations
- Women who are under the effects of alcohol are in danger of losing control of a situation, reducing their ability to ward-off a potential attack

Tips for Avoiding Drinking and Driving

- Arrange for all of your transportation needs well in advance of a party or drinking occasion
- Select a reliable designated driver who agrees to stay sober throughout the party
- Leave your car keys at home or in the possession of the designated driver
- Bring enough cash with you in case you need to call a cab for a ride home
- Always carry some quarters so you can call a buddy for a ride home
- We recommend not driving if you have consumed any alcohol at all. If you are under age 21, you can be cited for Driving Under the Influence (DUI) or Minor In Possession (MIP) even if your BAL is below the legal limit. In fact, even those over 21 can be cited for DUI with a BAL as low as .07 if their driving appears at all impaired.

USE OF LEISURE TIME

Most substance abuse incidents happen during “leisure time”. It may take some heavy duty planning for you not to slip back into that pattern.

Think of the most difficult times of the day and week for you. List them below in order from the most to the least difficult.

1._____

2._____

3._____

4._____

List leisure activities you have enjoyed in the past that did not include use of alcohol and had no connection to alcohol.

1._____

2._____

3._____

4._____

List any activities you would have to give up if you decided not to use alcohol:

1._____

2._____

3._____

4._____

SELF CONTRACT

WHAT KIND OF COMMITMENT WILL YOU MAKE TO DRINK RESPONSIBLY AND SAFELY (IF OF AGE).

Mark an "X" beside each item that you will commit to. Sign and date the contract. Remember, if you don't follow what you committed to, the only person you are hurting is you!

_____ I choose not to drink.

_____ I will not drink when I am hungry, angry, lonely, or tired.

_____ I will not drink in situations in which I will have to drive or perform other tasks that require my skill and judgment.

_____ I will not drink when it involves other personal risks (if taking prescription or over-the-counter drugs, if pregnant, etc.)

_____ If I choose to drink, I will follow these guidelines:

- _____ Eat while drinking to slow absorption
- _____ Set a limit before I start and stick to it.
- _____ Alternate water, soft drinks or other non-alcoholic drinks.
- _____ Know what I am drinking and stay away from "risky drinking"
- _____ Space my drinks over a reasonable time period

_____ I will monitor my drinking habits and if I have difficulty living up to safe and responsible guidelines, will re-evaluate the need to drink at all.

_____ If alcohol or other drug problems run in my family, I will be particularly aware of my own drinking, as I may be more vulnerable to substance abuse problems.

_____ _____

(NAME) (DATE)

SUBSTANCE ABUSE QUIZ

CIRCLE THE CORRECT ANSWER

1. Drinking black coffee and taking a cold shower will help an intoxicated person sober up.

   T / F

2. Is it OK to drive after having just one drink?

   T / F

3. Becoming intoxicated after drinking a small amount of alcohol is a warning sign of addiction.

   T / F

4. A blackout is:
   a. Passing out from too much drinking
   b. Getting dizzy from too much drinking
   c. Slurred speech from too much drinking
   d. Not remembering all or part of "the night before"

5. Children of alcoholic parents are at greater risk of addiction than children of non-alcoholic parents.

   T / F

6. About how many drinks would it take for a 160-pound man to reach .10 BAC in three hours (the length of a football game)?
   a. 1-3 Drinks
   b. 3-4 Drinks
   c. 5-6 Drinks
   d. 7+ Drinks

7. A can of beer, a 5-ounce glass of wine, a wine cooler, and 1.5 ounces of liquor all contain about the same amount of alcohol.

   T / F

8. Which best describes a hangover?
   a. Just a headache
   b. Upset stomach from too much drinking
   c. Withdrawal from the drug alcohol
   d. Lack of sleep from too much drinking

9. Alcohol abuse may lead to HIV/AIDS.

   T / F

10. For health reasons, the safe or moderate level of drinking recommended by the Department of Health and Human Services is:
    a. 1 drink a day for women, 2 drinks a day for men
    b. 2 drinks a day for women, 3 drinks a day for men
    c. No drinking at all
    d. 3 drinks a day for both men and women

11. Alcohol is a stimulant that helps you act livelier and become a better conversationalist.

    T / F

12. Alcoholism is:
    a. Curable
    b. Secondary to mental problems
    c. A chronic disease
    d. Found only in men over 40

13. Alcohol is involved in better than 60% of drowning deaths.

    T / F

14. The Air Forces' Zero Tolerance Policy means, "No drinking/ No drug use".

    T / F

15. The two drugs most commonly used by young people are alcohol and marijuana.

    T / F

16. Young people have a greater risk of becoming addicted than adults.

    T / F

17. When taken in combination, the effects of alcohol and marijuana are increased.

    T / F

18. If you are processed out of the Air Force for illicit drug use, can you still get Federal student loans?

    Yes / No

19. "Ice"
    a. is available only in Hawaii
    b. cannot be detected through urinalysis
    c. is a powerful, crystallized form of methamphetamine
    d. is generally only about 23%

20. Edwards Air Force base conducts urinalysis testing on weekends and holidays. T / F