

Northeastern University

Husky Headlines

OPEN: Office of Prevention & Education @ Northeastern

September 01, 2011

Husky headlines: September 2011

Northeastern University - Office of Prevention and Education at Northeastern

Recommended Citation

Northeastern University - Office of Prevention and Education at Northeastern, "Husky headlines: September 2011" (2011). Husky Headlines. Paper 14. http://hdl.handle.net/2047/d20003920

This work is available open access, hosted by Northeastern University.



Husky Headlines



A monthly bulletin of news, facts & tips from OPEN

Welcome & Welcome Back!

The 2011-2012 School Year Kicks Off

- Sat 9/3/11—9/10/11: Welcome Week!
- Mon 9/5/11: Labor Day / College Welcomes
- Tue 9/6/11: Convocation / College Welcomes
- Wed 9/7/11: First day of Classes!

ATTENTION NEW STUDENTS!

Please complete the **e-CheckUp To GO: Alcohol**, an interactive web survey that asks students to enter information confidentially about their drinking patterns (if applicable) and receive feedback about their use of alcohol.

www.northeastern.edu/open

Deadline to complete the program is September 9, 2011

What is O.P.E.N.?

The Office of Prevention and Education at Northeastern (OPEN) offers:

- Private and Confidential
 Alcohol & drug 'check-ins' that include personalized feedback,
 & information
- Check-ins are NOT therapy or counseling
- Non-judgmental services



OPEN can help you strategize ways to stay safe, reduce your risk & and avoid the chances of alcohol-related consequences.

Additional Resource: University Health and Counseling Services (U.H.C.S.) 617-373-2772, Forsyth St

DON'T DRINK?

You're not alone...About 20% of NU students have not consumed alcohol in the past month.

CHECK OUT HAMMERED.ORG

for a listing of weekly events in Boston that don't involve drinking/drug use, "fun without the hangover!"

OPEN does NOT give students permission to use alcohol. If you decide to drink, **reduce your risk**:

- Eat before & while drinking
- ◆ Alternate with non-alcoholic drinks
- Set a limit for the night & keep track of your drinks
- Avoid mixing alcohol & drugs (legal or not)
- Avoid playing drinking games or going 'drink for drink' with someone else, do what's best for you
- Remember that your body can safely process one standard drink per hour.

1 standard drink is equal to:



12 oz. beer 8-10 oz. malt liquor (Smirnoff Ice, Colt 45, etc.)

4-5 oz. wine or champagne 1.5 oz. 80 proof liquor 1 oz. 100 proof liquor



Know the signs of alcohol poisoning. If you see ANY of the symptoms below, call for help! NUPD: 617-373-3333 or x.3333 from any on-campus phone:

- * INABILITY to answer basic questions (Name? Date?)
- * INABILITY to remain conscious
- * INABILITY to control own body (the person shouldn't have to be carried or propped up by Others)
- * Vomiting
- * Pale, cold or bluish skin
- * Irregular breathing or heartbeat
- * DON'T leave the person to 'pass put' or 'sleep it off' as their BAC can continue to rise and they can become increasingly intoxicated even while passed out.

MEDICAL AMNESTY POLICY! If a

student makes a **proactive attempt** to get help for another students who is in need of medical assistance due to intoxication of alcohol or other drugs, **AND stays with the person** until medical assistance arrives, **neither of you will face disciplinary action**.

