

Alcohol Quiz

RCA Answer Guide

1. What percentage of Princeton students who drink do NOT “drink a lot.”?

- A. About 16%
- B. About 27%
- C. About 48%
- D. About 71%

Correct Answer: D – According to a 2015 survey of Princeton students, among students who drink, when asked how much alcohol they consumed the last time they drank, 72% said four or fewer drinks. The same 2015 survey showed about 30% of students reported no alcohol use in the previous 30 days with 18% reporting never having had alcohol at all.

2. True or false: Drinking to the point of blackout has physical effects beyond that night and the next day.

- A. True
- B. False

Correct Answer: True - Blackouts, defined as periods of amnesia (memory loss), are caused when alcohol consumption levels prevent the formation of memories in the brain. These levels vary from person to person, and the time frame of these memory lapses is not always marked by visible altered states of consciousness. Blackouts can be a warning sign to drinkers and their friends that alcohol-related problems exist. Blackouts are also considered an early high-risk indicator of alcoholism. A person who drinks to the point of intoxication may experience impaired abstract thinking. This impairment may last for days or even weeks, depending on how much and how often the person drinks.

3. Will I be socially excluded from the eating clubs if I choose not to drink?

- A. Yes.
- B. No, there are groups of people who choose not to drink in every eating club.
- C. No, water and/or soda are made available at all the clubs on party nights and no one really cares what is in your cup.
- D. No, it is far more damaging socially to become overly intoxicated and cause disruptions than it is to simply choose not to drink.
- E. No, a majority of what it means to belong to an eating club happens when alcohol is not being served, during meals, service projects, faculty roundtables, studying in the library or hanging out before or after meals.
- F. B, C, D, and E are all correct.

Correct Answer: F

4. True or false: Drinking hard liquor before beer prevents you from getting sick or hung over.

- A. True
- B. False

Correct Answer: False - There is no truth to liquor before beer, you're in the clear. Although the rhyme is easy to remember, having hard alcohol before beer won't prevent you from feeling nauseated or having a hangover. The simple fact is mixing different types of alcohol makes you more susceptible to feeling adverse effects. This is because different types of alcohol generate different side products and this mixture of side products often contribute greatly to hangover, headaches, etc.

CASE STUDIES

5. Who will get in trouble in these scenarios?

Zabrina is an 18-year-old freshman living in the best residential college at Princeton. One Thursday night in September, she invites all of the members of her OA group over to watch *Iron Man*. Almost everyone is able to make it and Zabrina offers all of her visitors a beer from a 12 pack of Natural Light she has in her room. Five of her guests accept and drink a beer.

Fareed is an 18-year-old freshman living in the second best residential college at Princeton. The night after the orgo midterm, Fareed hosts a gathering in his

residential college room for three fellow freshmen members of his chem class before they head out to the eating clubs. In a thirty-minute-time period, Fareed gives all of his guests four shots of hard liquor from a bottle of Jack Daniels that he brought from home. Since he doesn't have shot glasses on hand, he uses Red Solo cups and guesstimates how large a shot is, but all of his friends remark that he has a heavy hand when he pours.

What are the potential disciplinary penalties in the cases of Zabrina and Fareed? Are they the same or different? Do the Princeton University alcohol policies take into account how many underage people were served? Do the policies consider what type of alcohol was consumed and over what time period?

The penalties associated with violations of Princeton drug and alcohol policies were developed to reflect the nuanced relationship between the level of risk a policy violation poses to the health and safety of a student and the severity of the penalty one receives for the violation. Serving shots of hard liquor poses a significantly greater risk to the health of the students involved than the proportionate amount of beer offered to the guests at Zabrina's gathering. This risk is further increased when Fareed served a large number of shots in a short window of time. The risks may also increase when there is no uniformity in the measurement of the alcohol. While Zabrina also violated policy and will face a disciplinary penalty, her penalty will be less severe than Fareed's penalty because she served each person only one beer and the alcohol she served had lower alcohol content than hard liquor. The disciplinary infraction occurred when Zabrina and Fareed made the decision to serve alcohol in their rooms. Students do not violate the alcohol policy by doing just the following (without more, in the absence of some other factor): (a) drinking alcohol (at any age); (b) being drunk (at any age); (c) being present at another student's party where alcohol is being served; (d) keeping alcohol in the student's own room for his/her own consumption, or the consumption of roommates.

6. What should you do in this scenario? Who will get in trouble?

You completed a very fun and sober night at the Street, finished a slice of pizza at Frist with your friends and now you broke off from the group and are headed back to your room. As you continue along the sidewalk you see someone "sleeping" on the bench behind Prospect Garden, his head resting on the colonial, three cornered hat

sculpture. As you get closer you distinctly smell alcohol and see the puddle of vomit next to the bench.

What should you do?

Call for Public Safety for help. One thing you can do right now is bookmark the Standby website on your phone: Standby.princeton.edu It can help you know what to do in these kinds of situations.

Who will get in trouble?

No one. There is no discipline attached to simply being intoxicated. *Rights, Rules, Responsibilities* requires that you seek immediate assistance for a severely intoxicated person in your presence. In fact, if you called Public Safety for help, then you will receive a letter from the Dean of Undergraduate Students for being a good Samaritan. As the situation you encountered could be a particularly dangerous one, if you did not seek help for a fellow student in need you would be vulnerable to a disciplinary penalty.

7. What should you do if you encounter Public Safety Officers?

It's a month into the fall semester and you managed to successfully join a singing group. An older member of the group invites you to attend a party she heard about through friends to be held in a student's room in an upper class dormitory. When you arrive the music is blaring and you can hear it down the hall along with the noise from the large number of people in attendance at the party. You enter the party and you are being introduced to other students when a knock on the door causes the residents of the room to turn off the music. A student who lives in the room answers the door and it's a Public Safety officer. A vast majority of the people in attendance at the party are consuming beer or mixed drinks. The residents of the room step into the hallway to speak with one Public Safety officer. The other Public Safety officer tells all the guests of the party to provide their PUID as she documents the students attending the party.

What should you do?

Comply with the directive and hand over your PUID. *Rights, Rules, Responsibilities* requires your cooperation with Public Safety. If you hide or give a fake name, you would be subject disciplinary action.

Attending a party where there is alcohol present does not violate the alcohol policy. It is the responsibility of the Public Safety officers to respond to disruption in the community as well as potential policy violations. They must then document the facts of what happened to be turned over to the Office of the Dean of Undergraduate Students for evaluation and potential disciplinary action.

What if the person knocking at the door in the scenario above is an RCA (on-call or otherwise)? Then what do you do?

Comply with the RCA and shut the party down or they will seek the assistance of Public Safety. RCAs are just looking out for the health and safety of their 'zees.

Who would be subject to discipline in this scenario?

The residents of the room serving or making alcohol available to underage people and disrupting the community with noise.

8. Can someone who has had too much to drink just “sleep it off”?

Roommates Vanessa and Grace hear about a party being hosted by their hallmate Owen on Thursday night and decide to stop by before heading to the Street. Vanessa has several mixed drinks in quick succession, and Grace has two beers, which she sips slowly while chatting with her hallmates. After a while, Grace notices that she hasn't seen Vanessa in a while and goes to look for her. Vanessa is sitting on the floor in the bathroom across the hall with her head leaning against the wall by the sinks. She says she threw up and she doesn't feel good but says that Grace should stick to her original plan and go to the Street. Grace helps Vanessa get up from the floor and walks her down the hall to their double (Vanessa can walk as long as Grace helps her when she stumbles). Grace then helps Vanessa change her clothes and get safely into bed, and she gets Vanessa some water. Grace waits until Vanessa falls asleep and then heads out to the Street for an hour or two.

Did Grace do the right thing?

No. Vanessa had already demonstrated that she was severely intoxicated, given that she threw up, she had trouble standing up and walking, and she needed help changing her clothes and getting into bed. Grace should not have assumed that Vanessa could safely “sleep it off” in the room by herself. Even though Vanessa may have

appeared to be “sleeping it off,” her blood alcohol level could still rise, creating a life-threatening situation.

Instead, what if Grace asked a friend down the hall who was staying in that night to study to check in on Vanessa in an hour, while Grace was out?

No. Vanessa should not have been left unattended, even for an hour.

Or, what if Grace decides to call it a night so she can stay in the room with Vanessa, and she goes to sleep in the top bunk?

No. Severely intoxicated people must be checked regularly to make sure they are not suffering from alcohol poisoning, signs of which can include slow breathing, irregular breathing, low body temperature, bluish skin color, paleness, vomiting, inability to be wakened, etc. Grace is not qualified to make these medical judgments, and even if she was, she could not do so while asleep in her top bunk.

What should Grace have done instead?

Grace should have called the RCA on call for help or called Public Safety for assistance. Some students would chose to walk Vanessa to McCosh to be checked out, but if Vanessa cannot walk on her own, then this option increases the risk for injury for both Vanessa and the person walking her

9. In this scenario, will Jonathan get in trouble?

Jonathan opens his eyes and realizes he is not in his quad in Butler. He looks around and realizes that he is in the McCosh Health Center. He feels awful and thinks to himself, “how much did I have to drink last night?” And then he begins to remember the evening’s events from his 19th birthday party. The shots of tequila, the red Solo cup filled with Sprite and Popov, heading out to the Street... but did he make it to the Street? And why is he here? Jonathan then begins to panic, remembering that Public Safety brought him here to McCosh last night.

Will Jonathan get in trouble for going to McCosh?

No. There are no disciplinary consequences for just being intoxicated.

What will happen to Jonathan?

If a student is transported by Public Safety to McCosh or the hospital for intoxication, Public Safety will notify the student's Director of Student Life (DSL). The Director of Student Life will schedule a meeting with that student to discuss the transport. During that meeting the DSL will assess the relative seriousness of the incident in terms of the student's health and wellness. The DSL will ask the student questions regarding the details of the incident to help the student assess their choices and to understand how to avoid risky drinking behaviors in the future. The DSL may refer the student to complete BASICS (Brief Alcohol Screening and Intervention for Colleges Students) or to Counseling and Psychological Services in more concerning cases.