

Wellesley

Women

and

Alcohol:

Making Healthy

Choices

2008-2010





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This guide was prepared in Fall 2008 by the Wellesley College Health Service's department of Health Promotion and Wellness. Questions or suggestions? Please contact Stacy Hill, MSW, Health Educator and Coordinator of Harm Reduction Initiatives at shill3@wellesley.edu.



Introduction

Alcohol can be an enjoyable part of socializing. Many people enjoy the taste of a fine wine, micro-brewed beer or fine cocktail. Others appreciate the warm and relaxed feeling of sitting down with friends and family to unwind with a drink.

For many Wellesley women, not drinking is the best option. In fact, **40% of Wellesley students didn't drink at all the last time they went out with friends.** That might be because they are under 21, are on medication, don't like drinking or just know how to have fun without alcohol.

Alcohol can also lead to unwanted consequences. It can have negative effects on people's behavior, health and decision-making. It can also be involved in situations in which people take risks, sometimes leading to emotional distress, injury or even death. If you do drink, it is possible to get the desired effects-- such as relaxing-- without increasing the risk of unwanted effects.

The keys to making healthy choices around alcohol are:

- Understanding how alcohol affects the body
- Thinking about your own personal limits
- Creating strategies for sticking with your limits and reducing risks
- Understanding when help may be needed
- Reaching out to the many resources available

At Wellesley College there is a wealth of information available about alcohol and other drugs and how to make healthy choices. This guide is just the beginning of an ongoing conversation—an opportunity to explore your own needs and talk with your friends, family and community about your decisions.

We want to help you enjoy alcohol safely so that you can experience what you want to and continue to enjoy your health, excel in your academics and community involvement and foster meaningful relationships at Wellesley and beyond.



How Common Is Drinking At Wellesley?

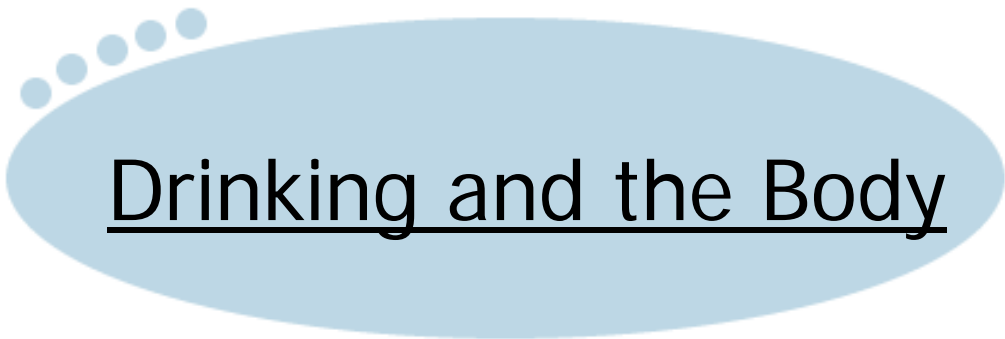
In the Fall of 2007, a representative sample of 157 Wellesley students participated in the National College Health Survey. This anonymous survey asks many different types of questions about college students' behavior, concerns and beliefs about their health.

According to the anonymous results:

40% of Wellesley students didn't drink at all the last time they went out with friends.

60% of Wellesley students have two or fewer drinks when they socialize.

80% of Wellesley students drink fewer than four drinks when they socialize.



Drinking and the Body

Alcohol is a depressant. This means that it slows down all of the functions of the central nervous system. When ingested, alcohol passes from the stomach into the small intestine, where it is quickly absorbed into the bloodstream and distributed to all parts of the body.



Did You Know?

It only takes thirty seconds for alcohol to enter your brain.

Your liver, which is responsible for eliminating the alcohol from your body by the process of metabolism, can only process one standard drink an hour. (More about standard drinks on page 5). In fact, new research indicates that women process alcohol at an even slower rate: sometimes as slow as 1/2 drink an hour. There are many factors that affect how alcohol is processed in your body. Visit pages 9 and 10 to learn more!

Even in small amounts, alcohol reduces your inhibitions. This can have an impact on your behavior, judgment, speech, motor skills and coordination.

Drinking rapidly in a short period of time can be dangerous. When your body can't keep up with your rate of drinking, the response may be to want to get rid of the alcohol—through vomiting. But since alcohol is a depressant, the swallowing and gag reflexes are dulled, making it possible to choke.

In addition, if one drinks quickly, the level of alcohol in the blood will rise quickly. This can lead to:

- Risk of injury
- Impaired reflexes
- Confusion and disorientation
- Blackouts (periods of missing memory)
- Becoming unconscious (passing out)
- Significant slowing of vital bodily functions such as heartbeat and breathing— leading eventually to death

All of these situations require attention. The person needs medical help immediately and may also want to speak with someone later about their pattern of drinking.

Wellesley College wants to help students as they support one another in making healthy choices. Please refer to page 26 for a list of on- and off-campus resources.

Standard Drink Measures

When you go to a party or order a drink, do you know how much alcohol is actually in each drink? Many people don't realize how much of different types of beverages is equal to ONE STANDARD DRINK.



Here's a breakdown:

Beer or Wine Cooler

12 ounces – a standard can
About 4% alcohol by volume
.48 ounce of pure alcohol

5 ounces – approximately $\frac{1}{2}$ of a wine glass
About 10% alcohol by volume
.5 ounce of pure alcohol



Hard Liquor

1 ounce of 100- proof – whether straight or mixed into a drink
About 50% alcohol by volume
.5 ounce of pure alcohol



Know What's In Your Drink!

The Infamous Red Solo Cup

Pay attention to how full your cup is filled. Many times drinks are served in large cups (often 16 ounces) that can hold much more than one drink at a time.

Mixed Drinks

Mixed drinks are often made with more than one “shot” of alcohol. For example, a standard martini is made with *at least* 2 ¼ ounces of alcohol. That’s equal to more than two drinks in one glass. It’s going to take the body more than two hours to process that alcohol!

Punch

It’s nearly impossible to know what’s gone into the “magic punch” at a party, so it’s best avoided. Made with plenty of sugar and often carbonated, punch may go down easy at first but lead to unwanted effects soon thereafter.



Did You Know?

Carbonation actually speeds the absorption of alcohol into your bloodstream. Try to stick with juice and other non-carbonated mixers. Make sure to alternate alcohol with plenty of non-alcoholic beverages, too.

Watch Your Drink

It’s safest to watch your drink being poured or pour it yourself. That way you know exactly how much alcohol there is. Doing so also reduces the risk of something unwanted being slipped into the drink.

Never walk away from your drink, leaving it unattended. Bring it with you or order a new one when you get back.

Estimating Your Alcohol Intake

If you fill your alcohol up to the black lines on your standard 16oz Solo plastic cup



Each of the Above is One Standard Drink.

Remember, One Standard Drink an Hour is Recommended!

Blood Alcohol Level

Blood Alcohol Level or BAL (also referred to as Blood Alcohol Concentration or BAC) is determined by the amount of alcohol in your blood: the milligrams of alcohol present in 100 milliliters of blood.

Factors affecting BAL include:

Speed of Consumption

The #1 factor is how quickly and how much alcohol is consumed. The more alcohol in your body, the higher your BAL will be. The higher your BAL, the higher your risk of unwanted consequences and dangerous situations.

Weight

People with a lower body weight will have their BAL rise more quickly than someone with a higher weight.

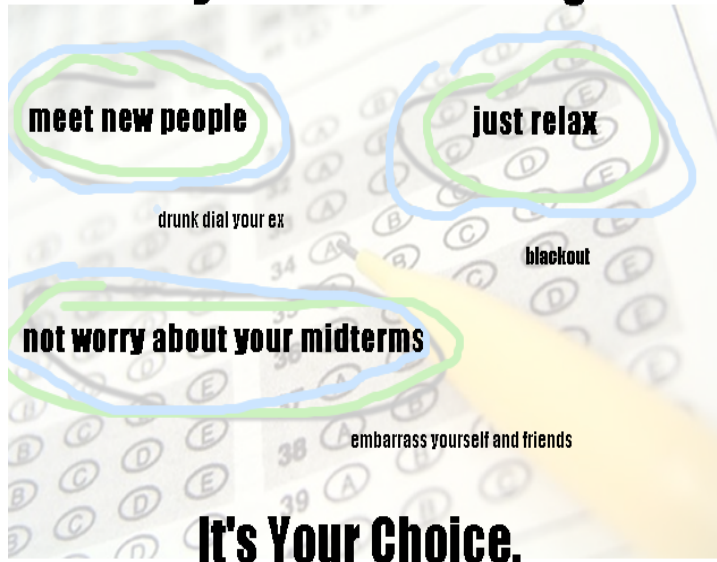
Food

Having food in your stomach slows the absorption of alcohol. This is NOT because the food actually “absorbs” the alcohol like a sponge as many believe. Rather, the food slows the movement of the alcohol through the digestive tract, where it is absorbed into the bloodstream.

Carbonated Beverages

The CO₂ in carbonated beverages increases the absorption rate of the alcohol contents of a drink.

What do you want from a night out?



Gender Differences

There are a number of reasons that women's BAL rises more quickly than men's:

- A woman has less muscle mass, less water volume, and more body fat than her male counterpart. Therefore, the concentration of alcohol in a woman's blood will be higher if she consumes the same amount of alcohol as a man.
- Women have a smaller amount of the enzyme alcohol dehydrogenase, which aids in the metabolism of alcohol.
- Hormones: menstrual cycles and hormonal birth control methods (such as "the pill") have an effect on how alcohol is processed in the body. See below for more information.
- As a result, it is impossible for a woman to "drink a man under the table". Trying will be at its best frustrating and at worst, dangerous.

Menstrual Cycle

The menstrual cycle affects the body's ability to oxidize alcohol. Due to hormone levels, women can get intoxicated quickly when premenstrual.

Medicines

Both prescription and over-the-counter medications can interact with alcohol. Here are some examples:


- Oral contraceptives ("the pill") may increase a woman's rate of alcohol absorption.
- Alcohol enhances the sedation effects of antidepressants, antihistamines, and anti-anxiety medicines.
- Speak with your healthcare provider if you take any medications and drink alcohol.



Let's Put It All Out on the Table

Blood Alcohol Levels (BALs) for women:

# of drinks/hour	100 lbs.	120 lbs	140 lbs.	160 lbs.	180 lbs.	200 lbs.	220 lbs.
1	.05	.04	.04	.03	.03	.03	.02
2	.10	.08	.07	.06	.06	.05	.05
3	.15	.13	.11	.10	.08	.08	.07
4	.20	.17	.15	.13	.11	.10	.09
5	.25	.21	.18	.16	.14	.13	.12
6	.30	.26	.22	.19	.17	.15	.14
7	.36	.30	.26	.22	.20	.18	.16
8	.41	.33	.29	.26	.23	.20	.19
9	.46	.38	.33	.29	.26	.23	.21
10	.51	.42	.36	.32	.28	.25	.23
11	.56	.46	.40	.35	.31	.27	.25
12	.61	.50	.43	.37	.33	.30	.28
13	.66	.55	.47	.40	.36	.32	.3
14	.71	.59	.51	.43	.39	.35	.32
15	.76	.63	.55	.46	.42	.37	.35

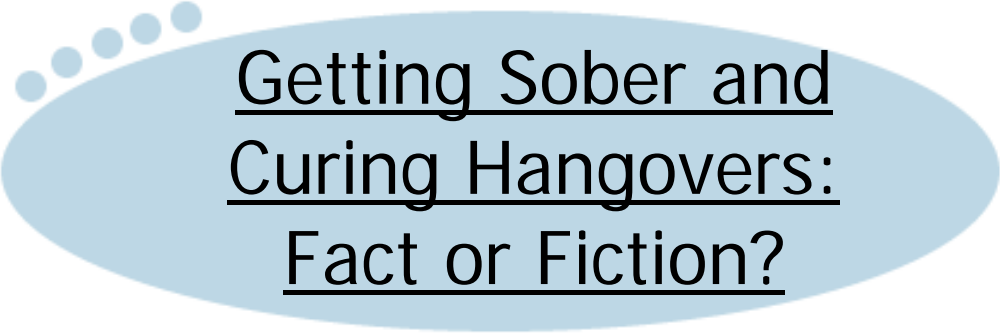


BAL and the Way You Feel

BAL	Feelings
.02-.03	mildly relaxed; loosened inhibitions
.04	relaxed
.06	judgment impaired
.08	legally drunk ; slurred speech, impaired balance and motor coordination; judgment impaired
.10-.12	loss of coordination and balance; impaired motor skills, judgment and memory
.15	impaired balance and movement; risk of injury; choking on vomit; blackouts possible
.20	confused; dazed and disoriented; no pain when hurt; nausea and vomiting; blackouts probable
.30	probably in a stupor or unconscious; risk of death
.40	probably in a coma; slowed heartbeat and respiration; risk of death



Goal: Keep your BAL at .05 or below to avoid negative consequences.



Getting Sober and Curing Hangovers: Fact or Fiction?

Coffee helps you sober up.

Fiction. Coffee has no effect on intoxication but may irritate your stomach and make you wide awake. No one likes a wide awake, annoying drunk!

A cold shower is helpful.

Fiction. In fact, this can lower the body temperature to unsafe levels. Also, wet bathrooms are not the safest places—filled with cold, hard surfaces. Slips and falls may be likely.

After a night of heavy drinking, one can still be intoxicated the next day.

Fact. See the following page for an example.

One can experience withdrawal after a first drinking experience.

Fact. A hangover is the experience of withdrawal from alcohol. It also includes symptoms of dehydration—another reason alternating lots of water and non-alcoholic beverages with alcohol is important.

One heavy drinking episode can affect critical thinking for days.

Fact. While the body and brain recover, one's judgment, problem solving and physical stamina can all suffer. This can have consequences in the classroom, in athletics and in other parts of life, too.



Did You Know?

*The only way to get sober,
or cure a hangover, is time.*

An example

If a person were to go to bed at 2 a.m. with a BAL of .12, the next 12 hours might look like this:

<u>Time</u>	<u>Activity</u>	<u>BAL</u>
2 a.m.	Stop drinking	.12
3 a.m.	Sleep	.11
4 a.m.	Restless	.10
5 a.m.	Loss of sleep	.09
6 a.m.	Sleep (still legally drunk)	.08
7 a.m.	Get up for class nauseated	.07
8 a.m.	In class—trouble focusing	.06
9 a.m.	Judgment still impaired	.05
10 a.m.	Mind still foggy; fatigued	.04
11 a.m.	Not hungry; cottonmouth	.03
Noon	Head clearing	.02
1 p.m.	Feeling better	.01
2 p.m.	Sober at last	.00

Adapted from G. Krull, Health Educator, Amherst College 9/06; used with permission.

Did You Know?

Alcohol is a diuretic. You will eliminate more liquid than you take in, thus losing essential vitamins, minerals and electrolytes. Drinking plenty of water and other non-alcoholic fluids for the next few days is very important.

Making Healthy Drinking Choices

There are lots of ways to make healthy drinking choices. For many Wellesley women, not drinking is the best option. In fact, **40% of Wellesley students didn't drink at all the last time they went out with friends.** That might be because they are under 21, are on medication, don't like drinking or just know how to have fun without alcohol.

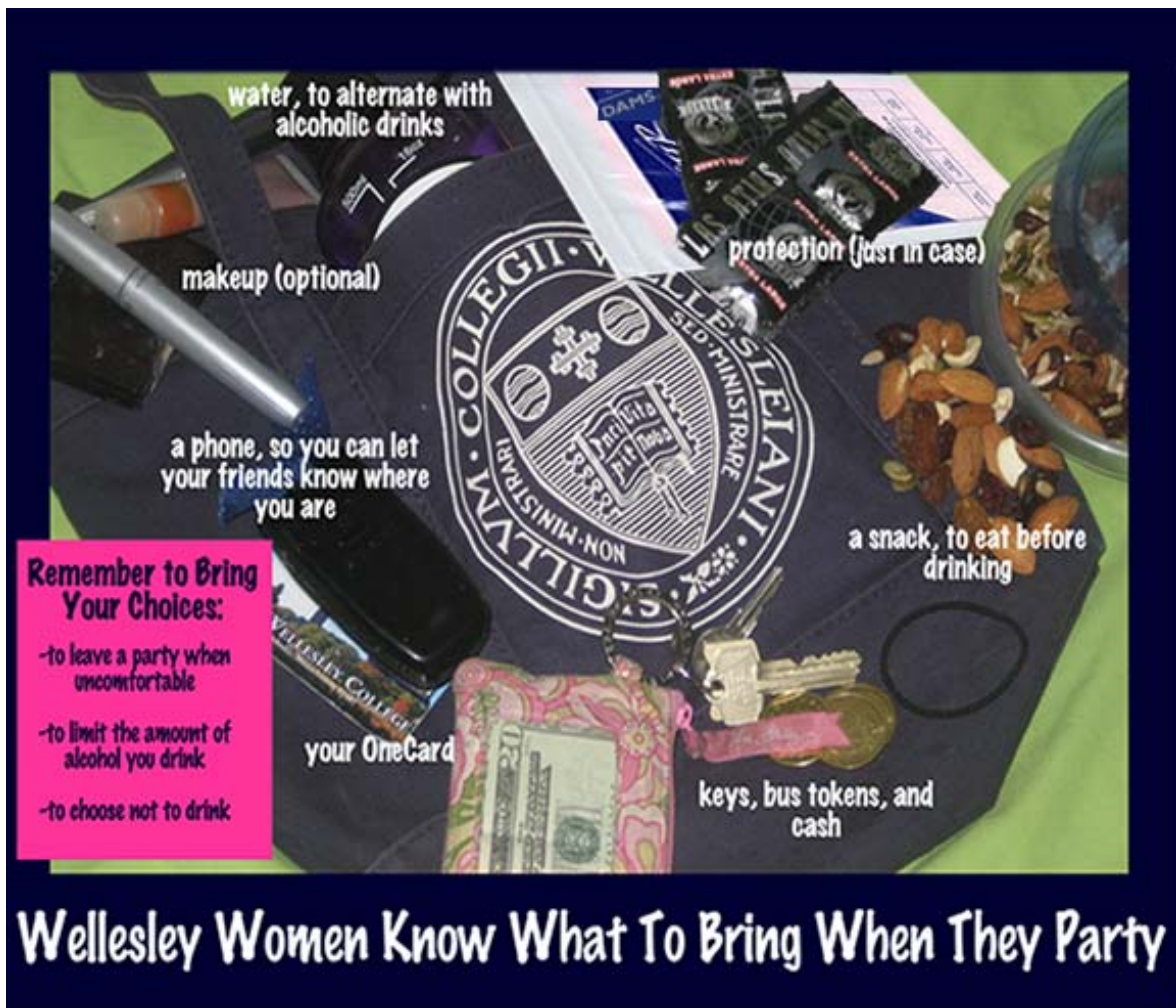
Here are some strategies to use:

- Focus on the reasons you are hanging out: relaxing, talking with friends, dancing. If you drink too much, you'll miss the fun!
- Set a personal limit *before* drinking. Know when you need to stop and stick with it. Make an agreement with friends if that helps.
- Always eat well during the day before drinking.
- Eat plenty of carbohydrates and protein while drinking—alternating snacks with beverages.
- Drink plenty of non-alcohol fluids before, during and after drinking alcohol. This will help you slow your drinking and stay hydrated.
- Avoid situations where you'll be tempted to drink beyond your limit. If you feel pressure, remember that plenty of Wellesley College students don't drink at all and those that do mostly make very healthy decisions.
- Go out with friends, stay with friends and return with friends. Always have the Wellesley bus schedule, your OneCard and some money on hand. If you're stranded, Campus Police will loan you money to pay for a taxi.

Did You Know?

A hangover is the experience of withdrawal from alcohol. Symptoms are also those of dehydration, because alcohol is a diuretic. You will pee out more liquid than you take in while drinking.

Drink plenty of water to mitigate the effects.





My Friend Might Have a Problem...

People can have problems with alcohol in an episodic way or an ongoing way. You may know someone who has gotten into trouble or done something she wished she hadn't while drinking. You may also know someone for whom alcohol is an ongoing issue that interferes with other parts of her life.

One Night Problems

Even if someone doesn't drink to excess on a regular basis or seem to need alcohol to have fun or relax, they can still have an experience that is troubling or problematic. Some reasons a "One Night Problem" might take place are:

- A person loses themselves in the moment and forgets to keep track of how much they are drinking
- Drinks of unknown alcohol content are being served
- The person feels pressure to drink beyond their limit
- The person is trying to escape unpleasant emotions

Any time drinking feels out of control or causes unwanted consequences, it is worth taking some time to consider what happened, what can be done differently in the future and if any help is needed. Some signs that a person may want to discuss their drinking experiences include:

Alcohol Dependence

If problems like those described above are happening more often than only very occasionally or rarely, a person might be dependent on alcohol. There are other symptoms of alcohol dependence as well. Keep in mind that not all of these have to be present for a person's relationship with drinking to be worth talking about.

- Being preoccupied with alcohol and when the next opportunity to drink will be
- Focusing more on drinking than on socializing and talking with friends
- Frequently drinking more than 3 drinks in a sitting
- Drinking more than 2-3 days out of the week, even if in small amounts
- Drinking alone or in secret
- Needing a drink first thing when waking up or in order to fall asleep
- Only spending leisure time with others who drink or in situations where alcohol will be available
- Always consuming drinks rapidly or with the aim of getting drunk
- Deciding to limit one's drinking or stop-- and then not being able to stick with the decision
- Unwillingness to talk about drinking and its consequences

Alcohol dependence can happen to anyone, as can a One Night Problem. A family history is not necessary, nor is getting drunk or getting hurt physically. Many people can benefit from talking about their drinking with a friend or someone they trust. There are many people available to help.

Be a Friend

The majority of Wellesley students don't drink to excess. If you're concerned about someone, here are signs that they need immediate medical help:

- Poor awareness of her surroundings
- Difficulty speaking or identifying self
- Inability to walk or stand
- Vomiting
- Confusion or disorientation
- Uncooperative behavior
- Inability to be awakened; passing out
- Difficulty breathing



If you think alcohol may be a problem for you or someone you care about, please make a confidential appointment with Stacy Hill, MSW, Health Educator at x3765 or with the Stone Center Counseling Services at x2839. You can also visit the Web site for an anonymous screening questionnaire at:

www.wellesley.edu/counseling.



Helping A Friend

When asked who they would talk to if concerned about their own drinking, Wellesley students most often said 'friend or roommate'—someone who would understand and not judge. Friends and roommates were also the first choice when students were asked who they would listen to if someone expressed concern about their drinking.

Responding to Concerns

You don't have to be an expert to talk with a friend about her drinking in a helpful way. Here are a few tips:

- Listen (the Stone Center Web page has "Tips for Effective Listening").
- Acknowledge that you care about your friend.
- Recognize the wisdom and courage it takes to ask for help.
- Acknowledge your friend's concerns and help her explore them, by asking questions.
- Describe your first-hand observations or experiences of your friend's drinking.
- Describe consequences that have been harmful to your friend if you can.
- Ask what your friend would like to see happen or change.

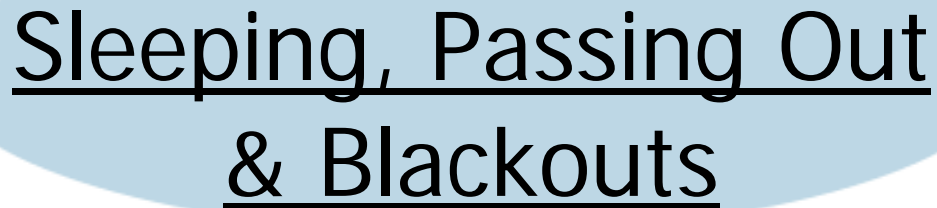
Students report they appreciate friends who do not judge, have seen their drinking and help them change by understanding how they might behave differently in the future and why they are making that change.

Get Help for Yourself

If you are worried about a friend, you might benefit from talking with someone who has expertise. You can contact the Stone Center or Health Services confidentially.



Call Campus Police at x5555 if you or your friend needs immediate help.



Sleeping, Passing Out & Blackouts

Do you know the difference between the three?

Sleeping is a state from which you can be aroused. Alcohol is a depressant and may lead to feelings of sleepiness.

Passing out is losing consciousness. It requires immediate medical attention. The person is not just “sleeping it off”.

A **black out** is a period of time for which there is no memory. To others, the person is awake and interacting. After the fact, however, the person does not remember their behavior or the situation.

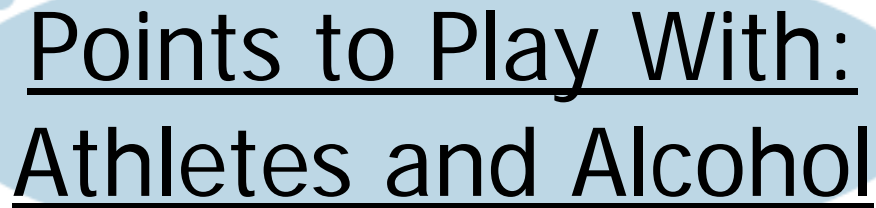
Blackouts are not just a normal part of drinking.

A black out is a state of temporary amnesia, that occurs during or following the consumption of a large amount of alcohol. These amnesic intervals can last for minutes, hours, or days. During a blackout state, a person functions more or less adequately conversing and performing other well-learned activities.

Physiologically, blackouts are an inability to transfer short-term memories to long-term storage sites in the brain. The amount of alcohol consumed to induce this state varies from person to person. Experiencing blackouts may be a sign that someone is drinking beyond their limit.

Blackouts can be unsettling or even scary—for both the person experiencing them and those that interacted with her during the period of missing memory; students report feeling uneasy about what they may have said or done during a blackout. In addition, blackouts cause concern over safety and what could happen that wouldn't be remembered clearly, if at all.

If you or someone you know experiences blackouts on a regular basis, talking with a professional can help. To make an appointment with a Health Center clinician, call x2810 or call Stone Center Counseling Services at x2839.



Points to Play With: Athletes and Alcohol

Whether you like to play pick-up games of Ultimate Frisbee, a casual game of soccer, compete in intramurals or represent a Varsity team, alcohol can have an effect on your body and your performance.

Alcohol takes a toll on the brain.

Reaction times are slowed and thinking processes are delayed. This can affect you strategically in preparation and as you move around the court, field or yard.

The immune system is suppressed.

Recovery time from injury is greatly affected by drinking. Alcohol is a block to the recovery process, since it depletes the body of vitamins and minerals, dehydrates the body, and affects sleep patterns.

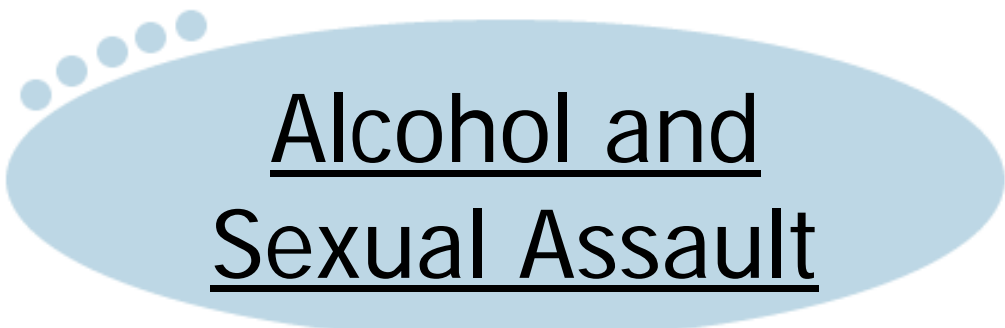
One night of heavy drinking can affect the body for three days.

The body is still impaired at the cellular level, even though a person does not feel drunk. An athlete that drinks on Saturday can still be affected for a contest Wednesday. As a result, many teams have rules about not drinking at least 48 hours before a competition.

Alcohol dehydrates the body.

Athletes who have just put 100% effort into winning a game may be bruised, slightly injured and drained of most of their fluids. If they drink that night, they will likely feel pretty awful for the next few days as their bodies struggle to recover. Alcohol not only dehydrates them, but also depletes them of vitamins and minerals that are essential for health.

At Wellesley, alcohol related incidents for athletes have included deep tissue and bone bruises (often forgotten or of mysterious origin), joint sprains, torn cartilage and ligaments, broken bones and even head injuries. Alcohol use has also been linked with academic decline, sexual assaults, automobile accidents and other tragedies. If you or someone you know is struggling with the effects of alcohol, encourage them to seek help.



Alcohol and Sexual Assault

Research indicates that alcohol is associated with more than 50% of campus sexual assaults (Harvard School of Public Health College Alcohol Study, 2001.)

What is Sexual Assault?

Any type of sexual contact without consent. The Boston Area Rape Crisis Center explains, “[Sexual assaults are] acts of violence and control, using sex as a weapon. It is not motivated by sexual desire, but by the desire to overpower and dominate the victim.”

Most assaults occur between people who know one another. They are also usually perpetrated by someone who displays other signs of aggressive, abusive and/or violent behavior.

How Might Alcohol Be Used?

Alcohol is the #1 “date rape” drug. A perpetrator may use alcohol or other drugs to coerce a potential victim into a state in which they cannot consent and will not remember what happened. They may also think they can use intoxication (on either or both people’s parts) as an excuse for inappropriate behavior.

Alcohol can also make it more difficult for people to communicate clearly, use their judgment and intuition, pay attention to warning signs, stick with limits or get to safety if necessary.

What Can I Do?

- Examine your assumptions regarding sex, intimacy and alcohol and other drug use
- Think about what feels right for you around alcohol use and what is comfortable sexually
- Tune in to behavior (both verbal and non-verbal) by others that may indicate that someone isn’t respectful of boundaries or can be aggressive
- Communicate as clearly as possible. Don’t assume your boundaries or desires are understood.
- Think about consent. If a person has been drinking, are they truly capable of informed consent?

What Can We Do As a Community?

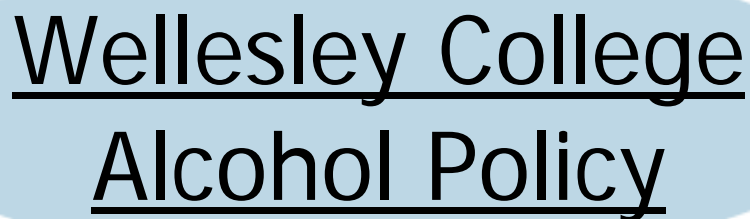
- Be aware of our community norms and stereotypes regarding sex, intimacy and alcohol and other drug use
- Buddy-up with friends. Spend your time with people who share your values and watch out for one another, literally.
- Encourage community norms that respect differences of opinion and experience, one another's bodies, needs and desires.
- Intervene in risky situations. Speak up if someone speaks or acts in a way that makes you feel uncomfortable. Don't stand for inappropriate jokes, violence of any sort or other behavior that indicates a lack of respect for other people.

Remember: Sexual assaults are crimes. Consuming alcohol does not absolve the perpetrator from responsibility nor fault the survivor. If you or someone you know is an assault survivor, listen and get help.



Need support? Confidential services are available:

- *Stone Center Counseling Services: x2839*
- *Health Services: x2810*
- *Health Promotion & Wellness: x2821*
- *Campus Police (24/7, 365 days a year):
Emergency x5555; Non-emergency x2121*
- *Boston Area Rape Crisis Center
24-hour hotline: 800-841-8371
www.barcc.org*
- *Sexual Assault Awareness for Everyone:
www.wellesley.edu/Activities/homepage/safe/home.html*
- *Columbia University's Health Services has created an excellent information page about Alcohol and Sexual Assault:
www.health.columbia.edu/docs/topics/sexual_violence/alcohol_assault.html*



Wellesley College Alcohol Policy

Please note: By **Massachusetts State Law**, it is illegal to drink under the age of 21.

For more information about Massachusetts laws pertaining to alcohol, please visit:
www.alcoholpolicy.niaaa.nih.gov/stateprofiles/StateProfile.asp

For the complete Wellesley College Alcohol Policy please visit:
www.wellesley.edu/DeanStudent/alcoholpolicy.html

Statement of Purpose

Wellesley College is committed to providing a healthy learning environment that facilitates the highest level of academic achievement and fosters the full development of all its students. The campus community strives to support and promote safe and legal behavioral norms, standards, and practices regarding the use of alcohol and drugs.

In accordance with state and federal laws, Wellesley College established these priorities:

- To stress moderation, safety, and individual accountability for those students age 21 or over who choose to drink
- To provide an atmosphere free from coercion for those students who choose not to drink
- To discourage and prohibit underage drinking
- To prevent problem behavior, heavy episodic drinking, and alcohol abuse
- To provide prevention and intervention information and education for all students, faculty, and staff
- To provide students with information about confidential on- and off-campus resources to seek help addressing issues related to alcohol and drug use and abuse

Individual Responsibility

Wellesley College emphasizes the responsibility of each community member to be law-abiding, knowledgeable, and thoughtful about any decisions regarding alcohol consumption.

- The college provides information about alcohol use and abuse and urges all community members to become informed about the potentially harmful or negative effects of alcohol.
- Individuals with concerns about their own use or another person's use of alcohol and/or other drugs are encouraged to seek confidential support on- or off-campus.
- The college emphasizes that anyone who is seriously intoxicated should seek medical attention. In cases of intoxication and/or alcohol poisoning, individuals are strongly encouraged to call for medical assistance for themselves or a friend/acquaintance who is dangerously intoxicated.
- In accordance with state and federal laws, the college will respect and protect the privacy of students who voluntarily seek assistance.



Safety-First Clause (Good Samaritan Policy)

In order to encourage those who may be in danger from alcohol poisoning or alcohol-related injury to get proper assistance, no student seeking medical treatment for herself, or assisting another student in obtaining such medical treatment, will be subject to college discipline for the sole violation of using alcohol or drugs or of providing alcohol or drugs to the student they have assisted in obtaining treatment. All students seeking help will be encouraged to meet with either the health educator or a member of the Counseling Services staff.

Policy Violations

Alcohol Policy violations fall into three categories:

1. Underage alcohol use or possession
2. Dangerous intoxication or hazardous conduct to self or others
3. Distribution of alcohol to someone under the age of 21 or distribution in common spaces



Resources

Community Collaboration and Campus Resources

The college strongly encourages members of the community to utilize the wide range of campus resources and supports available for addressing alcohol or other drug-related issues. Students seeking assistance through The Health Service and Stone Center Counseling Services will receive confidential services, in accordance with state laws and best practices.

Wellesley College support services include:

- The Health Service: www.wellesley.edu/Health x2810
- Health Educator and Coordinator of Harm Reduction Initiatives: x3765
- Stone Center Counseling Services: www.wellesley.edu/Counseling x2839
- Residential and Campus Life staff: Resident Directors, House Presidents and Resident Advisors
- Campus Police (24/7, 365 days/year): Emergency x5555; Non-emergency x2121

In addition, there are many off-campus resources available to students including:

- National Clearinghouse for Alcohol & Drug Information: <http://ncadi.samhsa.gov/>
- Al-Anon/Alateen meetings
- Alcoholics Anonymous meetings