

# THE STALL STREET JOURNAL

## Practicing Safe Drinking Habits

As we begin fall semester, it is important to reflect on the health habits we have formed, particularly, those related to alcohol consumption. Make mindful drinking choices this semester by following the practices listed below.

### 1. Always eat a balanced meal before drinking alcohol

- Foods rich in (healthy) fat take longer for the body to digest and aid in slowing down alcohol absorption. To incorporate more healthy fats into your diet, try adding foods like avocados, salmon, nuts, and eggs.
- Similar to fats, protein-rich foods help slow stomach emptying, and delay the absorption of alcohol. To add more protein into your diet, try adding foods like poultry, seafood, tofu, eggs, beans, legumes, cheese, and yogurt.
- Liver-supporting foods contain vital antioxidants, vitamins, and minerals. These foods help protect your liver from alcohol induced damage. To incorporate these foods into your diet, try adding berries, leafy greens, and lean protein.

### 2. Drink water before, during, and after drinking alcohol

- Remember that alcohol is a diuretic, meaning it increases the amount of water that is excreted through the body. This is why excessive drinking without proper

rehydration can lead to **dehydration** and **painful hangovers**.

- Drinking water before you begin consuming alcohol ensures that you are properly hydrated before increased excretion brought on by alcohol begins.
- It is important to drink water alongside alcoholic drinks. Try to have a cup of water between each alcoholic drink.

After your last alcoholic drink, consume water before going to sleep. This final effort to rehydrate your body may just save you from a pounding headache and other uncomfortable hangover symptoms in the morning.

### 3. Track your drinks and know your limits

- Your body can process **1 standard drink per hour**.
- For people assigned female at birth, risk of harm increases after 4 standard drinks. For people assigned male at birth, risk of harm increases after 5 standard drinks. However, these are only estimates, and everybody's tolerance is different.



### 4. Know the signs of alcohol poisoning

- Look out for signs of alcohol poisoning in yourself or your friends:
  - ▶ Vomiting
  - ▶ Slow breathing
  - ▶ Loss of consciousness
  - ▶ Confusion
  - ▶ Seizures
  - ▶ Changes in skin color
- If someone is experiencing signs of alcohol poisoning, do not hesitate to **call TEMS at 504-865-5911 (Ext. 55911)** if you're on campus, or **911** if you're off campus.

## What is the "Red Zone"?

The Red Zone is a period at the beginning of the academic year when there is a spike of sexual assaults on college campuses. This period spans from the start of the fall semester to Thanksgiving break. **50%** of all sexual violence that takes place on U.S. college campuses occurs during this time. Now and throughout the school year, it is of utmost importance that students practice consent during their sexual encounters.

### End the Red Zone by prioritizing consent:

- Give some thought to your sexual desires and boundaries ahead of time. While it's often hard to know for sure, and changing your mind in the moment is **always** ok, feel empowered to communicate your wants and limits clearly to your sexual partner before you find yourself in the heat of the moment.
- Ask your partner what they want, and really listen to what they tell you.
- Be able to recognize the symptoms of incapacitation, the point at which someone who has been drinking or doing other drugs can no longer consent. Signs include vomiting, slurred speech, unsteady walk, and smelling of alcohol. Sexual activity with an incapacitated person is always sexual assault.
- Be an active bystander and encourage others to be active bystanders when someone might need help or is being treated poorly by a partner.

### What resources are available on Tulane's campus for survivors of sexual violence?

- Interactive Resource Guide for Survivors of Sexual Violence: [bit.ly/3dCHHjW](http://bit.ly/3dCHHjW)
- SAPHE 24/7 peer support hotline - (504) 654-9543
- CAPS - (504) 314-2277
- Case Management and Victim Support Services - (504) 314-2160



### Wellness Map Highlight

Check out The Well's map of campus to find out locations of **free resources around campus** and places to take care of your body, mind, and spirit.

