



PREVENTION

THIS PROGRAM WAS DESIGNED TO INFORM ABOUT THE DANGEROUS AND SEVERE
CONSEQUENCES WHEN ALCOHOL IS MISUSED IN TEXAS.

A PUBLICATION BY THE TEXAS ALCOHOLIC BEVERAGE COMMISSION
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[2018] PREVENTION - A GUIDE TO UNDERAGE DRINKING PREVENTION

PREVENTION

A Guide to Underage Drinking Prevention



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ALCOHOL POISONING

Alcohol poisoning occurs when someone has consumed more alcohol than their body can safely metabolize. It takes the body 1 to 1 1/2 hours to process a single standard-sized drink. The hardest aspect of alcohol poisoning is knowing when to get immediate medical assistance.

IF SOMEONE WON'T WAKE UP

- ◁ Call 911 for help. Do NOT wait for all symptoms to be present. Do NOT try to guess the level of drunkenness.
- ◁ Keep him/her on their side.
- ◁ Perform CPR until medical help arrives if their pulse is less than 40 beats/minute or their breathing is less than 8 breaths/minute.
- ◁ Don't panic.
- ◁ Don't leave them alone to "sleep it off."
- ◁ Don't give them food or coffee.
- ◁ Don't try to make them vomit.
- ◁ Don't put them in a cold shower.

OVER NINE 15-24 YEAR-OLDS DIE MONTHLY FROM ALCOHOL POISONING.

a little over 110 a year

ALCOHOL
POISONING

SIGNS OF ALCOHOL POISONING

- ◁ Unconscious or semiconscious (passed out)
- ◁ No response to pinching
- ◁ Slow or irregular breathing: less than 8 breaths/minute, 8-10 seconds between breaths
- ◁ Low body temperature
- ◁ Slow heart rate
- ◁ Bluish or pale, cold clammy skin
- ◁ Vomiting while "sleeping" or passed out

MENTAL CONFUSION

UNRESPONSIVE

SNORING/GASPING FOR AIR

THROWING UP

HYPOTHERMIA

ERRATIC BREATHING

LOSS OF CONSCIOUSNESS

PALENESS/BLUENESS OF SKIN

INCREASED IMPAIRMENT

- ◁ Perceived beneficial effects of alcohol such as relaxation, give way to increasing intoxication
- ◁ Increased risk of aggression in some people
- ◁ Speech, memory, attention, coordination, & balance further impaired
- ◁ Significant impairments in all driving skills
- ◁ Increased risk of injury to self and others
- ◁ Moderate memory impairments



MILD IMPAIRMENT

- ◁ Mild speech, memory, attention, coordination, & balance impairments
- ◁ Perceived beneficial effects, such as relaxation
- ◁ Sleepiness can begin

LIFE THREATENING

- ◁ Loss of consciousness
- ◁ Danger of life-threatening alcohol poisoning
- ◁ Significant risk of death in most drinkers due to suppression of vital life functions

**BLOOD
ALCOHOL
CONTENT
(BAC)**

SEVERE IMPAIRMENT

- ◁ Speech, memory, coordination, attention, reaction time, & balance significantly impaired
- ◁ All driving-related skills dangerously impaired
- ◁ Judgment and decision-making dangerously impaired
- ◁ Blackouts (amnesia)
- ◁ Vomiting and other signs of alcohol poisoning common
- ◁ Loss of consciousness

Binge drinking is defined as five or more drinks (male) or four or more drinks (female) in approximately two hours. Binge drinkers are 14 times more likely to report alcohol-impaired driving than non-binge drinkers. Approximately 90% of the alcohol consumed by youth under the age of 21 in the United States is in the form of binge drinking.

BINGE DRINKING

CONSEQUENCES

- ◁ 1,825 college students between the ages of 18 and 24 die from alcohol-related unintentional injuries, including motor-vehicle crashes.
- ◁ 696,000 students between the ages of 18 and 24 are assaulted by another student who has been drinking.
- ◁ 97,000 students between the ages of 18 and 24 report experiencing alcohol-related sexual assault or date rape.
- ◁ Roughly 20 percent of college students meet the criteria for AUD. (Alcohol Use Disorder)
- ◁ About 1 in 4 college students report academic consequences from drinking, including missing class, falling behind in class, doing poorly on exams or papers, and receiving lower grades overall.

PREVALENCE OF DRINKING

According to the 2015 NSDUH, 58% of full-time college students ages 18-22 drank alcohol in the past month compared with 48% of other persons of the same age.

PREVALENCE OF BINGE DRINKING

38% of college students ages 18-22 reported binge drinking in the past month compared with 33% of other persons of the same age.

PREVALENCE OF HEAVY ALCOHOL USE

According to the 2015 NSDUH, 13% of college students ages 18-22 reported heavy alcohol use in the past month compared with 9% of other persons of the same age.

WHY YOU SHOULD BE CONCERNED

Binge drinking is associated with a wide range of health and behavioral problems. While some side effects are minor and only last temporarily, others can cause permanent damage.

Drinking too much alcohol too quickly can put you at risk for various health problems. Alcohol delays your reaction time which can put you and other drivers in danger if you get behind the wheel of a car. Additionally, excessive drinking impairs your judgment, leaving you at risk for unintentional injuries like alcohol poisoning.

Many teens refrain from asking for help for fear of the consequences of underage drinking violations. Sadly, the decision not to call for help needed in this life or death situation can be fatal. With the help of Senator Kirk Watson, Texas passed its version of the 911 Lifeline Legislation in 2011.

The Texas 9-1-1 Lifeline Law prevents a person under 21 from being charged by the police for possessing or consuming alcohol if he/she takes a person to receive emergency treatment, calls 911 due to possible overdose of alcohol, reports sexual assault, or is the victim of a sexual assault.

911 LIFELINE LAW

911 LIFELINE LAW TABC Code 106.04 and 106.05

A minor will not be charged with possessing or consuming an alcoholic beverage if they:

- ◁ *request* emergency medical assistance in response to the possible alcohol overdose of the minor or another person;
- ◁ are the *first person* to make a request for medical assistance;
- ◁ *remain* on the scene until the medical assistance arrives; and
- ◁ *cooperate* with medical assistance and law enforcement personnel.

SEXUAL ASSAULT

A minor will also not be charged with possessing or consuming an alcoholic beverage if they report the sexual assault of the minor or another person, or are the victim of a sexual assault reported by another person, to: (1) a health care provider treating the victim of the sexual assault; (2) an employee of a law enforcement agency, including an employee of a campus police department of an institution of higher education; or (3) the Title IX coordinator of an institution of higher education or another employee of the institution responsible for responding to reports of sexual assault.

REMEMBER

Call for help and remain on the scene. Minors can still get a DUI if they drive with any alcohol in their system, even if they are helping a friend.

Do not be afraid to call! Many teens die from alcohol poisoning, and were in the company of friends. Do not let them "sleep it off." BAC levels can continue to rise, and/or they can vomit in their sleep and choke.

D.U.I.

Driving under the influence of alcohol.

D.U.I. PENALTIES

First Offense

Class C Misdemeanor

- Fine up to \$500;
- Alcohol awareness class;
- 20 to 40 hours of community service;
- 60 days driver's license suspension;
- The minor would not be eligible for an occupational license for the first 30 days.

Second Offense

Class C Misdemeanor

- Fine up to \$500;
- Alcohol awareness class;
- 40 to 60 hours of community service;
- 120 days driver's license suspension;
- The minor would not be eligible for an occupational license for the first 90 days.

MINORS

MINORS

ZERO TOLERANCE TABC Code 106.041

While it is illegal for anyone to drive while intoxicated, it is also illegal for a minor (*anyone under 21*) to operate a motor vehicle or watercraft while having ANY detectable amount of alcohol in their system.

OTHER ALCOHOL OFFENSES

Involvement with alcohol can affect your driving privileges in Texas, *including non-driving alcohol offenses.*

Examples of non-driving alcohol offenses include:

- ◁ Purchasing or attempting to purchase alcohol.
- ◁ Lying about your age in an attempt to obtain alcohol.
- ◁ Presenting a falsified document stating that you're 21 years old in an attempt to obtain alcohol.
- ◁ Consuming alcohol.
- ◁ Possessing alcohol.
- ◁ Public intoxication.

In addition, you can be punished and/or expelled for violating alcohol laws by your college. Extra curricular activities or scholarships may also be effected.

NIAAA College Alcohol Policies Directory can be found at
www.collegedrinkingprevention.gov/SpecialFeatures/alcoholpolicies.aspx

D. W. I *Texas Penal Code §49.04*

It is an offense if a person operates a motor vehicle in a public place while intoxicated.

D.W.I. PENALTIES *Class B Misdemeanor*

- | | | |
|---|---|---|
| • Fine up to \$2,000; and/or | • Fine up to \$4,000; and/or | • Fine up to \$10,000; and/or |
| • 3 to 180 days in jail; and | • 1 month to 1 year in jail; and | • 2 to 10 years in jail; and |
| • 90 days to 1 year loss of driver's license. | • 180 days to 2 years loss of driver's license. | • 180 days to 2 years loss of driver's license. |

Note: A First Offense DWI in Texas, with a blood alcohol concentration (BAC) of 0.15% or greater is a Class A Misdemeanor. You can face up to a \$4000 fine, and/or one year in jail.

INTOXICATED *Texas Penal Code §49.01*

(A) not having normal use of mental or physical faculties by reason of the introduction of alcohol, a controlled substance, a drug, a dangerous drug, a combination of two or more of those substances, or any other substance into the body; or

(B) having an alcohol concentration of 0.08 or more.

D.W.I.

D.W.I.

ADDITIONAL PENALTIES

With Open Container

- Up to a \$2,000 fine;
- A minimum of 6 days in jail.

With Intoxication Assault

- Up to a \$10,000 fine (for each count);
- 2 - 10 years in prison.

With Intoxication Manslaughter

- Up to a \$10,000 fine (for each count);
- 2 - 20 years in prison.

With Child Passenger (under the age of 15)

- Up to a \$10,000 fine;
- 180 days to 2 years in a state jail.

MURDER

Texas Penal Code §19.02

A defendant can be charged with murder, if while committing a felony, he/she performs an act "clearly dangerous to human life that causes the death of an individual." A third DWI conviction is a felony offense. This means that if a person's act of driving while intoxicated results in a person's death, and the driver has two previous DWI convictions, the driver can be charged with murder.

STATISTICS

An estimated 88,000 people die from alcohol-related causes annually, making alcohol the third leading preventable cause of death in the United States. The first is tobacco, and the second is poor diet and physical inactivity. In 2014, alcohol-impaired driving fatalities accounted for 9,967 deaths (31% of overall driving fatalities).

Prevalence of Drinking: According to the 2015 NSDUH, 33% of 15-year-olds report that they have had at least 1 drink in their lives. About 7.7 million people ages 12-20 (20% of this age group) reported drinking alcohol in the past month.

OTHER POSSIBLE CONSEQUENCES

- ◁ Many countries will not allow people with criminal records to enter. This could affect your travel and immigration plans.
- ◁ Auto insurance may be canceled or premiums may skyrocket.
- ◁ Some employers have mandatory firing policies for criminal convictions.
- ◁ Many employers run criminal background checks on applicants. It may be impossible to become a police officer, firefighter, government employee, teacher, nurse, doctor, lawyer, truck driver requiring a CDL License, and several other professional jobs.

SAFETY TIPS

- ◁ Designate your sober driver before the party begins.
- ◁ Give your car keys to your designated driver, along with appreciation for making sure you get home safely.
- ◁ Find unique ways to recognize the designated drivers when you are out at a bar or restaurant.
- ◁ Offer to be the designated driver the next time you go out.
- ◁ Cover the cost for parking or pay for a tank of gas.
- ◁ Pick up the tab for the designated driver's food and drink.
- ◁ Before you go out, program the numbers for local cab companies in your cell phone. If you find yourself in need of a ride, help is just one call away.
- ◁ Avoid drinking too much alcohol too fast. Pace yourself—eat enough food, take breaks and alternate with non-alcoholic drinks.
- ◁ Never let a friend leave your sight if you think they are about to drive while impaired. Remember, "Friends Don't Let Friends Drive Drunk."

ALCOHOL BY VOLUME

Alcohol by volume (ABV) is simply the amount of ethanol in a drink compared to the entire volume of the drink. Alcohol concentration varies widely by beverage. Want to know the alcohol content of a canned or bottled beverage? You can start by checking the label, however, not all beverages are required to list the alcohol content on the label.

ALCOHOL BY WEIGHT (ABW)

Represents the weight of the liquid that is ethanol compared to the entire weight of the drink.

STANDARD DRINK

Standard drink charts are helpful, however, they may not reflect customary serving sizes. If you want to know how much alcohol is in a cocktail or beverage container, try one of the alcohol beverage calculators at:

One mixed drink with
1.5 fl oz (44 mL)
of 80-proof liquor



5 fl oz (148 mL)
of wine



12 fl oz (355 mL) of
beer or wine cooler



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<http://rethinkingdrinking.niaaa.nih.gov>

BEER

A malt beverage containing one-half of one percent or more of alcohol by volume and not more than four percent of alcohol by weight, and does not include a beverage designated by label or otherwise by a name other than beer. (Generally 5.1% and under ABV.)

DISTILLED SPIRITS

Alcohol, spirits of wine, whiskey, rum, brandy, gin, or any liquor produced in whole or in part by the process of distillation, including all dilutions or mixtures of them, and includes spirit coolers that may have an alcoholic content as low as four percent alcohol by volume and contain plain, sparkling, or carbonated water and may also contain one or more natural or artificial blending or flavoring ingredients.

WINE

A product obtained from the alcoholic fermentation of juice of sound ripe grapes, fruits, berries, or honey, and includes wine coolers.

ALE OR MALT LIQUOR

A malt beverage containing more than four percent of alcohol by weight.

The alcohol in one 23.5 ounce malt beverage (12% ABV) equals the alcohol in 4.7 beers (5% ABV)



An adult may provide an alcoholic beverage to the adult's own underage child, ward or spouse, but the minor must remain in the adult's visible presence while possessing or consuming the beverage. *TABC Code 106.06(b)*

PROVIDING ALCOHOL

WHAT IS THE LAW? *TABC Code 2.02(c)*

An adult 21 years of age or older is liable for damages proximately caused by the intoxication of a minor under the age of 18 if:

☛ The adult is not:

- ◁ the minor's parent, guardian or spouse; or
- ◁ an adult in whose custody the minor has been committed by a court; and

☛ The adult knowingly:

- ◁ served or provided to the minor any of the alcoholic beverages that contributed to the minor's intoxication; or
- ◁ allowed the minor to be served or provided any of the alcoholic beverages that contributed to the minor's intoxication on the premises owned or leased by the adult.

REMEMBER

Minors can break social hosting laws if they too provide alcohol to other minors.

CONSEQUENCES

It is against the law to give alcohol to anyone under 21. If you break the law:

- ◁ You face a maximum penalty of one year in jail, a \$4,000 fine, and an automatic suspension of your driver's license for 180 days upon conviction.
- ◁ You can be held civilly liable for damages caused by the intoxication of a minor younger than 18 if you knowingly provided alcohol or allowed the minor to be served alcohol on property owned or leased by you, and they, in turn, hurt someone, hurt themselves or damage property.

Studies show that parents who disapproved completely of underage drinking, tended to have students engage less in drinking and less binge drinking once in college. *Rules do matter.* Always know where your teenagers are, who they're with, and what they're doing. These protective effects continue to be influential into college. Students internalize those values, attitudes and expectations set forth from parents, and exert those in college.

Instituting a zero tolerance policy when students are in high school will not prevent teens from drinking. But, studies show they do tend to drink less, preventing more cases of alcohol poisoning.

PARENTS

CIVIL LIABILITY

Texas holds parents/adults civilly liable for damages caused by the intoxication of a minor under 18 if they knowingly provided alcohol or allowed alcohol to be served on property owned or leased by them and the minor:

- ◁ Is injured or dies as a result of drinking on the property;
- ◁ Gets into a fight, falls and hurts him/herself or is sexually assaulted;
- ◁ Damages someone else's property;
- ◁ Leaves and is involved in a motor vehicle accident and causes injury to themselves or others.

THINGS YOU CAN DO

- ◀ Discuss the consequences of alcohol use—legal, health and personal.
- ◀ Listen to your child and look for “teaching opportunities.”
- ◀ Encourage healthy activities, such as sports, clubs, music lessons, or community service projects.
- ◀ Create alcohol-free activities in your home.
- ◀ Create clear, consistent expectations and enforce them, set a curfew and wait for your child to come home.
- ◀ Get involved in your child’s activities, meet their friends, know where they’re going and what they’re doing.
- ◀ Be at home when your child has a party.
- ◀ Make sure alcohol is not brought into your home or onto your property by your child’s friends.
- ◀ Get acquainted with the parents of your child’s friends. Exchange phone numbers.
- ◀ Talk to other parents about not providing alcohol at events your child will be attending.
- ◀ Refuse to supply alcohol to minors.
- ◀ Teach your children never to get into a car with someone who has been drinking.

Rohypnol:

- ◁ May appear drunk, uncoordinated.
- ◁ May engage in dangerous, violent or destructive activity.
- ◁ Memory loss.
- ◁ Sedated for about eight hours.

GHB:

- ◁ Act like they've had several drinks but no odor on breath.
- ◁ No expression or animation.
- ◁ Slurred speech.
- ◁ Body is limp.

Ketamine:

- ◁ May appear drunk, confused or disoriented.
- ◁ May engage in dangerous, violent or destructive activity.
- ◁ Slurred speech.
- ◁ May have hallucinations.
- ◁ Possible seizures.
- ◁ Possible delirium.

DRINK TAMPERING

The act of drink tampering is done with the aim of causing the target to become disoriented, unconscious, or to lower the target's inhibitions. The purpose of this may be as a precursor to sexual assault or robbery.

PREVENT DRINK TAMPERING

- ◁ Only accept drinks from bartenders, wait staff or people you know & trust.
- ◁ Never leave your drink unattended. If you realize that you left your drink unattended, pour it out.
- ◁ Don't swap or share drinks.
- ◁ Don't drink from someone else's glass or bottle.
- ◁ Don't drink anything that tastes or smells strange.
- ◁ If you feel drunk and haven't drank any alcohol, or if you feel like the effects of drinking alcohol are stronger than usual - get help right away.
- ◁ Watch out for your friends and ask your friends to watch out for you.
- ◁ Drink tampering does not just happen to women. It happens to men too.
- ◁ If you begin to feel unwell or unusually drunk - tell someone you trust and ask them to take you home.

- ☛ Notify law enforcement if you suspect drink tampering has occurred.
- ☛ Tell someone to notify management of the establishment immediately if you notice what appears to be an intoxication issue.
- ☛ Save the beverage for the emergency staff of the establishment, if possible.

If the person is unconscious, call 911 or take them to the emergency room immediately.

If the person is conscious, it is important to *keep them awake*. Calling 911 would still be appropriate, but you may also call the *Poison Control Center at 1-800-222-1222*. The staff there can assist you in determining if emergency assistance is needed. When you call, you will need to provide staff with the:

- < amount of alcohol consumed;
- < time frame in which it was consumed; and
- < type of alcohol consumed.

Remember to provide information in standard size drinks or provide the size of the beverage consumed.

Most importantly, be honest when answering their questions.

Or call SAMHSA's National Helpline (Substance Abuse & Mental Health Services Administration)

1-800-662-HELP (4357) OR 1-800-487-4889 (TTY)

Free and confidential information in English and Spanish for individuals and family members facing substance abuse and mental health issues. 24 hours a day, 7 days a week.

WHERE TO GET HELP

**WHERE TO
GET HELP**

WHAT HAPPENS WHEN A PERSON GOES TO THE HOSPITAL?

If you or your friend go to the hospital for alcohol poisoning, the doctor will check for vital signs and probably order a blood test. This test will check blood alcohol levels and check for other alcohol toxicity, such as low blood sugar. A urine test can also confirm the diagnosis of alcohol poisoning. Typical care at the hospital includes:

- < careful monitoring;
- < prevention of breathing or choking problems;
- < oxygen therapy;
- < fluids given through an IV (intravenously) to prevent dehydration; and
- < use of thiamine and glucose, as needed. (These nutrients can prevent serious complications of alcohol poisoning.)

Anyone that is treated for alcohol poisoning should get follow-up care. Help is available, but often isn't offered.

Don't be afraid to ask. (For more information, go to www.mayoclinic.com/health/alcohol-poisoning/DS00861.)

The use of fake IDs to misrepresent one's age, while attempting to buy an alcoholic beverage, is a violation of the Texas Alcoholic Beverage Code.

TABC Code 106.07

CLASS C MISDEMEANOR

- < fine up to \$500;
- < alcohol awareness class;
- < 8-40 hours community service;
- < 30-180 days loss or denial or driver's license.

The possession, use, manufacture, or distribution of fake IDs is a violation of other state laws. The possession, use, manufacture, or distribution of counterfeit IDs - some of the high quality fake IDs cross that line - violates both state and federal law.

To counter the use of fake IDs by underage drinkers, the TABC has developed Operation Fake Out. *Operation Fake Out* is a cooperative venture involving the alcoholic beverage retailers, the TABC, the Texas Department of Public Safety, U.S. Secret Service and whenever possible, local law enforcement.

If the altered driver's license has a fake identity rather than just a different age, or the license was issued to someone else, the penalty bumps up to a Class A Misdemeanor.

CLASS A MISDEMEANOR

- < fine up to \$2,000;
- < and up to 180 days in jail.

IDENTIFICATION IN TEXAS

Texas state law does not require that a person over 21 provide any identification to purchase alcohol in Texas. There is nothing in the law that declares specific form of ID as "valid" for an alcohol purchase.

A store, bar or restaurant might or might not sell alcohol to a person with an expired driver's license, foreign passport or other ID. What's acceptable in any establishment is a matter of that establishment's private business policies.



www.2young2drink.com

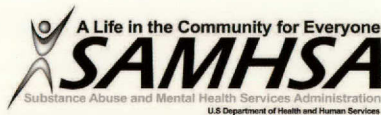


<http://www.txdot.gov/inside-txdot/division/traffic/safety/sober-safe.html>



TEXAS ALCOHOLIC
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Texas Helping Businesses & Protecting Communities

www.tabc.texas.gov



<http://www.samhsa.gov/underage-drinking>

STOP
UNDERAGE DRINKING

www.stopalcoholabuse.gov



www.nhtsa.gov

<http://www.nhtsa.gov/Impaired>

MORE INFORMATION

COMPLAINTS

You may file a complaint about possible violations of the law on TABC-licensed premises, or report possible alcohol-related violations taking place at:

◁ Parties or events involving minors illegally consuming alcoholic beverages.

◁ A bar, restaurant, convenience or grocery store or other TABC-licensed location which is:

- Selling alcoholic beverages to minors or intoxicated people;
- Selling alcoholic beverages after the legal hours of sale;
- Conducting illegal activity involving gambling, illicit drug use or prostitution;
- Owned by someone other than the person named on the permit; or
- Involved in any other illegal activity.

FILING A COMPLAINT

TABC:MOBILE is TABC's preferred way of securely filing complaints quickly and easily. Filing with TABC:Mobile takes just minutes and provides verification of receipt by TABC.

You may also file a complaint or report possible alcohol-related violations taking place at any location by filling out a TABC Complaint Form and providing it to our agency. www.tabc.texas.gov/enforcement/complan_about_a_location.asp



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