

HOW TO TALK TO A FRIEND WHO HAS AN ALCOHOL PROBLEM

- Plan ahead what you want to say and
- Pick a quiet and private time to talk.
- Don't try to talk about the problem when your friend is drunk or high.
- Use a calm voice and don't get into an argument with your friend.
- Let your friend know that you care.
- Ask if there is anything that you can do to help. Find out about local hot-
-abuse counseling and offer to go along with him or her.
- Don't expect your friend to like what you're saying. But stick with it - more you people who express concern the better the chances of your friend getting help.
- Remember – it's not your job to get people to stop using alcohol. Only they can decide to stop.



THREE WAYS TO KEEP A FRIEND ALIVE

1. DRIVE YOUR FRIEND HOME
To be sure your friend arrives home safely, you can drive him or he you haven't also been drinking.

If you can't drive your friend home, you can call a cab. You may w
fare in advance. That's one way to show that you really care.

3. HAVE YOUR FRIEND SLEEP OVER
Asking a guest to sleep over is another good way to keep a friend from driving.

150 Public Services Building
Irvine, CA 92697-4900

Phone: 949-824-6397 (CSO Program)
Phone: 949-824-7181 (Crime Prevention)
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ALCOHOL SAFETY



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www.police.uci.edu

\$5 COVER CHARGE.

\$30 FOR DRINKS.

\$10,000 DRUNK DRIVING ARREST.

YOU CAN'T PUT A PRICE ON A SAFE RIDE HOME



Do you really want to get behind that wheel?

Everyone in California pays when teens drink and drive. The consequences can be devastating: wasted lives, loss of loved ones, permanent disabling injuries, broken relationships, overwhelming medical bills and other

If you don't think it can happen to you, look around. Ask your friends h people they know who have had bad things happen to them when they were drinking. Check your school year book for the las years. How many have been dedicated to a student who was killed in a drunk driving acci-

Drinking and driving is a problem and should be a serious concern for all. Here is some important information you should

HOW DOES ALCOHOL AFFECT YOU?

- You see double, speech slurs, you lose you sense of
- In addition, it can reduce your peripheral vision, your night vision and can even affect your ability to distin-
- Alcohol also loosens inhibitions; you make bad ements that can result in car crashes, unwanted pregnancies, STDs, or rape.
- Furthermore, using alcohol can cost you your freedom. You can be grounded by your parents, lose your license, or even end up in jail.

ECONOMIC BURDEN OF ALCOHOL ABUSE

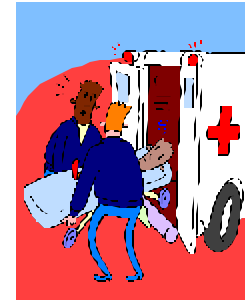
- Violent crime committed by underage drinkers:
- Vehicle crashes involving alcohol: \$18.2 billion
- Alcohol poisoning due to excessive drinking: \$340 million



Do you want your death to be front page

- Drowning or near drowning of youths under the influence: \$532

- Nationally, alcohol abuse is a factor in 75% of domestic violence incidents involving spouses.



Alcohol-related crashes are the number one killer

- Excessive alcohol consumption causes over 100,000 deaths every year in this country.

OTHER FACTS ABOUT ALCOHOL

- Drinking coffee, taking a cold shower, or breathing fresh air will not sober you up. The only thing that will is time.
- One beer, one shot of whiskey, and one glass of wine all have the same amount of alcohol. Beer and wine are just as intoxicating as hard liquors.
- Only 3-5% of alcoholics are what we think of as bums. Most alcoholics are just like the people you
- The earlier young people start drinking and using drugs, the more likely they are to become ad-

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