Harm Reduction Resource Sheet
Wellesley College Office of Student Wellness

Responsible Action Clause

- You should call for help when alcohol or other drug use requires prompt medical attention
  - Campus Safety 781-283-5555 (on-campus) or 911 (off-campus)
  - Alcohol or drug policy violations will generally be waived if you are seeking help for yourself or others, health and safety are priority!

Harm Reduction Strategies

- Opt for lower alcohol content drinks
  - **Tip:** choose light beer/seltzer vs. shots or mixed drinks
- Alternate drinks with water
  - **Tip:** carry a water bottle with you to stay hydrated
- Sip, don't take shots
  - **Tip:** go slow, it can catch up with you!
- Set your own pace & stop when your body tells you
  - **Tip:** set reminders on your phone to check-in with yourself
- Make a plan for yourself before you begin drinking or using
  - **Tip:** find a trusted friend (an accountabili-buddy!) and keep an eye out for each other, especially if going off-campus!

Measure

12 ounces, 5% alcohol
standard can of beer or hard seltzer
*note: IPAs and certain beers have a higher alcohol content!

5 ounces, 12% alcohol
standard glass of table wine
*note: red wine has a higher alcohol content because of the grapes!

1.5 ounces, 40% alcohol
standard shot of distilled spirits/hard liquor
(vodka, tequila, whiskey, gin, rum, etc.)
Differences in hormones, enzymes, and percent body fat generally make individuals assigned female at birth more sensitive to the effects of alcohol. Alcohol content can vary by drink; given the same amount in, hard liquor is stronger than wine or beer. Mixing alcohol with medications or other drugs can be very dangerous, always consult with your prescriber about medications and alcohol use. How much you drink in a given time period affects how quickly your body can metabolize alcohol; pacing yourself gives your body time to metabolize. Eating and drinking water before and while consuming alcohol slows the absorption of alcohol into the bloodstream. Weight affects the rate that the body metabolizes alcohol; given the same amount of alcohol, people with higher weight will have lower levels of alcohol in their blood.

**Factors That Affect BAC**

**Sex assigned at birth**
- Differences in hormones, enzymes, and percent body fat generally make individuals assigned female at birth more sensitive to the effects of alcohol.

**Strength of drink**
- Alcohol content can vary by drink; given the same amount in, hard liquor is stronger than wine or beer.

**Mixing substances**
- Mixing alcohol with medications or other drugs can be very dangerous, always consult with your prescriber about medications and alcohol use.

**Rate of drinking**
- How much you drink in a given time period affects how quickly your body can metabolize alcohol; pacing yourself gives your body time to metabolize.

**Food and hydration**
- Eating and drinking water before and while consuming alcohol slows the absorption of alcohol into the bloodstream.

**Weight**
- Weight affects the rate that the body metabolizes alcohol; given the same amount of alcohol, people with higher weight will have lower levels of alcohol in their blood.

<table>
<thead>
<tr>
<th># of drinks</th>
<th>Body Weight in Pounds</th>
</tr>
</thead>
<tbody>
<tr>
<td>0</td>
<td>100 120 140 160 180 200 220 240</td>
</tr>
<tr>
<td>Male</td>
<td>0.00 0.00 0.00 0.00 0.00 0.00 0.00 0.00</td>
</tr>
<tr>
<td>Female</td>
<td>0.00 0.00 0.00 0.00 0.00 0.00 0.00 0.00</td>
</tr>
<tr>
<td>1</td>
<td>0.06 0.05 0.04 0.04 0.03 0.03 0.03 0.02</td>
</tr>
<tr>
<td>Male</td>
<td>0.07 0.06 0.05 0.04 0.04 0.04 0.03 0.03</td>
</tr>
<tr>
<td>Female</td>
<td>0.12 0.10 0.09 0.07 0.07 0.06 0.05 0.05</td>
</tr>
<tr>
<td>2</td>
<td>0.13 0.11 0.09 0.08 0.07 0.07 0.06 0.06</td>
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<tr>
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<td>0.18 0.15 0.13 0.11 0.10 0.09 0.08 0.07</td>
</tr>
<tr>
<td>Female</td>
<td>0.20 0.17 0.14 0.12 0.11 0.10 0.09 0.08</td>
</tr>
<tr>
<td>3</td>
<td>0.24 0.20 0.17 0.15 0.13 0.12 0.11 0.10</td>
</tr>
<tr>
<td>Male</td>
<td>0.26 0.22 0.19 0.17 0.15 0.13 0.12 0.11</td>
</tr>
<tr>
<td>Female</td>
<td>0.30 0.25 0.21 0.19 0.17 0.15 0.14 0.12</td>
</tr>
<tr>
<td>4</td>
<td>0.33 0.28 0.24 0.21 0.18 0.17 0.15 0.14</td>
</tr>
<tr>
<td>Male</td>
<td>0.33 0.28 0.24 0.21 0.18 0.17 0.15 0.14</td>
</tr>
<tr>
<td>Female</td>
<td>0.33 0.28 0.24 0.21 0.18 0.17 0.15 0.14</td>
</tr>
</tbody>
</table>

The legal drinking age is 21 years of age and the legal limit is a 0.08 BAC.

We want to aim for the green zone, you really only need 1-2 drinks to do so, going higher puts you at increased risk.
1 in 5 Wellesley students don't drink, if you choose not to use, you are not alone!

For students who do decide to use substances, here are some tips for a safer time:

1. **Eat before** going out

2. **Alternate water** with drinks

3. **Know your pours and pace yourself** (about 1 drink/hour)

4. **Know your limits** and respect other people's, as well

5. **Avoid mixing substances** (cannabis, alcohol, medications)

6. **Partner up with an accountabili-buddy**
   - Make a plan for the night
   - Watch out for each other
   - Hold each other accountable
   - ...and stick together!

7. **Help a friend in need!**
   - Remember the responsible action clause: alcohol or drug violations will generally be waived if you are seeking help for yourself or others

If you need immediate help, call Campus Police 781-283-5555.