

BACK OUT



BEFORE YOU

BLACKOUT



BLACKOUT

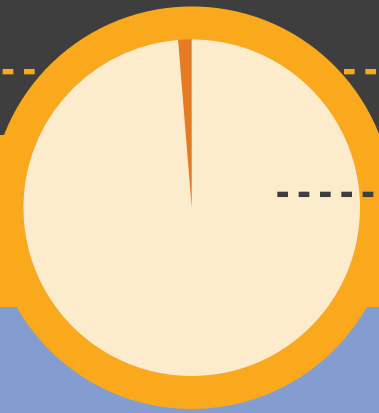
- Not uncommon at BACs of 0.18²
- People who are having a blackout CAN carry on normal conversations and actions
- One does not lose knowledge of right and wrong, but might not fully recognize, or care, about the potential consequences of actions¹
- Impairments in judgment, decision-making, and impulse control could lead an individual to make potentially hazardous choices during blackouts (such as driving a car or sexual intercourse)¹
- Represent episodes of amnesia during which subjects are capable of participating in significant, emotionally charged events-as well as more routine events - that they later cannot remember³

PASS OUT¹

- Loss of consciousness
- Could appear to be sleeping but cannot be woken up
- More common- people tend to pass out and once body is able to absorb most of the alcohol they wake up - some even continue to drink
- Drinking enough alcohol to reach the point of passing out can happen very quickly, especially when drinking shots - this could cause a person to pass out for a short period of time, which does not allow the body to process all of the alcohol



Blacking Out and Passing Out are two very similar effects of drinking alcohol, however during a blackout a person could appear to be fine, but the next day he/she may not remember everything that happened that night.



TIPS WHEN DRINKING⁵

- Pace & space** Sip your drink instead of chugging and alternate between water/soda
- Eat before & while drinking** Alcohol is absorbed into your bloodstream more slowly when there is food (especially protein) in your stomach
- Do not mix alcohol & drugs** Some prescriptions and over-the-counter drugs can increase alcohol's effects
- Drink cautiously when sick or tired** When you are sick or tired, alcohol leaves the body more slowly

WANT TO KNOW MORE?

Gordie Center for Substance Abuse Prevention at UVA: www.virginia.edu/gordiecenter

¹<http://www.bc.edu/content/bc/offices/ade/info-resources/blackout.html>
²White et al, 2002, American Journal of College Health
³<http://pubs.niaaa.nih.gov/publications/arh27-2/186-196.htm>

⁴2013 Health Survey, with responses from 654 UVA undergraduate students
⁵U.Va Department of Student Health, Safer Drinking Guidelines
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