

DRUG & ALCOHOL AWARENESS

Signs and symptoms of Drug & Alcohol abuse

- Abrupt changes in work or school attendance and grades.
- Unusual outbreaks of temper.
- Obvious mood swings.
- Wearing sunglasses indoors or at inappropriate times (to hide bloodshot eyes and/or dilated pupils.)
- Carrying eye drops or burning incense (to cover the odor of marijuana.)
- Deterioration of physical appearance and/or grooming.
- Overreaction to mild criticism.
- Stealing items from school, home, or employer.

PHYSICAL EVIDENCE OF MARIJUANA USAGE

- Eye drop bottles (to cover red eyes.)
- Incense, room deodorizers, breath fresheners.
- Rolling papers, pipes, or “bongs” in closet.
- Smell of a sweet odor like burned rope, in room, clothes, etc.
- The roach (butt) from a marijuana joint.
- Roach clips (holders for the joint.)
- Seeds or leaves in lining or coat pockets.

MALE BLOOD ALCOHOL CONCENTRATION GUIDE

BODY WEIGHT IN POUNDS

Number of drinks per hour	110	120	140	160	180	200	220	240	
	PERCENT OF ALCOHOL IN BLOODSTREAM								
1	.04	.03	.02	.02	.02	.02	.02	.02	Driving skills impaired
2	.08	.06	.05	.05	.04	.04	.03	.03	
3	.11	.09	.08	.07	.06	.06	.05	.05	
4	.15	.12	.11	.09	.08	.08	.07	.06	
5	.19	.16	.13	.12	.11	.09	.09	.08	Legally Intoxicated in all States
6	.23	.19	.16	.14	.13	.11	.10	.09	
7	.26	.22	.19	.16	.15	.13	.12	.11	
8	.30	.25	.21	.19	.17	.15	.14	.13	
9	.34	.28	.24	.21	.19	.17	.15	.14	
10		.31	.27	.23	.21	.19	.17	.16	

FEMALE BLOOD ALCOHOL CONCENTRATION GUIDE

BODY WEIGHT IN POUNDS

Number of drinks per hour	100	120	140	160	180	200	220	240	
	PERCENT OF ALCOHOL IN BLOODSTREAM								
1	.05	.04	.03	.03	.03	.02	.02	.02	Driving skills impaired
2	.09	.08	.07	.06	.05	.05	.04	.04	
3	.14	.11	.10	.09	.08	.07	.06	.06	
4	.18	.15	.13	.11	.10	.09	.08	.08	
5	.23	.19	.16	.14	.13	.11	.10	.09	Legally Intoxicated in all States
6	.27	.23	.19	.17	.15	.14	.12	.11	
7	.32	.27	.23	.20	.18	.16	.14	.13	
8	.36	.30	.26	.23	.20	.18	.17	.15	
9	.41	.34	.29	.26	.23	.20	.19	.17	
10	.45	.38	.32	.28	.25	.23	.21		

Citation from Mississippi Mothers against Drunk Driving website; article “How Alcohol Effects Us: the Biphasic Curve” by David J. Hanson, Ph. D.

For tips, go to <http://www2.potsdam.edu/alcohol-info/HealthIssues/1100827422.html>