



2013-2014 Academic Year

LIVING *Right* IN NARRAGANSETT

*Not your ordinary off-campus living guide for
URI students living in town.*



Need Help?

Any Emergency **911**

In Narragansett

Police Department 401 789-1091

Fire Department 401 789-1000

Ambulance Services 401 284-4224

Your Neighbors (*See p.5*)

_____ 401 _____

_____ 401 _____

_____ 401 _____

_____ 401 _____

On Campus

Health Services 401 874-2246

Office of Student Life 401 874-2098

Counseling Center 401 874-2288

Violence Prevention Advocacy Services 401 874-5222





Welcome to Narragansett

Living Right in Narragansett is published by the Narragansett Prevention Partnership for URI students, especially students who rent off-campus housing in our Town. We welcome you to our neighborhoods, appreciate your contribution to the local economy and, as a coalition working to reduce alcohol and substance abuse in Narragansett, we want to do our part to keep you healthy and safe while you're here.

I'm happy to announce that this third annual edition of Living Right in Narragansett was published in consultation with External Affairs Committee of the URI Student Senate, chaired by Jacob Lanoie (B.S. Accounting, 2015). We asked them for a candid review of last year's booklet. "Great information," they told us, "but too much of it." They advised us to streamline and reformat. We took their advice! This is the kind of "town-gown" partnership – coupled with our ongoing collaboration with Dr. Dan Graney, Director of Substance Abuse Prevention Services at University of Rhode Island – that makes "prevention programs" work!

Sadly, evidence clearly shows that the culture of high-risk, binge drinking on U.S. college campuses leads to 1,400 deaths and over a million assaults, more than half of a sexual nature, each year – all the result of bad decisions caused by alcohol abuse. We hope that "Living Right" helps you to think before you drink.

Please, make healthy decisions about alcohol and other drugs while you explore the freedom of off-campus college life and what it means to live as good neighbors with families in our small, proud seacoast community.

Wishing you all the best,



Nancy Devaney, CPS
Coordinator, Narragansett Prevention Partnership
Chair, Ocean State Prevention Alliance
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External Affairs Committee of the URI Student Senate. *Front: Lucy Gildein, Chairman Jacob Lanoie, Rebecca Allamey, Kathleen Mae Uy. Back: Cara LoBianco, Peter Natowich, Martin Lannan*

Do you think **BIG**... about alcohol?

“Underage drinking and excessive drinking have negative effects on everything we’re trying to do as a university. They compromise the educational environment, the safety of our students, the quality of life on campus, town/gown relationships, and our reputation.”

– Dr. Judith Ramaley,
Former President, University of Vermont



High-Risk Drinking

No Big Deal? Check the facts. Stay safe.

Frequent binge drinkers are **21 times more likely to miss classes**, fall behind in school-work, engage in vandalism, be injured or hurt, not use protection when having sex, get in trouble with campus police or drive a car after drinking.

696,000 college students are **assaulted** each year by other students who had been drinking.

400,000 students between the ages of 18 and 24 had **unprotected sex** and more than 100,000 reported having been too intoxicated to know if they consented to having sex.

599,000 college students suffer **unintentional injuries** under the influence of alcohol each year.

44% of students attending 4-year colleges drink alcohol at the **binge** level or greater.

High-risk drinking leads to doing poorly on exams and papers and receiving lower grades overall. More than **25%** of college students **report academic problems** linked to alcohol use.

48% of college drinkers report that **'drinking to get drunk'** is an important reason for drinking.

97,000 students between the ages of 18 and 24 are victims of alcohol-related **sexual assaults** or date rapes. Fewer than 5% report the assault to police. **If someone is drunk they are legally unable to give consent to participate in any sexual act.**

It won't
happen
to **ME?**



Be a Good Neighbor... Start by Saying “HELLO”

Narragansett – home away from home for 3,000 URI students.

Wherever you live in Narragansett, you will be moving into a neighborhood and not just a house or an apartment. Use common sense and you'll fit right in.

Your new neighbors are school-aged children, parents, grandparents, seniors – families that call Narragansett home year-round. Take an opportunity to meet them. Ask about the neighborhood and those “unwritten rules” among neighbors that are helpful to know. ***Exchange names and phone numbers.***

As a community that hosts about 3,000 URI students each year, be assured that your neighbors know that most college students live on a different time clock. They also recognize that “college houses” may host more parties than other homes in the neighborhood. Neither becomes a problem, if you keep your neighbors' needs and quality of life in mind.



Party Planning Check List That Works (i.e., no one's likely to get hurt or call the police)

*Special thanks to the **External Affairs Committee** of the URI Students Senate for their contributions to this list.*

■ **Designate 3 or 4 sober risk managers** (no alcohol, no drugs) whose duty is to keep things under control. They are responsible for monitoring noise levels inside and outside, cutting off guests who are clearly drunk, keeping uninvited guests out (most problems are caused by uninvited guests!) and making sure no guest attempts to drive under the influence.

■ **Give neighbors a heads up about the party** and your phone number. Tell them you have assigned designated risk managers and ask them to call you if there's a problem. It's better if they call you first, and not the police.

■ **Have a guest list** – and stick to it. If there are more than a dozen, it may be impossible to control noise levels or the behavior of guests. Don't advertise the party on social media. It's asking for trouble.

■ **Obey local parking regulations.** Many problems arise from simply having too many cars outside. Stay off lawns. Don't block driveways. ***It is illegal to park overnight on most roads in Narragansett.*** So, make sure cars park either in the driveway or somewhere legal away from the road. Consider a designated driver as a "shuttle."

■ **Don't collect money for alcohol (or the cups it's in).** It's illegal.

■ **Don't provide alcohol to minors** or allow them to drink on your rented property. Each is a felony.

■ **Discourage drinking games.** Alcohol's not a toy. Drinking games are dangerous.

■ **Don't be afraid** to call the police yourself if the party gets out of control – or an ambulance if someone is sick, injured or passed out. It's the right thing to do.

3 Common Sense Rules about fitting into your new neighborhood.

Know Your Neighbors

Introduce yourself. Offer your telephone number so neighbors may contact you if they have a concern. Your neighbors have diverse backgrounds, careers, and experiences. Getting to know them can be an enriching experience!

Keep it Clean

Nobody likes seeing trash in their own yard and they probably don't like seeing it in yours either. Pick up your newspapers; recycle your cans and bottles; keep trash in containers and out of sight. In general, keep lawns, sidewalks and streets clean.

Be Considerate

Realize that noise in an early-to-bed, early-to-rise neighborhood can be major source of irritation – especially late night and early morning noise. Tell your neighbors if you are planning a party and how to contact you if things get too rowdy.

Play by the **RULES** if You're Drinking in **NARRAGANSETT.**



Rhode Island, like every other state, prohibits any person under the age of 21 years to purchase, possess, transport or consume any alcoholic beverages. It is also unlawful for any person to drink or consume any alcoholic beverages in any motor vehicle either parked or being operated, or to operate a motor vehicle while under the influence of alcohol. Narragansett police vigorously enforce these State laws.

In addition, Narragansett has its own town ordinances related to alcohol and creating a public nuisance. Forgive the legalese but please help us maintain a great quality of life by observing these ordinances.

Hosting? You're responsible.

No person who exercises control over private real property may allow any other person under the age of 21 years who is not a child or minor ward of the person to possess or consume alcoholic beverages on the property, or allow any other person under the age of 21 years who is not a child or minor ward of the person to remain on

the property if the person under the age of 21 years possesses or consumes alcoholic beverages on the property.

1st Offense: Mandatory minimum fine – **\$200**

2nd Offense: Mandatory minimum fine – **\$350**

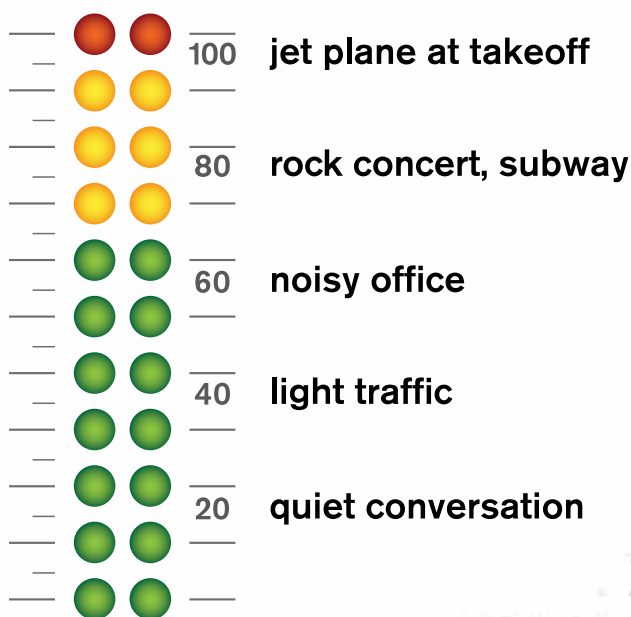
3rd Offense: Mandatory minimum fine – **\$500**

How Loud is Loud?

In Narragansett, we promote an environment free from excessive noise, which jeopardizes the public health, safety and welfare and degrades the quality of life for residents of this community.



dB))) Decibel Equivalents



In a residential neighborhood, from 7am to 10pm anything louder than 65 dBA is considered excessive noise. From 10pm to 7am, 55 dBA is the limit. Sound measurements are taken where your property line joins your neighbor's.

Residents exceeding those levels are subject to penalties. The first offense shall be punished by a fine of not less than \$400 or imprisonment of not more than 30 days. Any subsequent offense within a twelve-month period shall be punished by a fine of not less than \$500 or imprisonment of not more than 30 days.

Be 21 to transport alcohol.

The law: According to the RI General Law, any person who has not reached his 21st birthday cannot operate a motor vehicle that contains alcoholic beverages. (This does not apply to persons between the ages of 16 and 21 who are transporting unopened alcoholic beverages in the course of their employment.) The fines are between \$250 and \$500.

The Narragansett Police Department takes transportation of alcohol by a minor very seriously. During the 2011-12 academic year, the Narragansett Police reported 58 violations for transportation of alcohol by a minor. Avoid a violation. Wait until you are 21 to consume and transport alcohol.

Keg Party? Know the Law.

1. You have to be at least 21.

You need proof of identity and age in the form of a valid Rhode Island driver's license or identification card, or valid driver's license from another jurisdiction.

2. You need a keg permit and sticker from the Office of the Town Clerk. You can have only one keg at a time at your residence.

3. Keep the permit at the location where the keg is possessed at all times and show the permit upon the request of any authorized officer.

Penalty: Any violation of this section shall be punishable by a fine not to exceed the maximum allowable in the Narragansett Municipal Court and/or imprisonment of not more than 30 days.



SOBRIETY TEST

What do you know about alcohol?

How Much is Too Much?

For a typical adult, binge drinking is defined as consuming 5 or more drinks for males or 4 or more drinks for female in about 2 hours. You'll be over the BAC of .08, i.e., legally drunk. If you're a party monitor, start counting.



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

Increased Impairment

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

BAC

Blood Alcohol Content

0.31–0.45%

0.16–0.30%

0.06–0.15%

0.0–0.05%

Severe Impairment

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

Mild Impairment

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

Source: National Institute on Alcohol Abuse and Alcoholism.

Can you name 7 examples of “Stinkin’ Thinkin’”

I can drink and still be in control. Drinking impairs your judgment, which increases the likelihood that you will do something you’ll later regret such as unprotected sex, damaging property or being victimized by others.

Drinking isn’t all that dangerous. One in three 18 to 24 year-olds admitted to ERs for serious injuries is intoxicated. Alcohol is also associated with homicides, suicides and drownings.

I can sober up quickly if I have to. It takes about 3 hours to eliminate the alcohol content of two drinks, depending on your weight. Nothing can speed up this process – not even coffee or cold showers.

I can manage to drive well enough after a few drinks. About 50% of all fatal traffic crashes among 18 to 24 year-olds involve alcohol. The risk increases more steeply for drivers younger than 21.

It’s okay for me to drink to keep up with my boyfriend. Women process alcohol differently. No matter how much he drinks, if you drink the same amount as your boyfriend, you will be more intoxicated and more impaired.

I’d be better off if I learn to “hold my liquor.” If you drink increasingly larger amounts of alcohol to get a “buzz” or get “high,” you are developing tolerance. Tolerance is actually a warning sign that you’re developing more serious problems with alcohol.

Beer doesn’t have as much alcohol as hard liquor. A 12-ounce bottle of beer has the same amount of alcohol as the standard shot of 80-proof liquor (either straight or in a mixed drink) or 5 ounces of wine.

What are URI’s Rules and Disciplinary Sanctions?

Off-campus conduct can be adjudicated on campus if the violation is an infraction of a community standard of behavior or if the action violates the Student Conduct system.

Students who violate the policy will be subject to disciplinary action, including but not limited to reprimand, revocation of privileges, required campus service, referral to alcohol and/or drug educational programs, fine or restitution for loss, deferred suspension, suspension from the university or university housing, dismissal from the university, and referral to local authorities. The university will notify the parents of students under the age of 21 for alcohol or drug violations. Students receiving federal aid who engage in the unlawful manufacture, distribution, dispensation, or use of any controlled substances may lose their federal financial aid and/or be prosecuted for fraud. – URI STUDENT HANDBOOK



The facts about ALCOHOL POISONING could help you save a life.



RAs and friends, take notice!

Alcohol poisoning. Think Big. Excessive drinking can be hazardous to everyone's health. It can be particularly stressful if you are the sober one taking care of your drunk roommate who is vomiting while you are trying to study for an exam. Some people laugh at the behavior of others who are drunk. Some think it's even funnier when they pass out. But there is nothing funny about the aspiration of vomit leading to asphyxiation or the poisoning of the respiratory center in the brain, both of which can result in death.

What happens to your body when you get alcohol poisoning? Alcohol depresses nerves that control involuntary actions such as breathing and the gag reflex, which prevents choking. A fatal dose of alcohol will eventually stop these functions. It is common for someone who drinks excessive alcohol to vomit since alcohol is an irritant to the stomach. There is the danger of choking on vomit, which could cause death by asphyxiation in a person who is not conscious because of intoxication.

You should also know that a person's blood alcohol concentration (BAC) can continue to rise

even while he or she is passed out. Even after a person stops drinking, alcohol in the stomach and intestine continues to enter the bloodstream and circulate throughout the body. It is dangerous to assume the person will be fine by sleeping it off.

Common myths about sobering up include drinking black coffee, taking a cold bath or shower, sleeping it off, or walking it off. These are just myths and they don't work. The only thing that reverses the effects of alcohol is time – something you may not have if you are suffering from alcohol poisoning. Rapid binge drinking, which often happens on a bet or a dare, is especially dangerous because the victim can ingest a fatal dose before becoming unconscious.

Don't worry that your friend may become angry or embarrassed. Sadly enough, too many college students say they wish they would have sought medical treatment for a friend. Many end up feeling responsible for alcohol-related tragedies that could have easily been prevented. Remember, you cared enough to help.

Critical Signs of Alcohol Poisoning that YOU can observe

- Mental confusion, stupor, coma, or unresponsive
- Vomiting
- Seizures
- Slow breathing (fewer than eight breaths per minute)
- Irregular breathing (10 seconds or more between breaths)
- Hypothermia, bluish skin color, paleness

What Can Happen When Alcohol Poisoning Goes Untreated

- Victim chokes on his or her own vomit
- Breathing slows, becomes irregular, or stops
- Heart beats irregularly or stops
- Hypothermia (low body temperature)
- Hypoglycemia (too little blood sugar) leads to seizures
- Severe dehydration from vomiting can cause seizures, permanent brain damage, or death

Don't be afraid to seek medical help
for a friend who has had **too much to drink.**



Don't hesitate to seek help for alcohol and drug issues for yourself – or for a friend. It's the right thing to do.

University Services provides proactive drug and alcohol abuse prevention programs, confidential counseling, intervention, and referral for its students. Programming is available to help students examine their own behavior related to alcohol and other drugs. The Office of Substance Abuse Prevention Services provides an assessment of alcohol and other drug usage for students who seek counseling. For further information, please call 401-874-2101 or visit their website at www.uri.edu/substance_abuse/.





The Narragansett Prevention Partnership is a community coalition focused on implementing and supporting prevention strategies for the community of Narragansett, Rhode Island.

NarragansettPrevention.org

Living Right in Narragansett is published by NPP and funded exclusively by the Town of Narragansett.



A friendly reminder...

**Make sure your driver
is over 21 too.**

Transportation of alcohol by a minor – even with an adult in the car – is illegal in Narragansett and all of RI, punishable by a fine between \$250 and \$950 as per RI General Law § 3-8-9.

Drive safely...and legally.



www.narragansettprevention.org

Creative: O'Toole + Parr