Alcohol Is An Aphrodisiac
(And Other Myths About Drinking Alcohol)

**Fact:** While alcohol may initially reduce inhibitions and may stimulate a person's interest in sex, it is a central nervous system depressant so it reduces a person's ability to perform and his/her sensitivity to stimuli.

**Myth:** Eating a burger, drinking caffeine, or taking a nap after drinking speeds up sobering.

**Fact:** Once alcohol is in the bloodstream, nothing can speed up the rate of breakdown in the liver. Motor coordination can be affected as many as ten hours after the last drink. So a person can wake up and still be drunk!

**Myth:** When someone passes out from drinking too much, he/she should be allowed to “sleep it off.”

**Fact:** The amount of alcohol it takes to make someone pass out is dangerously close to the amount it takes to kill a person. ... his/her breathing and heart rates should be monitored closely. If either gets too slow it is an emergency. Call 911.

**Myth:** Beer won’t make a person as drunk as hard liquor will.

**Fact:** A standard serving of any alcoholic beverage (12 oz. beer, 5 oz. wine, or 1.25 oz. hard liquor) has 1/2 ounce of pure ethanol alcohol. Less fluid does not mean less alcohol.

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April is Sexual Assault Awareness Month. According to the 2008 College Student Health Survey, 25.4% of female students and 5.1% of male students at RCTC reported being sexually assaulted within their lifetime. Sexual assault occurs when someone is forced or coerced/manipulated into unwanted sexual activity without agreeing or consenting. It is a crime that comes in many forms including forced intercourse, sexual contact or touching, sexual harassment, sexual exploitation, and exposure or voyeurism.

Someone might not be able to consent for a variety of reasons including fear, having an illness or disability, being underage, or being incapacitated due to alcohol or drugs. Consent can be initially given and later withdrawn.

It is important to note that sexual assault is never the victim's fault, regardless of what she or he is wearing or doing, including if the victim has been drinking or is in a relationship with the perpetrator.

Each of us can help prevent sexual assault. To learn more, check out these events.

- **Monday, April 5** 10:00 - 1:00
  Information Display in Atrium
- **Wednesday, April 14**
  10:00 - 10:50 or 11:00 - 11:50
  Defining Sexual Boundaries & Sexual Violence Film and discussion/activity in HS 128
- **Wednesday, April 21**
  10:00 - 11:30 Poster Contest Voting in Atrium
  12:00 Poster Winner Announced

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“Always laugh when you can. It’s cheap medicine.” ~ Lord Byron