



How much care do you actually take to protect yourself when you are out with friends?

Crystal meth is one of the fastest growing drugs in this country—and one of *the* most addictive and dangerous. It is used as a stimulant, and can be smoked, sniffed, or injected. Some of the *many* negative side effects include seizures, hallucinations, high blood pressure, depression, anxiety, heart attacks, rotting teeth, and malnutrition.

BINGE DRINKING

Is It Really That Bad to Drink a Lot Only Once a Week?

It's common knowledge that many college students drink way too much. Although some control their drinking and use good judgment, many totally lose control. Some say to themselves, "*Hey, I only drink once a week, and after a week of studying, writing papers, and taking texts, I deserve one night off.*" When you drink many drinks in one evening, this is called binge drinking and it can be exceedingly dangerous to you and others. **Binge drinking** is classified as having three to five drinks within a three- to four-hour period. This type of drinking can be extremely detrimental to your liver, your memory, your digestive system, and your health in general, not to mention your grades and academic career. It can also be dangerous to your overall well-being. One young woman commented after a night of binge drinking, "I got totally wasted and couldn't remember getting home. The taxi could have taken me anywhere" (Steinke, 2007).

"One of five women between the ages of 18 and 44 is said to be a binger, which is particularly disturbing because health experts are finding that alcohol takes a harsher toll on women than men; even relatively small amounts can cause damage. Women cannot drink as much as

Successful Decisions

AN ACTIVITY FOR CRITICAL REFLECTION



One of your new friends, Miriam Forsythe, has been going to a club in a popular area of town. College students hang out there after games, concerts, and campus events. "Party night," as it is known on campus, is Thursday, and you and Miriam plan to attend. Miriam had many dating restrictions when she was growing up, and is very inexperienced in taking care of herself, but she is enjoying her new-found freedom. In fact, you are somewhat worried about Miriam because she seems to be ignoring her classes and focusing only on having fun. She slept in this Thursday morning and cut classes so that she would be rested for "party night."

Miriam has "flipped out" over Max, a senior who spent time with her at the club last Thursday night, and she is hoping that she will see him there tonight. You have heard that Max has quite a reputation as a "ladies man," and you aren't sure that Miriam can take care of herself. When you try to talk to her about

it, she brushes you off, and in so many words, tells you to mind your own business. When the two of you arrive at the club, she immediately hooks up with Max and ignores you for the rest of the evening. You look for her but are never able to locate her. Around midnight you decide to go home with a group of friends. You look around for Miriam, but she is nowhere to be found. At 3:30 am, Miriam staggers into your room, disheveled, drunk, and crying. She tells you that Max raped her in his apartment.

Describe the steps that you would take to help your friend.

1. _____
2. _____
3. _____