



SEMPER SAFE

APRIL IS
**Alcohol
Awareness
Month**

Alcohol Awareness Month

April is Alcohol Awareness Month, and instead of toasting it, how about a look at some silent facts. Here are a few things you should know about alcohol.

FACT: Excessive drinking leads to criminal behavior: The US Department of Justice (DOJ) estimated that 5.3 million adults – 36% of criminal offenders were under the influence of alcohol when they committed their crimes.

FACT: Alcohol is a factor in 40% of all violent crimes today—About 3 million violent crimes occur each year in which victims perceive the offender to have been under the influence of alcohol. Crimes include: rape, sexual assault, robbery, aggravated and simple assault. About two-thirds of violent crimes are characterized as simple assaults.

Based on victim reports, alcohol use by the offender was a factor in:

- 37% of rapes and sexual assaults
- 15% of robberies
- 27% of aggravated assaults, and
- 25% of simple assaults

Drinking responsibly is actually pretty easy. Know what you're drinking, and how much alcohol is in it.

- Don't mix alcohol with energy drinks. The caffeine in energy drinks may mask the effects of alcohol and lead to excessive drinking.
- Drink plenty of water in between drinks
- Never drive while buzzed, much less drunk



The Marine Corps has MARADMIN 709/12 Marine Corps Alcohol Screening Program (ASP) which means all commands can identify Marines and Sailors who are at risk for adverse effects of alcohol abuse/misuse, counseling and/or treatment. Commands will ensure that each Marine and Sailor is tested twice a year through urinalysis or alcohol breathalyzer test conducted by the unit Alcohol Screening Program Coordinator (ASPC).

A positive test result is any test result greater than or equal to .01 percent test. A test result of .04 percent or greater, the Marine or Sailor must go to medical to be found "fit for duty". With a positive test result and a "not fit for duty" determination by medical, administrative paperwork would most likely be completed, which could ultimately end your long term career goals in the military. Do not end your career over a night of drinking.

Men and women suffer. Children suffer. Families suffer. Loved ones suffer. People get killed. Alcohol and Crime can sometimes go hand in hand. It's simply a fact.

As Marines, Sailors and Civil Servants we live by our core values. So think before you jeopardize the safety of yourself, your fellow Marines, Sailors, civilian employees or family members, and remember SEMPER SAFE!