JULY 2021

MESSAGES TO SHARE
Below are sample messages to be shared on social media or as Plan of the Week notes aligned with Navy Drug Detection and Deterrence’s prevention efforts:

1. Summer is officially here, and the 101 Critical Days of Summer push us to focus on staying safe. This is particularly important now that the world is opening back up and we’re able to enjoy the season in a way we couldn’t last summer. Learn ways to stay safe during all your fun activities this summer from the Naval Safety Center at navalsafetycenter.navy.mil.

2. Did you know almost 200 people visit the ER each day with fireworks related injuries in the month around Independence Day? Fireworks can be fun when you’re careful, observant and sober. The Consumer Product Safety Commission has tips for staying safe with fireworks. Visit cpsc.gov/fireworks.

3. As we’re all starting to get out and enjoy restaurants, bars and other fun spots this summer, alcohol may be a part of the plans. Drinking is perfectly fine, as long as it’s done responsibly. Knowing how much is too much is important. For information and tips on responsible drinking, check out Own Your Limits at ownyourlimits.org.

4. Marijuana is legal in a growing number of US states where civilians are allowed to possess and use marijuana — even buy it from dispensaries. But marijuana is still federally illegal and, therefore, prohibited for Sailors. Using it or any other prohibited substance puts service members at risk of separation from military service and loss of future benefits.

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BUI: BOATING UNDER THE INFLUENCE

Hanging out at the lake with your buddies probably seems long overdue, and having a cold beer or hard seltzer seems to go hand-in-hand with good times on a hot day. Just as you exercise caution while out for a night on the town, it’s important to be mindful of the risks of alcohol use while on the water.

Boating and Alcohol Use
Alcohol use is the leading contributing factor in boating fatalities. Perhaps surprisingly, alcohol impairs boating skills even more than driving skills. Noise, vibration, sun, wind and the motion of water create stressors that produce “boater’s hypnosis” which impairs reaction time almost as much as being legally drunk. Alcohol use adds to this impairment, substantially increasing risk of accidents for both operators and passengers, who can’t be fastened into a seatbelt as they can in cars. Drunk passengers pose a risk of onboard injury or potential drowning. Even a sober skipper may have a difficult time keeping an eye on inebriated passengers.

Judging Blood Alcohol Concentration (BAC)
BAC is determined by many factors, including weight, sex, rate of alcohol consumption and the food eaten. Regular drinkers with a “high tolerance” may not physically feel the effects or exhibit impaired behavior to others, even with a BAC over the legal limit of .08. On average, one standard alcoholic drink produces a BAC of between .02 and .04, which causes lowered inhibitions and exaggerated behavior. By .06, judgment, perception and information processing are impaired along with driving abilities, but the drinker usually can’t detect this level of impairment.

- A BAC of .08 is the level for legal intoxication in all U.S. states (for most other countries, it’s .05 or lower). At .08, speech may be slurred and sense of balance is off, but the drinker may overestimate their functioning. For a 150-pound man, three drinks will produce a .08 BAC.
- Between .10 and .12 BAC, motor skills are markedly impaired, as is judgment and memory. Emotions are exaggerated and some people become loud, aggressive, or belligerent. Between four and six drinks will produce this level of intoxication in a 150-pound man.

Legal Consequences
Every state has laws against BUI, and most have standards matching the laws for operating a motor vehicle—a BAC of .08 or greater. Penalties can include large fines, revocation of boat operating privileges and jail terms. Some states, including California, allow for a BUI arrest on any vessel, motor powered or not, and even for people on water skis and wakeboards. A BUI can also be attached to your driving record.

The recommendation is simple: Don’t drink while boating, especially as the operator. If you drink at your get-together, save it for the shore. And of course, always utilize a rideshare service or designate a sober friend to drive home. For help with an alcohol use issue, reach out to your local DAPA or learn more about responsible drinking from OwnYourLimits.org.
**DEFY LAUNCHING WORLDWIDE**

Drug Education For Youth (DEFY) is launching at 17 command-sponsored sites. DEFY provides participants with leadership and life skills through various team-building, goal-setting, decision-making and conflict resolution activities. DEFY is designed to strengthen resistance to negative influences such as substance use, bullying and criminal activity.

Volunteers are crucial to the success of DEFY. Commands can help ensure local program success by providing necessary operational resources, helping recruit volunteers and supporting the command staff who work to be positive role models for DEFY’s youth participants. The program provides valuable real-life experience including mentoring, tutoring, supervision, public speaking and finances. While operating the DEFY program is hard work with long hours, many Sailors and Marines that have actively participated return to their commands a better service member.

To learn more about DEFY, contact the program office by email at MILL_N17_DEFY@navy.mil. Visit the website at www.mynavyhr.navy.mil/Support-Services/21st-Century-Sailor/Drug-Detection-Deterrence/Drug-Education/. The 2021-2022 program sites are listed below:

- NAF El Centro, NMC San Diego, SUBASE New London, NAS Key West, NATTC Pensacola, CENTCOM Tampa Bay
- NIAC Fort Gordon, NWS Earle, STRATCOMMMWING 1 Tinker, NAVCONBRG Charleston, NSA Mid-South, JRB Fort Worth, NAVIFOR VA, MCBH Kaneohe Bay, Okinawa, NS Rota, and NAS Sigonella

To find out your local program’s start dates or any other information about DEFY, contact the program office or your local program point of contact.

**CURRENT & UPCOMING EVENTS**

**JULY DDD WEBINARS**

Each webinar is scheduled for 1000-1130 CT and 1700-1830 CT.

1 — E-cigarettes and Vaping

8 — Urinalysis Packing Procedures (1D vs 2D Barcodes)

15 — CNIC Dialogue/Portal and WebDTP Issues

22 — NDSP to WebDTP Migration

29 — Hemp, CBD and THC

Learn more and stay up-to-date by visiting www.mynavyhr.navy.mil/Support-Services/21st-Century-Sailor/Drug-Detection-Deterrence/

**ADAMS FOR LEADERS & DAPA COURSES**

Can be accessed using your CAC by logging in to Catalog of Navy Training Courses (CANTRAC) at app.prod.cetars.training.navy.mil/cantrac/vol2.html

**NMCPHC SAFETY MONTH**

July

Find the toolbox at go.usa.gov/xy3cD or visit the Naval Safety Center at navalsafetycenter.navy.mil.

**INDEPENDENCE DAY**

July

Learn more at cpsc.gov/fireworks.

**YOUTH SUBSTANCE USE PREVENTION**

An important component of substance use prevention for families is early and consistent conversation. The past ten years have seen a massive change in the landscape of substances. For example, marijuana is legal in several US states now and opioid misuse has devastated communities across the U.S.

Understanding the facts about substance use and knowing the best talking points can help make having conversations with the young people in your life easier, less awkward and more valuable.

Partnership to End Addiction has multiple resources for parents and guardians to learn about substance use and find the best ways to start conversations about it with young people. Find useful information on opioids, marijuana and vaping and even resources for military families. Visit their website at drugfree.org.