

# THINKING WHEN DRINKING

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## *Four Things to Watch*

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### **1. Watch the amount of alcohol being consumed**

*Mix your own drinks and use standard measures to avoid mixing drinks too strong. Make sure the bartender does the same. Know how much alcohol is in one standard drink.*

#### **One standard drink equals:**

*12-ounce beer (5% alcohol)*

*5-ounce glass of wine (12 % alcohol)*

*1.5-ounce shot of liquor (80 proof)*

**Remember**, *if a mixed drink contains two shots (3 ounces)*

*then it is no longer one standard drink, it is two!*

### **2. Watch how many**

*Women, do not consume more than 2-3 alcoholic drinks in one sitting and men not more than 3-4. Also, never drink more than one drink per hour. Drinking more than this can result in a loss of self control, embarrassment, and sexual or physical violence.*

### **3. Watch your drink**

*Leaving your drink around unknown party attendees  
increases the risk of tampering.*

#### **Remember:**

*Alcohol is the #1 date rape drug!*

### **4. Watch the law**

*When you are under 21, even if you are being responsible, there  
are legal and school consequences to drinking which may include  
fines, loss of your drivers license, and required treatment. These  
penalties may result in a criminal record, and could have impact  
on your future career or academic plans.*

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## ***Alcohol Consumption Guidelines***

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#### **Ride only with a sober driver**

*Designate a driver before you go to the party and make sure  
this person stays responsible and does not consume any alcohol.*

#### **Eat shortly before or while you consume alcohol**

*Food helps to slow the absorption of alcohol into the circulatory system.*

### **Alternate alcoholic and non-alcoholic drinks**

*Use water or fruit juices as "spacers", and healthier alternatives, between alcoholic drinks to give your body more time to metabolize the alcohol and decrease the amount of alcohol in your system.*

### **Be aware of mixing alcohol with carbonated beverages**

*Carbonation increases the speed that alcohol is absorbed.*

### **Do not drink alcohol while taking medication**

*Both over-the-counter and prescription drugs can have harmful effects when mixed with alcohol. Consult a pharmacist or physician.*

### **Consume alcohol slowly**

*Sip, do not guzzle drinks and avoid drinking games where a large amount of alcohol is consumed in a short amount of time. Generally, people consume more alcohol when they drink faster or try to play "catch up".*

### **Friends don't let friends date drunk!**

*Stick with friends. Go to parties in pairs or in groups. Avoid leaving anyone there alone, especially if he or she is intoxicated.*

***Alcohol is involved in 90% of campus rapes.***

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## **Guidelines for Hosting a Party**

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### **Do not make drinking alcohol the focus of the party**

*Discourage drinking games and provide alternate forms of entertainment and non-alcoholic drinks so everyone can be a part of the party.*

### **Be careful who you invite**

*Invite only people that you know and those who are responsible party goers. Remember the larger the number of attendees, the less likely you will be able to keep things under control and know what is going on.*

### **Never provide alcohol to individuals under 21 years of age**

*Doing so can result in fines of \$1,000 or more, and up to 60 days in jail.*

### **Monitor the amount of alcohol being consumed**

*Never provide large, unlimited amounts of alcohol to your guests. For example, avoid "jungle juice" bowls or kegs that are not monitored.*

### **Never allow intoxicated individuals to drive**

*If someone leaves your party and injures themselves or someone else you can be held liable!*

### **To avoid this, Plan Ahead:**

- 1. Before the party begins, decide how you will stop those who try to drive home when intoxicated.*
- 2. Have transportation options: call a cab or have a sober driver take intoxicated individuals home.*