

KNOW YOUR POUR: CONVERSATION STARTER

Drinks poured by students are typically stronger than standard drinks: This means you are consuming more alcohol than you think.

Let's first make sure we are on the same page: *What is a standard drink?*

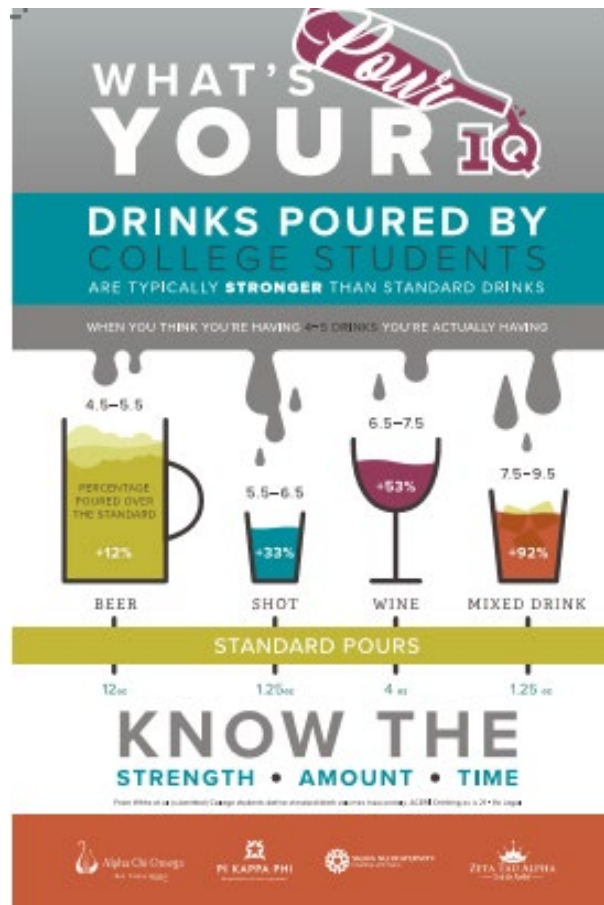
A standard drink is any beverage that contains $\frac{1}{2}$ ounce of ethyl alcohol.

Examples of standard drinks:

- ✓ 12 ounces of beer
- ✓ 4 ounces of wine
- ✓ 1 $\frac{1}{4}$ ounces of 80 proof hard alcohol (40% alcohol by volume)

Do you often drink alcoholic beverages that are larger than a standard drink?

You can consume a dangerous **amount of alcohol in a short period of time while thinking it was only "one or two drinks."** In fact, a national study* looked at how inaccurately college students defined standard drink volumes and found the following:



What is surprising

about this study?

Which statistic is most relatable to you personally and why?

What are examples of when underestimating could be an issue?

Examples:

- ✓ When someone else makes a drink for you.
- ✓ When you have a mixed drink that contains multiple liquors. (Long Island Iced Tea, Hurricane, Martini, etc.)
- ✓ Drinking out of large cups or water bottles.
- ✓ Doing shots and chasing with another alcoholic drink.

Tips for Moderating Your Drinking

What can you do to make drinking a fun, yet safe, experience?

- ✓ Set your drinking limit before a social drinking occasion.
- ✓ Keep track of how much you drink.
- ✓ Pace your drinks.
- ✓ Only drink mix drinks made by a bartender.
- ✓ Do not take shots.
- ✓ Alternate alcoholic drinks with nonalcoholic beverages.
- ✓ Drink for quality, not quantity.
- ✓ Avoid drinking games.
- ✓ Learn drink refusal skills.
- ✓ Don't accept a drink if you don't know what is in it.

Any step towards reduced risk are steps in the right direction.

Remember, *if you are under 21, it is illegal to drink alcohol*. If any one does make the choice to drink, please develop a personal plan to do so in a less risky way. Help each other to do this - remember: my sister, my responsibility.

Additional Resources:

Alpha Chi Omega website → VP risk management → What's the Risk? FIPG and Alpha Chi Omega Policies

Alpha Chi Omega website → resource center → The Backstops a Real Strong Woman's Blueprint for Life

*White et al. (submitted) College students define standard drink volumes inaccurately. ACER