

# Don't Let Alcohol Interfere With Your Game

## NATIONAL COLLEGIATE ALCOHOL AWARENESS WEEK CONVERSATION STARTER

The best defense to drinking is having a good offensive plan! Knowing the strength, time and amount of alcohol helps you stay on top of your game if you choose to consume. For National Collegiate Alcohol Awareness Week (NCAAW), this poster aims to educate members on how to moderate drinking to avoid over consuming in social settings. Use the conversation starter to explore different standard drink amounts and techniques for drinking responsibly to protect yourself and others.

In this document, questions to ask and points to make verbatim are in **bold**. Notes and instructions for facilitators are in *italics*.

### CHAPTER DISCUSSION

Let's start by defining what a standard drink is as a group.

#### **What is a standard drink?**

*Allow participants time to respond.*





**A standard drink is any beverage that contains ½ ounce of ethyl alcohol.**

- 12 ounces of beer or hard seltzer
- 4 ounces of wine
- 1.5 ounces of 80 proof hard alcohol (40% alcohol by volume)

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

*Allow participants time to respond.*

**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\* that looked at how college students defined standard drink volumes found the following:

AMOUNT YOU TYPICALLY POUR OVER THE STANDARD AMOUNT	IF YOU SAY YOU HAD X DRINKS ...	YOU PROBABLY HAD Y DRINKS ...
 <p><b>Beer</b> 12%</p>	4-5	4.5-5.5
 <p><b>Shot</b> 33%</p>	4-5	5.5-6.5
 <p><b>Wine</b> 53%</p>	4-5	6-7.5
 <p><b>Mixed Dinks</b> 92%</p>	4-5	7.5-9.5

**What is surprising about the information in this study? Which statistic is most relatable to you personally and why?**

*Allow participants time to respond.*

**What are examples of when underestimating could be an issue?**

- When someone else makes a drink for you
- When you have a mixed drink that contains multiple liquors (e.g., Long Island iced tea, hurricane, martini, specialty drinks, etc.)
- Drinking out of large cups or water bottles
- Doing shots and chasing with another alcoholic drink

**What can you do to make drinking safe and responsible?**

- Set your drinking limit before a social drinking occasion
- Keep track of how much you drink
- Space your drinks

- Only drink mixed drinks made by a bartender
- Do not do shots
- Alternate alcoholic drinks with nonalcoholic beverages
- Drink for quality, not quantity
- Avoid drinking games
- Practice drink-refusal skills
- Don't accept a drink if you don't know what is in it

## CONCLUSION

**Any steps toward reduced risk are steps in the right direction.**

As a reminder: if you are under 21, it is illegal to drink. If anyone does make the choice to drink, please develop a personal plan to do so in a less risky way. Learning ways to drink responsibly, if you choose to consume, can help keep yourself and others safe!

## ALPHA CHI OMEGA RESOURCES

- The Responsible U alcohol education training is designed with Alpha Chi members in mind to help reduce problematic drinking habits and promote healthy decision-making when it comes to alcohol consumption. Take the training now on [The Heights Learning Center](#) (The Heights Learning Center > Browse Catalog > Search "Responsible U").
- [Alcohol educational posters and conversation starters](#)
- [The Alpha Chi Omega backstops](#)

## REFERENCES:

- White, A. M., Kraus, C. L., Flom, J. D., Kestenbaum, L. A., Mitchell, J. R., Shah, K., & Swartzwelder, H. S. (2005). [College students lack knowledge of standard drink volumes: implications for definitions of risky drinking based on survey data](#). *Alcoholism, clinical and experimental research*, 29(4), 631–638. <https://doi.org/10.1097/01.alc.0000158836.77407.e6>