

HOW WELL DO YOU KNOW YOUR DRINK: 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 all on the same page.

WHAT IS A STANDARD DRINK?

A standard drink is any beverage that contains $\frac{1}{2}$ 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?

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 inaccurately college students defined standard drink volumes found the following:

Amount you typically pour over the standard drink amount	If you say you had X drinks	You probably had X drinks
 12%	4-5	4.5-5.5
 33%	4-5	5.5-6.5
 53%	4-5	6-7.5
 92%	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?
- When 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. (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.

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.
- 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.
- Learn drink-refusal skills.
- Find other things to do.
- Don't accept a drink if you don't know what is in it.

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

Finally, remember, 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. Remember this: take care of yourself and take care of each other.

REFERENCE:

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