

## 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 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
- ✓ 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\* 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 mix 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. Help each other to do this—remember: my sister, my responsibility.

***Additional Resource:***

ZTA Website: Students>Programming>Educational Videos: Know the Strength, Amount & Time

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