



## *Red Solo Cup Prevention Poster*

### *Discussion Questions*

The red solo cup prevention poster was created by Alpha Chi Omega, Pi Kappa Phi and Zeta Tau Alpha to ask students to stop and think before they drink. The message is simple: “*Know the Strength, Know the Amount, Know the Time*”. Strength, amount, and time are all factors that influence how alcohol affects an individual. By using the illustration of a red solo cup, our hope is for conversations to occur about how quickly one can consume an unhealthy amount of alcohol in a short period of time while thinking it was only “one or two drinks.” For example, the poster shows a standard drink of 80 proof hard alcohol is 1.25 ounces. On occasion individuals use a red solo cup to pour a drink for the evening and typically fill up their solo cup around halfway with liquor. Knowing that a standard drink of liquor is 1.25 ounces a red solo cup filled halfway would equal closer to six or seven standard drinks.

Our wish is that you will hang this poster in your chapter meeting space or facility, utilize the discussion questions included in this mailing at a chapter meeting, use the poster as an educational resource for a risk management presentation for the chapter, and participate in our upcoming social media campaign regarding this topic.

All chapters of Alpha Chi Omega, Pi Kappa Phi, and Zeta Tau Alpha, as well as all fraternity/sorority advisors across the country have received the enclosed poster. At the end of the day, we hope members of Alpha Chi Omega are making smarter, safer, and legal decisions in relation to their social practices that are reflective of healthy choices and human dignity.

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In Alpha Chi Omega we look to the backstops as the foundation of our risk management philosophy. The backstops are for women to lean on in the event that the member needs further support when remembering the goals of risk management. As a reminder the backstops include:

BACKSTOP 1: “My choices impact my sisters, so what choices do I have?”

This first backstop encourages collegians to explore healthy decision making frameworks and to consider the choices they have in different situations—making the best choice that will reflect positively on themselves, on their chapter and on the Fraternity as a whole.



BACKSTOP 2: “Where is the dignity in what we are doing?”

This second backstop follows Alpha Chi Omega’s statement on human dignity. It specifically indicates that as members of the organization we will engage in activities and behavior that reflect positively on the organization and fraternity/sorority life as well as promote self worth and choose not to participate in activities that degrade individuals based on gender, race, color, religion, national origin, age, disability or sexual orientation.

Utilize the following questions to lead a discussion during your next chapter meeting:

1. [Holding up poster] What are your thoughts when you look at this poster?
  - If you use solo cups how full do you typically fill up the cup?
  - What type of alcohol (beer, wine, alcohol) do you usually use to fill the cup?
  - Does anyone know how many ounces are in a standard drink?
    - [1 12oz beer, 10oz microbrew, 8oz ice beer or malt liquor, 4 oz wine, 1 oz. 80-proof and 100-proof alcohol]
  - Think back to a time when you might have last used a solo cup. How many standard drinks did you actually consume?
  - Are you surprised?
  - If you choose to consume alcohol will knowing this information make you think differently about your alcohol consumption?

*The factors that impact how alcohol affects your body from poster include:*

STRENGTH: Know how many standard drinks you consume based on the number of ounces in a standard drink rather than how many cups of alcohol.

AMOUNT: The more alcohol you drink, the higher your blood alcohol level will be.

TIME/RATE: Over the course of one drinking occasion, the amount of alcohol you can consume per hour to maintain a constant BAL will decrease. Your BAL drops at a steady rate of 0.016% per hour, but your BAL may rise faster than your liver can metabolize. Thus some of the effects of each drink can accumulate. Also, the faster you consume alcohol, the higher your blood alcohol level will be.

*Also remember these factors impact how alcohol affects your body:*

WEIGHT : The less you weigh, the higher your blood alcohol level will be. Your weight reflects the volume of fluid in your body. Because BAL represents the ratio of alcohol to overall fluid volume, a person who weighs 200 pounds and drinks one beer will have a lower concentration of alcohol in the bloodstream than a person who weighs 100 pounds and also drinks one beer.

GENDER : A woman will get more intoxicated than a man of the weight who is drinking at the same rate.