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 ½ ounce of ethyl alcohol.

Examples of standard drinks:
- 12 ounces of beer
- 4 ounces of wine
- 1 ¼ 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