STANDARD DRINK SIZES
Although the drinks below are different sizes, each contains approximately the same amount of alcohol and counts as a single standard drink. It’s important to know how many (standard) drinks you are actually consuming.

12 fl oz of regular beer = 8-9 fl oz of malt liquor = 5 fl oz of table wine = 1.5 fl oz of 80-proof spirits ("hard liquor")

- about 5% alcohol
- about 7% alcohol
- about 12% alcohol
- about 40% alcohol

PROTECTIVE BEHAVIORAL STRATEGIES
Protective behavioral strategies are behaviors one can utilize to try to minimize the negative consequences experienced from drinking alcohol.

- Drink non-alcoholic beverages in between alcohol ones
- Eat before, during, and after drinking
- Determine in advance not to exceed a certain number of drinks
- Find a safe ride to and from home
- Pace drinks to one or fewer an hour
- Have a friend tell you when you’ve had too much to drink
Tips for the Party Host

WHAT TO BUY
If you plan to purchase alcohol, think about how much alcohol you actually need and avoid having excess alcohol.

This can decrease the risk of binge drinking but will also save you some money -- money you could use to purchase the items on this sample grocery list.

PLAN TO CHECK IDs
If there will be alcohol at your party, plan to check IDs to make sure people are 21 years old or older.

THE "BAR"
Designate one sober person to be in charge of serving the alcohol.

Keep the alcohol out of sight of party guests. If the alcohol isn’t easily accessible, people may be less tempted to drink too much.

Have non-alcoholic drinks like water, juice, or flavored carbonated water available for people who choose not to drink or for those who alternate their alcohol drinks with non-alcoholic ones.

GROCERY LIST

- Water
- Ice
- Non-alcoholic drinks
- Small cups
- Snacks
- Paper towels
- Small paper plates