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 OZ OF REGULAR BEER about 5% alcohol

5 OZ OF TABLE WINE about 12% alcohol

1.5 OZ OF 80-PROOF SPIRIT ("HARD LIQUOR") 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. Here are some examples:

- Alternate non-alcoholic drinks between alcoholic 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 per hour
- Have a friend tell you when you've had too much to drink
- Carry around a red cup filled with soda
- Sip a single drink for hours.
- Conveniently lose the drink.
- "I have to drive home later."
- "I've reached my limit for tonight."
- "I'm not feeling well."
- "I'm trying to pace myself."
- "I'm good for now. I just had one a second ago."
- "I have to wake up early."

NOT INTERESTED IN DRINKING? CLEVER WAYS TO SAY NO!

"I have to drive home later."
"I've reached my limit for tonight."
"I'm not feeling well."
"I'm trying to pace myself."
"I have to wake up early."
"I'm good for now. I just had one a second ago."
Sip a single drink for hours.
Carry around a red cup filled with soda.
Conveniently lose the drink.
"I have to drive home later."
"I've reached my limit for tonight."
"I'm not feeling well."
"I'm trying to pace myself."
"I have to wake up early."
Sip a single drink for hours.
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:

GROCERY LIST
- WATER
- ICE
- NON-ALCOHOLIC DRINKS
- SMALL CUPS
- SNACKS
- PAPER TOWELS
- SMALL PAPER PLATES

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.

Mocktail Recipe

STEP 1
Choose a juice. Try cranberry, pineapple, or orange juice.

STEP 2
Choose a carbonated beverage like ginger ale, Sprite, or club soda.

STEP 3
Shake, stir, or mix together.

STEP 4
Feeling fancy? Add a garnish like a slice of lime or some strawberries.