



'SIZE MATTERS' POSTER DISCUSSION GUIDE

Drinks poured by students are typically stronger than standard drinks. This means you are consuming more alcohol than you think.

Know the Amount:

Standard Drink

- 12 oz. Beer
- 4 oz. Wine
- 1.25 oz. 80 Proof Liquor
- 3.3 oz. Champagne
- 8 oz. Malt Liquor

Know the Strength (Proof):

Proof is the amount of alcohol contained in each beverage. This is important because as you consider the standard drink size it is important to be able to identify the amount of ethanol in the drinks being consumed.

- ABV (alcohol by volume) is how much of the liquor is alcohol.
- Proof is equal to double the ABV *

Why is this important?

Being able to identify how many standard drinks are in a bottle, can, or handle will help you identify how drinks should be poured.

Do you often drink alcoholic beverages that are larger than a standard drink?

Where do these opportunities present themselves?

Know the Time (Consumption Rate):

Timing is everything and drinking too much too fast can lead to serious health concerns. Most issues occur because of increased consumption rates, whether or not the drink is of standard size.

Consuming large amounts of alcohol in a short period is not uncommon and can be dangerous.

What are some situations in which increased consumption might occur?

- *Communal Drinks (Kegs, Jungle Juice, etc.)*
- *The use of larger cups, water bottles, bubba kegs, etc.*
- *Drinking games*
- *mixed drinks with multiple liquors*
- *Shots mixed with chasers*

What strategies can you implement to ensure you are moderating alcohol consumption?

- *Setting a drink limit prior to drinking*

Resource adapted from Zeta Tau Alpha's *Size Matters: Conversation Starter*.



- *Set a limit of one drink per hour*
- *Alternate non-alcoholic beverages with alcoholic beverages*
- *Avoid Drinking Games*
- *Practice drink refusal skills*

Resources:

Risk Reduction Policy and Guidelines

[HTTP://WWW.SIGMANU.ORG/DOCUMENTS/RISK_REDUCTION_POLICY_AND_GUIDELINES.PDF](http://www.sigmanu.org/documents/risk_reduction_policy_and_guidelines.pdf)

GreekLifeEdu

[HTTP://WWW.SIGMANU.ORG/PROGRAMS/ONLINE_EDUCATIONAL_PROGRAMS/ABOUT_GREEKLIFEEDU.PHP](http://www.sigmanu.org/programs/online_educational_programs/about_greeklifeedu.php)

*National Institute on Alcohol Abuse and Alcoholism: What is a Standard Drink?

[HTTP://WWW.NIAAA.NIH.GOV/ALCOHOL-HEALTH/OVERVIEW-ALCOHOL-CONSUMPTION/WHAT-STANDARD-DRINK](http://www.niaaa.nih.gov/alcohol-health/overview-alcohol-consumption/what-standard-drink)

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