



Sigma Nu Fraternity





EXCELLING WITH HONOR

How Well Do You Know Your Drink? Discussion Guide

Drinks poured by college students are often stronger than a standard drink. This means you might be consuming more alcohol than you think. Use the educational poster and this discussion guide to facilitate a conversation about this important topic.

Use the following discussion questions to process the poster's message.

- *What is the definition of a standard drink?*
 - A standard drink is any beverage that contains $\frac{1}{2}$ **ounce of ethyl alcohol**. Examples include:
 - 12 ounces of beer or hard seltzer
 - 4 ounces of wine
 - 1.5 ounces of 80-proof hard alcohol (40% alcohol by volume)
- *Do you 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 study¹ that looks at how inaccurately college students defined standard drink volumes found the following:

Amount you typically pour over the standard drink amount	If you say you had X drinks	You probably had X drinks
 12%	4-5	4.5-5.5
 33%	4-5	5.5-6.5
 53%	4-5	6-7.5
 92%	4-5	7.5-9.5

- *What is surprising about the study findings?*
- *Which statistic is most relatable to you personally? Why?*

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- *What are examples of when it can be most difficult to know accurately the amount of alcohol in your drink?*
 - When someone else makes a drink for you.
 - When you have a mixed drink that contains multiple liquors (e.g., Long Island Icea Tea, Hurricane, specialty drinks, 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.
 - Space your drinks.
 - Only drink mixed drinks made by a bartender.
 - Do not do shots.
 - Alternate alcoholic drinks with nonalcoholic beverages.
 - Drink for quality, not quantity.
 - Avoid drinking games.
 - Learn drink-refusal skills.
 - Find other things to do.
 - Don't accept a drink if you don't know what is in it.

Any step toward reduced risk is a step in the right direction.

Finally, remember, **if you are under 21, it is illegal to drink.** If anyone does make the choice to drink, please develop a personal plan to do so in a less risky way. Remember this: take care of yourself and take care of each other.

Reference

¹White et al. (submitted) College students define standard drink volumes inaccurately. ACER