



Know Your Pour

Standard Drink

First, let's make sure we are all on the same page.

- **What is a standard drink?**

A “standard drink” is any beverage that contains a half ounce of ethyl alcohol, which includes:

- 12 ounces of beer
- 4 ounces of wine
- 1.25 ounces of 80 proof hard alcohol (40% alcohol by volume)

Considering the definition of a standard drink, pair up with another participant and discuss the following question:

- **When you choose to consume alcohol, do you often drink alcoholic beverages that are larger than a standard drink?**

Standard Pour

Drinks poured by college students are typically stronger than standard drinks. This means you are oftentimes consuming more alcohol than you think. In fact, a national study¹ that compared the standard drink versus the typical drink poured by college students found the following:

Type of alcoholic beverage	Standard Drink	Typical Pour	Difference
Beer	12 ounces	13.44 ounces	+12%
Liquor	1.25 ounces	1.66 ounces	+33%
Wine	4 ounces	6.12 ounces	+53%
Mixed drink	1.25 ounces (amount of liquor in standard mixed drink)	2.4 ounces (amount of liquor in typical mixed drink poured by college students)	+92%

Return to your pairing and discuss the following question:

- **Which statistic is most relatable to you personally and why?**

As a large group discuss the following questions:

- **What is surprising about the information in this study?**
- **What are common factors that result in underestimating how much alcohol you are consuming in a drink?**
 - Mention below if not already stated:
 - When someone else makes a drink for you
 - When you have a mixed drink that contains multiple liquors (e.g. Long Island Iced Tea, Hurricane, Martini, specialty drinks, etc.)
 - Drinking out of large cups or water bottles
 - Doing shots and chasing with another alcoholic beverage

Tips for Moderating Your Drinking

- **What can you do to make drinking a fun, yet safe experience?**
 - Mention below if not already stated:
 - Set your drinking limit before going out
 - Keep track of how much you drink
 - Alternate alcoholic drinks with nonalcoholic beverages
 - Only drink mixed drinks made by a bartender
 - Watch the making of any alcoholic beverage you are going to consume
 - 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 steps toward reduced risk are steps in the right direction. Go into each occasion in which you are going to choose to consume alcohol with a personal plan to ensure a safe and enjoyable experience.

Lastly, you are needed to help look out for others who are vulnerable or in a potentially problematic situation. Looking out and caring for your fellow members should be one of the best benefits of being a part of this brotherhood.

Resources

GREEKLIFEEDU

[HTTP://WWW.SIGMANU.ORG/COLLEGIATE-MEMBERS/RISK-REDUCTION/GREEKLIFEEDU](http://www.sigmanu.org/collegiate-members/risk-reduction/greeklifeedu)

LEAD, PHASE I, SESSIONS 5 (RISK REDUCTION) AND 7 (ALCOHOL MISUSE PREVENTION)

[HTTP://WWW.SIGMANU.ORG/COLLEGIATE-MEMBERS/LEAD-PROGRAM/PHASES/PHASE-I](http://www.sigmanu.org/collegiate-members/lead-program/phases/phase-i)

BYSTANDER STRENGTHS WORKSHOP

[HTTP://WWW.SIGMANU.ORG/FILE/COLLEGIATE-MEMBERS/CONSULTATION/BYSTANDER-STRENGTHS-WORKSHOP-OVERVIEW.PDF](http://www.sigmanu.org/file/collegiate-members/consultation/bystander-strengths-workshop-overview.pdf)

References

¹White et al. (submitted). College students define standard drink volumes inaccurately. *Alcoholism: Clinical and Experimental Research*.