

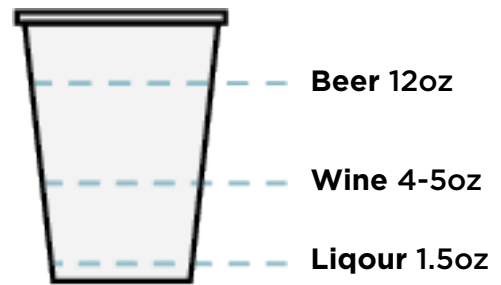
LESS IS MORE

Remember: When it comes to drinking, Less is More!

Small amounts of alcohol can allow some people to feel happy, talkative and stimulated but large amounts can lead to unpleasant outcomes like vomiting, blacking out, passing out or overdose.

Standard Drink Size

The amount of alcohol that someone consumes can be measured by using standard drink sizes. One standard drink is equivalent to 1.5 oz of hard liquor at 40% ABV, 5 oz. of wine at 12-14% ABV, and 12 oz. of beer at 4-5% ABV (ABV means Alcohol by Volume). When these drinks are poured accurately they are all equal to one standard drink.



Another way to measure standard drink is by the amount of time it takes our bodies to metabolize a standard drink. On average it takes our bodies about 90 minutes to process or metabolize one standard drink, 3 hours for our bodies to metabolize 2 standard drinks, and an additional 90 minutes for every drink consumed thereafter.

Why Is Less More?

A binge is defined as having more than 3 or 4 standard drinks in a couple of hours. Most people will experience the positive effects from alcohol before having their third drink.

About 2 standard drinks
can lead to:

feeling happy talkative
stimulated energetic

More than 2 standard drinks
can lead to:

vomiting alcohol poisoning
blacking out (*being unresponsive,*
passing out *irregular breathing,*
 cold or pale skin)

How do you want to feel?

So is more really better? Remember, when trying to experience the positive effects from alcohol, Less is More!

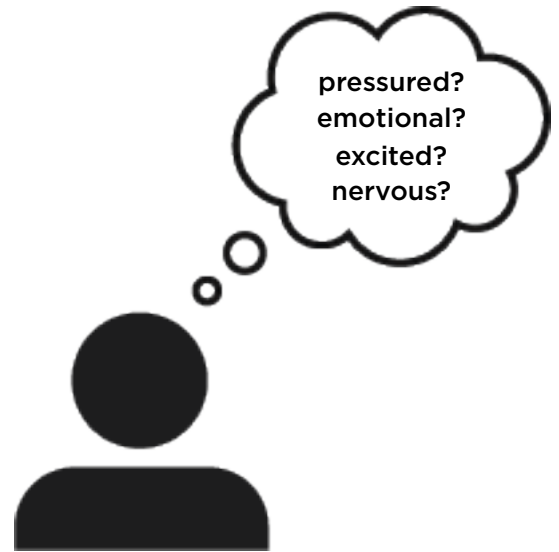
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Social Norms & Self Check-In

1. Where's your head at? Before drinking, think, "How are you feeling right now?"

Before you go out, review your mental state. Take a moment to think about how you're feeling and how it could affect drinking:

- Are you excited?
- Feeling down or emotionally vulnerable?
- Nervous about being in a new setting or around strangers?
- Concerned about feeling pressured to drink?



2. After you have taken a moment to check-in with yourself, consider these protective strategies if you are going to drink and keep these tips in mind if you are going to be with others who will be drinking.

- **Identify a group of people that you know and trust** and stay with them while you're at the party. Discuss a safety plan with friends, designate a meeting place if people want to leave the group. Choose to stay with friends who will respect your boundaries.
- **Use a designated driver** or a ride sharing app. Don't let friends drive if they have had anything to drink.
- **Eat before drinking**, and stay hydrated before, during and after drinking.
- **Set a limit and keep track of how many drinks you've had.** Remember, **less is more.** Know your limits. Have you had past experiences with alcohol?