KNOW YOUR POUR: Conversation Starter

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

Let’s first make sure we are all on the same page.

- What is a standard drink?

A standard drink is any beverage that contains ½ ounce of ethyl alcohol.

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

- Do you often 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 study* that looked at how inaccurately college students defined standard drink volumes found the following:

![Diagram](image-url)
What is surprising about the information in this study?

Which statistic is most relatable to you personally and why?

What are examples of when underestimating could be an issue?

- When someone else makes a drink for you.
- When you have a mixed drink that contains multiple liquors, (Long Island Iced Tea, Hurricane, Martini, 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 mix 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 steps toward reduced risk are steps 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. Help each other to do this—remember: my sister, my responsibility.

**Additional Resource:**

ZTA Website: Students>Programming>Educational Videos: Know the Strength, Amount & Time

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