

## Know the facts! – College students drink less than you think!

College students and others in the community may have exaggerated views about alcohol use and related behaviors among college students. The reality is --college students drink less than you think.

So, if you want to “fit in” and be “normal” know the facts:

- Of MSU students who drink, 72% always use one or more safe drinking behaviors.
- 67% of Maverick Fans have 0-4 drinks when they party.

## Mavericks After Dark - FREE Late Night Events for Students

What’s going on Saturday night? Check out <http://www.mnsu.edu/afterdark> for a schedule of awesome Mavericks After Dark events, including Free Bowling and Billiards at the Maverick Bull Pen!

## Strategies to Help Minimize Alcohol-Related Harm

*To reduce your risk of harm from drinking, you do not have to give up socializing, you just have to plan ahead and implement your plan.*

### If you Drink, Drink Smart

- Keep track of how much you drink by counting “standard drinks.”
- Eat before and while you are drinking.
- Avoid drinking games.
- Don’t drink too much, too fast. Keep it to one or fewer per hour.

### Be Aware of Risky Activities and Settings

- Select a designated driver who will not drink that night.
- Be cautious where large quantities of free/low cost alcohol are available.
- Let a nondrinker know where you will be if you go out drinking.
- Have an exit plan in mind before attending a drinking event.

### Plan for Risky Social Situations

- Set a limit of how much you’re going to drink and stick to it.
- Keep in mind that choosing not to drink is always a legitimate choice.
- Be cautious about drinking too much on dates where sex is a possibility.
- Take appropriate action if a friend is passed out.

## Free E-chug Self-assessment

The Alcohol *eCHECKUP TO GO* is a brief self-assessment that will provide you with accurate and detailed information about:

- Your personal risk patterns
- Your individual level of alcohol tolerance
- Your unique family risk factors
- Harm reduction strategies
- Check out <http://www.mnsu.edu/shs/healtheducation/alcohol.html> and click on FREE e-chug maintenance. This service is confidential, FREE and available anytime you want to assess your alcohol use.

## It’s Your Choice

The choice whether to drink or not is yours to make. If you choose to drink, your pattern of drinking and consequences of the decisions you make will also be yours to experience and accept.

*Keeping track of how much you drink is one safe drinking behavior*

*12 oz. beer  
4 oz. wine  
1.25 oz. 80-proof liquor  
= A STANDARD DRINK*



### SIGNS OF ALCOHOL POISONING

*Person cannot be awakened  
Cold, clammy, pale or bluish skin  
Breathing is slow or irregular  
Person has vomited while passed out*

### TAKE ACTION

#### **Call 911!**

*Never put the person to bed to sleep it off.  
Turn the person on his or her side.  
If breathing stops, perform CPR.*