

# Drinking Strategies

for a night of howling success!

NC STATE

Alcohol and other Drug Prevention Education

## Plan Ahead

- Know your goals for the night and share plans with friends on when to stop and how to get home. This is both an accountability system and a safety network.
- Stay with your friends until the end of the night

## Know Your "No"

- How will you turn down a drink when you don't want one? (see back for help)

## Keep Track

- Use strategies such as texting a friend, marking your hand or moving a penny from one pocket to the other after each drink. Don't pass your pre-set max.

1 cup  
of Party  
Juice =  
5 or 6  
shots



12 oz. beer (340 g)  
2nd from top line

5 oz. wine (142g)  
2nd from bottom  
line

1.5 oz. liquor (42.5g)  
bottom line

## Measure

- Know the standard drink sizes so you can count your drinks accurately.
- Prepare any mixed drinks yourself and properly measure the liquor amount.

## Pace and Space

- One standard drink of alcohol per hour helps reduce risk of reaching a dangerous BAC. Remember, it's a hike, not a race.

## Include Food

- Eat a substantial meal before and during drinking to better metabolize the alcohol.

**HOWL  
FOR HELP**

Health & Safety Intervention



\* Over 70% of NC State undergraduates either drink safely or don't drink at all

# Building your skills

Remember, it's your choice whether or not to drink and when you've had enough.

## Script your "no"

Write a script in which you stay in control of a situation when someone offers you a drink when you're not interested or you've had enough to drink. Write a series of firm responses that are short, clear and simple.

## Imagine a specific situation in which someone offers you a drink.

1. My response:
2. Person persists by saying:
3. My next response:
4. Person continues to persist by saying:
5. My next response:

